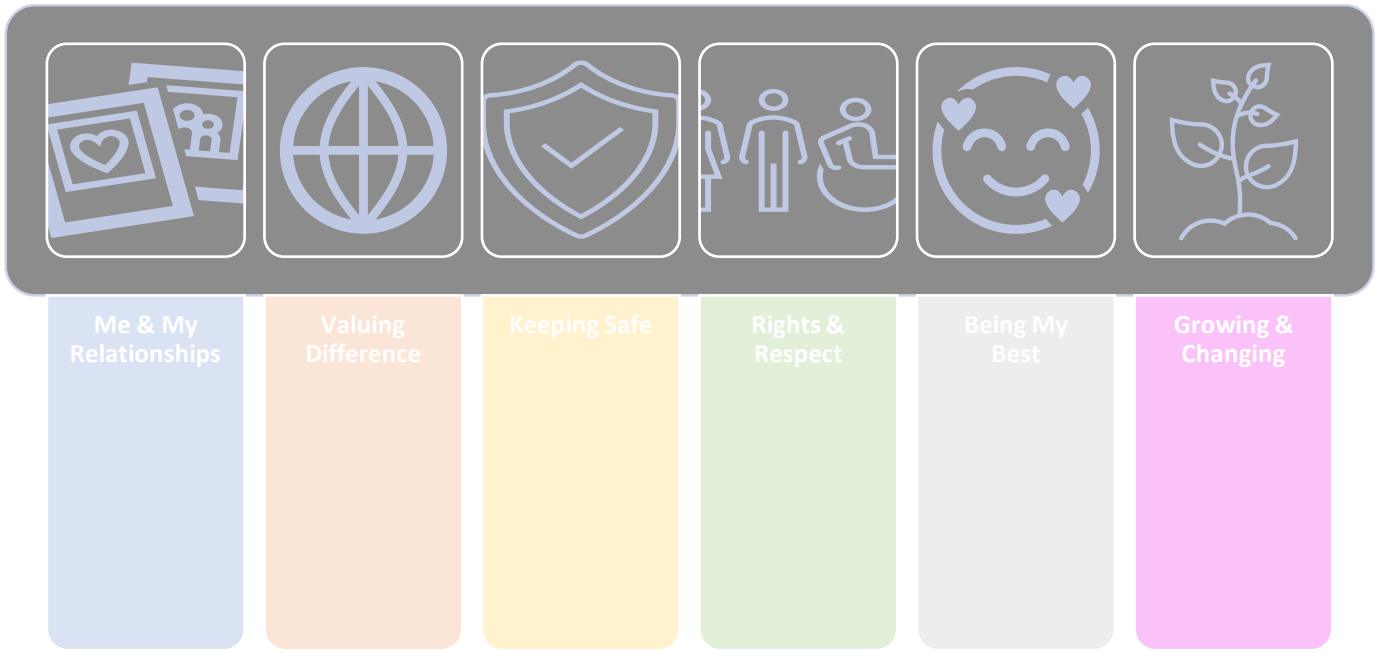
PSHE Curriculum Overview

"Learning and growing together"

Our Curriculum Design

We have used the **SCARF** scheme as the back bone of our PSHE curriculum and make explicit links to **British values**, which in our school are democracy, rule of law, tolerance, liberty and mutual respect. Our **cyclical** curriculum is built on the EYFS, National Curriculum, Equality Act, Statutory RSE and Health Education Guidance from the DFE and also references to the PSHE Association Programmes of Study. From Y1 onwards it is delivered as one **weekly lesson up to 40 minute**s of duration and in EYFS it is delivered as part of the learning our children access through the **Personal, Social and Emotional Development (PSED) strand** of the EYFS framework as well as a SCARF lesson. It is broken down into the 6 aspects below and our pupils revisit these aspects each year. Each time they revisit an aspect, it is with **increasing complexity** to build on their **prior knowledge** in that aspect from the year before . Across the academic year, there are a variety of National focus days/weeks that all classes take part in, which includes **anti-bulling, online safety, black history month** and **charity events** (Children in Need, Red Nose, Hello Yellow).



Our Big Ideas

Through our scheme of work our pupils will know and understand the big Ideas in PSHE/RSE that we have identified for our pupils to have embedded by the end of KS2 across 3 core strands:

- **Health & Wellbeing**
- **Relationships**
- **Living in the Wider World**

1. Respect is about understanding the value of ourselves, others and the world around us, which enables us to become responsible members of a community.
2. Mental health includes our emotional, psychological and social well being, which all affect how we think, feel and act.
3. Emotions can have both a positive or negative effects on us as an individual or the people around us.
4. Self regulation is the ability to respond appropriately to situations involving ones own or other peoples emotions, which is often a key part of managing conflict.
5. Self esteem is how we value and perceive ourselves, which is shaped by our beliefs about ourselves.
6. Physical health involves an understanding of heathy eating and exercise, the importance of sleep, personal hygiene and an awareness of personal safety when in different environments.
7. Healthy relationships involve honesty, trust, respect and open communication, which take effort and compromise to maintain.
8. Families come in lots of different forms, but should provide safety, stability and support.
9. Stress and anxiety impact on the brains ability to process and retain information effectively, whilst also sometimes manifest physically as headaches or stomach aches.
10. Rules, rights and responsibilities are key parts of how a community operates as a democracy and how the rule of law is maintained.
11. Positive money habits come from understanding how to make informed decisions about earning, spending, saving and budgeting.

Our Learning Cycles

Below is an overview of our unit titles, which are colour coded to show the element that they correspond to:

	AUTUMN		SPRING		SUMMER	
EYFS	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being My Best	Growing and Changing
Y1	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being My Best	Growing and Changing
Y2	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being My Best	Growing and Changing
Y3	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being My Best	Growing and Changing
Y4	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being My Best	Growing and Changing
Y5	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being My Best	Growing and Changing
Y6	Me and My Relationships	Valuing Difference	Keeping Myself Safe	Rights and Respect	Being My Best	Growing and Changing

EYFS	Autumn		Spring		Summer	
Knowledge & Skills	**Me and My Relationships** • People have different feelings and emotions. • **Recognising and naming simple emotions.** • Friends and family are important people in our lives. • **Building positive relationships with others.** • Kind behaviour helps others feel happy and included. • **Showing kindness and care towards others.** • Rules help everyone stay safe and happy. • **Following simple rules and routines.** • People can help each other when needed. • **Asking for and accepting help appropriately.** • Sharing and taking turns helps people play and work together. • **Cooperating with others during play and learning.** • Everyone's feelings are important. • **Listening to others and responding appropriately.**	**Valuing Difference** • People are similar in some ways and different in others. • **Recognising similarities and differences between people.** • Everyone is special and unique. • **Talking positively about themselves and others.** • Families can look different from one another. • **Showing respect for different families and backgrounds.** • Kind words and actions help everyone feel included. • **Including others in play and activities.** • Unkind behaviour can hurt people's feelings. • **Recognising and responding to unkind behaviour.** • Everyone deserves to be treated fairly. • **Demonstrating respect and acceptance towards others.** • Differences should be celebrated. • **Showing curiosity and appreciation for diversity.**	**Keeping Myself Safe** • Some situations are safe and others are unsafe. • **Recognising safe and unsafe situations.** • Trusted adults can help keep us safe. • **Identifying trusted adults who can help.** • Personal information should be kept private. • **Understanding basic privacy and safety rules.** • Medicines should only be given by trusted adults. • **Following simple medicine safety rules.** • Online activities should be supervised by adults. • **Beginning to use technology safely.** • Feelings can help us know when something is wrong. • **Recognising when to ask for help.** • Everyone has the right to feel safe. • **Using simple strategies to stay safe.**	**Rights and Respect** • Everyone has a role in helping their community. • **Taking responsibility for simple tasks.** • Looking after belongings is important. • **Caring for personal and shared resources.** • Rules help people work and play together fairly. • **Following agreed rules and expectations.** • Everyone can help care for the environment. • **Showing respect for the natural world.** • Making choices affects ourselves and others. • **Making responsible choices.** • Sharing resources helps everyone benefit. • **Contributing positively to group activities.** • Communities work best when people help one another. • **Participating in classroom responsibilities.**	**Being My Best** • Healthy habits help keep our bodies and minds well. • **Making healthy choices.** • Food, exercise and sleep are important for health. • **Recognising ways to stay healthy.** • Practice helps us improve our skills. • **Persevering when tasks are challenging.** • Everyone can learn and develop new skills. • **Trying new activities with confidence.** • Working together can help achieve goals. • **Cooperating with others effectively.** • Looking after ourselves is important. • **Developing independence in daily routines.** • Success comes from effort as well as achievement. • **Celebrating personal achievements and progress.**	**Growing and Changing** • People grow and change throughout their lives. • **Recognising how people change as they grow.** • Everyone develops at their own pace. • **Talking about personal growth and achievements.** • Families help care for children as they grow. • **Understanding the importance of caring relationships.** • Looking after ourselves helps us stay healthy and safe. • **Developing self-care skills.** • Body parts have names and functions. • **Naming basic body parts correctly.** • Growing up brings new experiences and responsibilities. • **Developing confidence and independence.** • Trusted adults can help us with change. • **Seeking support when needed.**
Vocab	friend, friendship, family, feelings, emotions, happy, sad, angry, worried, excited, kind, caring, sharing, turn-taking, listening, helping, cooperation, respect, rules, behaviour, choice, safe, trusted adult, belonging, community, teamwork, support, kindness, relationships, caring	different, same, unique, special, family, friends, respect, kindness, fairness, sharing, caring, inclusion, belonging, culture, celebration, diversity, community, acceptance, feelings, similarities, differences, helpful, polite, considerate, understanding, value, friendship, cooperation, respect, equality	safe, unsafe, danger, risk, trusted adult, help, support, stranger, emergency, medicine, healthy, online, internet, privacy, personal information, safety, protect, feelings, worry, choice, responsibility, secure, warning, safe touch, unsafe touch, wellbeing, care, trust, confidence, safety rules	responsibility, rules, community, helping, sharing, caring, environment, recycling, resources, belongings, ownership, choice, fairness, respect, teamwork, contribution, participation, classroom, cooperation, responsibility, community, nature, caring, helping, kindness, belonging, stewardship, routine, organisation, responsibility	healthy, wellbeing, exercise, fitness, food, nutrition, sleep, hygiene, confidence, independence, effort, achievement, success, challenge, perseverance, resilience, practice, goal, improvement, learning, healthy habits, routine, self-care, motivation, cooperation, teamwork, progress, wellbeing, determination, achievement	growth, change, growing, development, baby, child, adult, family, caring, support, independence, responsibility, body, body parts, self-care, hygiene, healthy, achievement, confidence, feelings, emotions, wellbeing, trusted adult, relationships, milestones, growing up, change, development, respect, care

Continuous Provision

- Throughout each day pupils will develop independence in self-care through getting ready for outdoor play and through learning different routines.
- Activities will regularly provide children with choices to make and will also develop positive attitudes towards diet and physical activity.
- A range of books will allow pupils to discuss different families, feelings, friendship and emotions.
- Role play, small world and construction will provide opportunities for children to explore everyday scenarios and take on different roles and responsibilities.

Y1	Autumn		Spring		Summer	
Knowledge & Skills	**Me and My Relationships** • Different feelings and emotions can be recognised and named. • Everyone needs help sometimes and there are trusted adults who can help. • Rules help classrooms and communities to be safe and fair. • Special people play important roles in our lives. • Good friendships are based on kindness, respect and cooperation. • People may have different feelings in the same situation. • Identifying and expressing feelings appropriately. • Asking for help when needed. • Listening to others and taking turns. • Following agreed rules and routines. • Showing kindness and empathy towards friends. • Resolving simple disagreements positively. • Working cooperatively with others.	**Valuing Difference** • People are similar in some ways and different in others. • **Recognising similarities and differences.** • Differences should be respected and celebrated. • **Showing respect towards others.** • Everyone deserves to be treated fairly. • People have different families, cultures and beliefs. • **Using respectful language.** • Respect helps create positive relationships. • **Including others in play and learning.** • Unkind behaviour and bullying are wrong. • **Challenging unkind behaviour appropriately.** • **Seeking help when bullying occurs.** • **Demonstrating acceptance of diversity.**	**Keeping Myself Safe** • Feelings can provide important safety signals. • **Recognising warning signs and unsafe situations.** • Some situations are safe and some are unsafe. • Safe and unsafe touches can be identified. • **Saying "no" when feeling uncomfortable.** • Trusted adults can help keep us safe. • **Seeking support from trusted adults.** • Medicines should only be given by trusted adults. • **Making safe choices about medicines.** • Online activities require safe choices. • **Following basic online safety rules.** • Sleep is important for health and wellbeing. • **Identifying trusted people who can help.** • **Using strategies to stay safe at home, school and online.**	**Rights & Responsibilities** • Everyone has responsibilities as well as rights. • Personal belongings should be cared for. • **Taking responsibility for personal belongings.** • Money has value and should be used responsibly. • **Making simple choices about spending and saving.** • People have responsibilities towards the environment. • **Showing respect for the environment.** • Communities work best when everyone contributes. • Looking after shared resources benefits everyone. • **Caring for classroom and school resources.** • **Participating positively in the school community.** • **Contributing to group tasks and shared responsibilities.** • **Demonstrating responsible behaviour.**	**Being My Best** • A growth mindset helps learning and improvement. • **Setting simple personal goals.** • Healthy eating supports physical wellbeing. • **Making healthy food choices.** • Good hygiene helps prevent illness. • **Following hygiene routines.** • Physical activity contributes to health. • Cooperation can help achieve shared goals. • **Working collaboratively with others.** • Practice and perseverance help people improve. • **Demonstrating resilience when learning is challenging.** • **Reflecting on successes and areas for improvement.** • **Developing confidence in trying new things.**	**Growing & Changing** • People grow and change throughout life. • Independence develops gradually. • **Demonstrating increasing independence.** • Different parts of the body have names and functions. • **Naming basic body parts correctly.** • Self-care helps keep us healthy and safe. • **Managing simple self-care routines independently.** • Trusted adults can provide help and support. • **Asking for help when necessary.** • Caring for others is an important part of relationships. • **Showing care and consideration for others.** • **Recognising personal achievements and growth.** • **Making choices that support personal wellbeing.**
Vocab	feelings, emotions, happy, sad, angry, worried, excited, friendship, friend, kindness, caring, sharing, listening, cooperation, teamwork, trust, respect, special people, family, help, support, problem, solution, disagreement, compromise, rule, responsibility, behaviour, choice, community, belonging	similar, different, difference, diversity, unique, respect, fairness, equal, inclusion, belonging, culture, tradition, family, community, identity, stereotype, discrimination, bullying, unkind, kindness, acceptance, tolerance, celebrate, opinion, belief, empathy, understanding, cooperation, friendship, rights	safe, unsafe, danger, risk, warning, trust, trusted adult, stranger, secret, surprise, touch, personal space, private, consent, uncomfortable, emergency, help, medicine, healthy, online, internet, password, personal information, safety, choice, responsibility, sleep, wellbeing, protect, secure	rights, responsibilities, rules, community, citizenship, fairness, respect, caring, sharing, belonging, environment, recycling, waste, resources, property, ownership, money, spending, saving, choice, decision, contribution, cooperation, helping, teamwork, responsibility, stewardship, honesty, trustworthiness, participation	growth mindset, confidence, healthy, wellbeing, exercise, fitness, nutrition, balanced diet, hygiene, cleanliness, sleep, routine, teamwork, cooperation, motivation, determination, self-belief, reflection, aspiration, progress	growth, change, development, baby, child, adult, family, independence, responsibility, body, body parts, health, hygiene, self-care, personal care, emotions, feelings, achievement, milestone, caring, support, trust, trusted adult, relationship, respect, privacy, choice, safety, wellbeing, confidence

Y2	Autumn		Spring		Summer	
	Me & My Relationships	**Valuing Difference**	**Keeping Myself Safe**	**Rights and Responsibilities**	**Being My Best**	**Growing & Changing**
Knowledge & Skills	• Friendships can change and develop over time. • **Recognising qualities of a good friend.** • Different situations can create different emotions. • **Identifying and managing a range of feelings.** • People can solve disagreements in positive ways. • **Using simple conflict-resolution strategies.** • Trust is important in healthy relationships. • **Building and maintaining trusting relationships.** • Everyone has a responsibility to treat others kindly. • **Showing empathy and consideration for others.** • Cooperation helps groups work effectively. • **Working collaboratively towards shared goals.** • There are different ways to seek support when problems arise.	• People have similarities and differences that make them unique. • **Recognising and appreciating diversity.** • Families and communities can be structured in different ways. • **Respecting different lifestyles, beliefs and traditions.** • Stereotypes can be unfair and inaccurate. • **Challenging assumptions respectfully.** • Bullying can affect people's wellbeing. • **Identifying bullying behaviours and seeking support.** • Respect helps everyone feel valued and included. • **Demonstrating inclusive behaviours.** • Differences should be celebrated rather than feared. • **Showing acceptance and understanding of others.** • Everyone deserves equal opportunities. • **Treating others fairly and respectfully**	• Some situations require careful decision-making to stay safe. • **Assessing simple risks and making safer choices.** • Secrets and surprises are different. • **Recognising when information should be shared with a trusted adult.** • Medicines can help people when used correctly. • **Following safety rules around medicines.** • Online activities can present risks as well as opportunities. • **Applying basic online safety strategies.** • Trusted adults can provide support when concerns arise. • **Identifying trusted people and seeking help.** • Peer pressure can influence decisions. • **Practising assertiveness and saying no when necessary.** • Safety rules help protect people in different environments. • **Using strategies to keep safe at home, school and online.**	• People have rights that help them live safely and happily. • **Recognising personal rights and responsibilities.** • Communities rely on people contributing positively. • **Participating responsibly within groups and communities.** • Money can be earned, spent and saved. • **Making simple financial decisions.** • Resources should be used carefully and responsibly. • **Taking responsibility for shared resources.** • Environmental choices can affect the wider world. • **Demonstrating environmentally responsible behaviours.** • Everyone can contribute to improving their community. • **Working collaboratively to support others.** • Rules help communities function effectively. • **Following and helping to develop fair rules.**	• Healthy lifestyles support physical and mental wellbeing. • **Making choices that promote health and wellbeing.** • Goals can help people improve and achieve success. • **Setting and working towards achievable goals.** • Physical activity contributes to a healthy body and mind. • **Participating positively in physical activities.** • Healthy eating provides energy and supports growth. • **Identifying healthy food choices.** • Challenges can be overcome through effort and perseverance. • **Demonstrating resilience when faced with difficulties.** • Self-belief can improve learning and achievement. • **Developing confidence and independence.** • Reflection can help people improve. • **Evaluating progress and identifying next steps.**	• People continue to grow and develop throughout life. • **Recognising stages of growth and development.** • Families provide care and support in different ways. • **Appreciating the role of supportive relationships.** • Personal achievements can build confidence. • **Reflecting on personal growth and achievements.** • Increasing independence brings new responsibilities. • **Managing age-appropriate responsibilities.** • Body parts have specific names and functions. • **Using correct vocabulary for body parts.** • Personal privacy is important. • **Recognising and respecting personal boundaries.** • Trusted adults can help with questions and concerns. • **Seeking support when needed.**
Vocab	friendship, relationship, trust, honesty, kindness, empathy, cooperation, teamwork, feelings, emotions, respect, disagreement, conflict, compromise, listening, communication, support, encouragement, problem-solving, responsibility, caring, inclusion, behaviour, choice, community, belonging, confidence, trustworthiness, friendship skills, collaboration	difference, diversity, equality, fairness, respect, inclusion, acceptance, culture, tradition, belief, community, family, identity, unique, stereotype, assumption, bullying, bystander, kindness, empathy, understanding, discrimination, prejudice, celebrate, value, cooperation, tolerance, belonging, respectfulness, inclusion	safe, unsafe, risk, danger, choice, decision, responsibility, trusted adult, support, secret, surprise, assertive, pressure, peer pressure, online, internet, password, privacy, personal information, medicine, safety, emergency, help, consent, warning, protect, wellbeing, confidence, stranger, secure	rights, responsibilities, rules, community, citizenship, contribution, participation, fairness, cooperation, environment, recycling, sustainability, resources, ownership, property, money, spending, saving, budgeting, choice, decision, responsibility, stewardship, teamwork, helping, respect, community spirit, citizenship, belonging, environment	health, wellbeing, exercise, fitness, nutrition, healthy eating, balanced diet, hygiene, goal, achievement, challenge, resilience, perseverance, determination, effort, success, confidence, self-belief, growth mindset, improvement, reflection, progress, motivation, independence, energy, routine, physical activity, wellbeing, aspiration, achievement	growth, development, change, life cycle, baby, child, teenager, adult, family, relationship, support, independence, responsibility, achievement, confidence, body, body parts, privacy, personal space, boundary, respect, trust, trusted adult, self-care, hygiene, wellbeing, milestone, emotions, growing up, maturity

Y3	Autumn		Spring		Summer	
Knowledge & Skills	**Me & My Relationships** • Relationships can have a positive impact on wellbeing and happiness. • **Recognising the characteristics of healthy relationships.** • People experience a wide range of emotions in different situations. • **Identifying, expressing and managing emotions appropriately.** • Disagreements are a normal part of relationships. • **Using effective strategies to resolve conflicts peacefully.** • Trust, honesty and respect help relationships flourish. • **Demonstrating trustworthy and respectful behaviours.** • Different people may have different perspectives. • **Showing empathy and considering the viewpoints of others.** • Cooperation helps groups achieve shared goals. • **Collaborating effectively with others.** • Support can be sought from trusted people when difficulties arise. • **Seeking help and advice appropriately.**	**Valuing Difference** • Diversity strengthens communities and enriches society. • **Recognising and valuing diversity in individuals and communities.** • People may hold different beliefs, values and traditions. • **Respecting differences in culture, faith and lifestyle.** • Stereotypes can influence how people are treated. • **Identifying and challenging stereotypes.** • Bullying and discrimination can have harmful effects. • **Recognising prejudice and responding appropriately.** • Everyone has the right to be treated fairly. • **Promoting inclusion and equality.** • Differences should be celebrated and respected. • **Demonstrating acceptance and understanding of others.** • Respectful behaviour helps create positive communities. • **Contributing to an inclusive environment.**	**Keeping Myself Safe** • Risk exists in different situations both online and offline. • **Assessing risks and making informed choices.** • Peer influence can affect decisions and behaviour. • **Using assertiveness skills to resist unwanted pressure.** • Medicines can be beneficial when used correctly but harmful when misused. • **Applying safety rules regarding medicines and substances.** • Online communication should be conducted safely and responsibly. • **Using safe online behaviours and protecting personal information.** • Trusted adults can provide support and guidance. • **Identifying appropriate sources of help and support.** • Some situations require immediate action to stay safe. • **Recognising warning signs and responding appropriately.** • Personal boundaries help protect physical and emotional wellbeing. • **Communicating personal boundaries confidently.**	**Rights & Responsibilities** • Rights help ensure fairness and protection for all people. • **Recognising rights and responsibilities within different communities.** • Communities function effectively when people contribute positively. • **Participating actively and responsibly in community life.** • Money can be managed in different ways. • **Making informed decisions about spending and saving.** • Environmental choices affect people and the planet. • **Demonstrating environmentally responsible behaviours.** • Shared resources should be used respectfully. • **Taking responsibility for communal resources.** • Individuals can influence positive change. • **Working collaboratively to improve communities.** • Rules and laws help maintain order and safety. • **Understanding and following agreed rules and expectations.**	**Being My Best** • Physical and mental wellbeing contribute to overall health. • **Making informed choices to support wellbeing.** • Healthy lifestyles involve balanced nutrition, exercise and rest. • **Identifying and adopting healthy habits.** • Challenges can be overcome through perseverance and effort. • **Demonstrating resilience and determination.** • Goals help people focus and achieve success. • **Setting, monitoring and evaluating personal goals.** • Learning from mistakes can support improvement. • **Reflecting on strengths and areas for development.** • Positive attitudes can enhance achievement. • **Developing confidence and self-motivation.** • Collaboration can support success. • **Working effectively with others to achieve goals.**	**Growing & Changing** • Growth and development continue throughout life. • **Recognising physical, emotional and social changes over time.** • Relationships play an important role in personal development. • **Building and maintaining positive relationships.** • Increasing independence brings greater responsibility. • **Managing responsibilities appropriately.** • Personal identity develops and changes over time. • **Reflecting on personal strengths, interests and achievements.** • Body changes are a normal part of growing up. • **Using accurate vocabulary to discuss growth and development.** • Personal boundaries and privacy should be respected. • **Recognising and respecting personal boundaries.** • Trusted adults can provide guidance during times of change. • **Seeking support and advice when needed.**
Vocab	relationship, friendship, trust, honesty, respect, empathy, cooperation, teamwork, communication, listening, perspective, emotions, feelings, conflict, disagreement, compromise, negotiation, problem-solving, support, encouragement, kindness, responsibility, trustworthiness, collaboration, belonging, resilience, wellbeing, positive relationships, active listening, friendship skills	diversity, equality, inclusion, respect, acceptance, culture, tradition, belief, values, identity, community, fairness, stereotype, prejudice, discrimination, bullying, bystander, empathy, understanding, tolerance, difference, uniqueness, equality of opportunity, inclusion, respectfulness, diversity, citizenship, belonging, celebration, individuality	risk, safety, danger, responsibility, choice, decision-making, peer pressure, assertiveness, influence, boundaries, personal space, consent, trusted adult, support, emergency, online safety, internet, privacy, personal information, password, communication, wellbeing, medicine, substance, protect, secure, confidence, resilience, awareness, judgement	rights, responsibilities, citizenship, community, contribution, participation, fairness, democracy, rules, laws, environment, sustainability, recycling, resources, conservation, stewardship, money, spending, saving, budgeting, consumer, choice, decision, responsibility, cooperation, teamwork, volunteering, community action, citizenship, respect	wellbeing, health, fitness, exercise, nutrition, balanced diet, hygiene, sleep, resilience, perseverance, determination, motivation, confidence, self-esteem, goal, achievement, progress, improvement, reflection, challenge, success, effort, growth mindset, aspiration, independence, teamwork, collaboration, healthy lifestyle, mental wellbeing, self-belief	growth, development, change, maturity, independence, responsibility, identity, self-image, self-esteem, relationships, support, achievement, strengths, interests, emotions, wellbeing, body changes, privacy, personal boundaries, respect, trust, trusted adult, confidence, resilience, growing up, life stages, development, self-awareness, transition, personal growth

Y4	Autumn		Spring		Summer	
	Me & My Relationships	**Valuing Difference**	**Keeping Myself Safe**	**Rights & Responsibilities**	**Being My Best**	**Growing & Changing**
Knowledge & Skills	• Healthy relationships are built on trust, respect, honesty and effective communication. • **Identifying the characteristics of healthy and unhealthy relationships.** • Emotions can influence thoughts, behaviours and decision-making. • **Recognising and managing emotions in a range of situations.** • Conflict can be resolved constructively through communication and compromise. • **Applying conflict-resolution and negotiation strategies.** • Different perspectives can shape how people respond to situations. • **Demonstrating empathy and understanding towards others.** • Relationships may change over time and require care and effort. • **Maintaining positive friendships and relationships.** • Effective communication supports successful teamwork. • **Listening actively and communicating clearly with others.** • Trusted adults and support networks can help during challenges. • **Seeking support appropriately when needed.**	• Diversity contributes positively to communities and society. • **Recognising and appreciating diversity in people and communities.** • People's identities are shaped by a range of factors. • **Respecting different identities, beliefs and experiences.** • Stereotypes can influence attitudes and behaviour. • **Identifying and challenging stereotypes and assumptions.** • Discrimination and prejudice can negatively affect individuals and groups. • **Recognising unfair treatment and responding appropriately.** • Inclusion helps everyone feel valued and respected. • **Promoting inclusive attitudes and behaviours.** • Respecting differences strengthens relationships and communities. • **Demonstrating acceptance and understanding of diversity.** • Individuals can take action to challenge bullying and exclusion. • **Acting responsibly when witnessing unkind or discriminatory behaviour.**	• Risk can be assessed and managed in everyday situations. • **Evaluating risks and making responsible decisions.** • Peer influence can affect choices and behaviour. • **Using assertiveness to manage peer pressure.** • Medicines and substances can affect health and wellbeing. • **Applying safety knowledge regarding medicines and harmful substances.** • Online activities involve responsibilities and potential risks. • **Protecting personal information and behaving responsibly online.** • Personal boundaries help maintain safety and wellbeing. • **Communicating and respecting personal boundaries.** • Trusted adults can provide support during unsafe situations. • **Accessing support and reporting concerns appropriately.** • Emergency situations require calm and informed responses. • **Using strategies to stay safe in different environments.**	• **Rights and responsibilities help communities function fairly.** • **Understanding rights and responsibilities in different contexts.** • **Democratic processes allow people to contribute to decision-making.** • **Participating responsibly in group decision-making.** • **Money management requires informed choices.** • **Applying simple budgeting, saving and spending skills.** • **Environmental sustainability depends on responsible actions.** • **Making environmentally responsible choices.** • **Resources should be shared and used fairly.** • **Demonstrating responsible stewardship of shared resources.** • **Communities benefit from active citizenship.** • **Contributing positively to local and wider communities.** • **Rules and laws help maintain fairness and safety.** • **Following and evaluating rules responsibly.**	• Physical, emotional and mental health are interconnected. • **Making informed choices that support overall wellbeing.** • Healthy lifestyles require balance and consistency. • **Developing and maintaining healthy habits.** • Goals can be planned, monitored and achieved over time. • **Setting realistic goals and evaluating progress.** • Challenges can support personal growth and development. • **Demonstrating resilience and perseverance when facing difficulties.** • Self-reflection can improve learning and performance. • **Identifying strengths and areas for development.** • Positive self-esteem supports confidence and achievement. • **Developing self-confidence and self-motivation.** • Collaboration can enhance success and wellbeing. • **Working effectively with others towards shared goals.**	• Physical, emotional and social changes occur throughout life. • **Recognising and understanding changes associated with growing up.** • Personal identity develops through experiences and relationships. • **Reflecting on personal identity and self-awareness.** • Puberty is a normal stage of development. • **Using accurate vocabulary to describe changes during puberty.** • Relationships can change as people grow and develop. • **Managing changing relationships positively.** • Personal boundaries and privacy are important for wellbeing. • **Establishing and respecting personal boundaries.** • Increased independence requires responsible decision-making. • **Managing responsibilities and making informed choices.** • Trusted adults and support networks can help during periods of change. • **Seeking guidance and support appropriately.**
Vocab	relationship, friendship, trust, respect, honesty, empathy, communication, active listening, cooperation, teamwork, negotiation, compromise, conflict resolution, perspective, emotions, feelings, resilience, support, encouragement, trustworthiness, responsibility, collaboration, wellbeing, positive relationships, healthy relationships, friendship skills, understanding, self-awareness, belonging, interpersonal skills	diversity, equality, inclusion, identity, culture, heritage, beliefs, values, respect, acceptance, tolerance, stereotype, prejudice, discrimination, bias, fairness, community, individuality, difference, diversity, empathy, understanding, inclusion, belonging, equality of opportunity, citizenship, anti-bullying, respectfulness, representation, diversity awareness	risk, safety, danger, hazard, responsibility, decision-making, peer pressure, influence, assertiveness, boundaries, consent, privacy, personal information, online safety, digital footprint, internet, communication, emergency, support, trusted adult, wellbeing, medicine, substance, health, security, judgement, awareness, resilience, confidence, protection	rights, responsibilities, citizenship, democracy, participation, contribution, fairness, equality, rules, laws, decision-making, community, active citizenship, environment, sustainability, conservation, stewardship, recycling, resources, budgeting, saving, spending, money management, responsibility, cooperation, volunteering, community action, civic responsibility, fairness, accountability	wellbeing, physical health, mental health, emotional health, resilience, perseverance, determination, motivation, confidence, self-esteem, self-belief, goal, achievement, aspiration, challenge, progress, reflection, improvement, growth mindset, healthy lifestyle, nutrition, exercise, fitness, hygiene, sleep, wellbeing, collaboration, teamwork, independence, success	growth, development, change, puberty, adolescence, maturity, identity, self-awareness, self-esteem, independence, responsibility, relationships, emotions, wellbeing, body changes, physical development, emotional development, privacy, personal boundaries, respect, trust, trusted adult, support, confidence, resilience, transition, growing up, personal identity, life stages, development

Y5	Autumn		Spring		Summer	
Knowledge & Skills	**Me & My Relationships** • Relationships are influenced by trust, respect, honesty and effective communication. • **Evaluating the qualities of healthy and unhealthy relationships.** • Different situations can evoke complex and conflicting emotions. • **Recognising, expressing and managing a range of emotions appropriately.** • Relationships may change over time and require understanding and adaptability. • **Responding positively to change within relationships.** • Conflict can be resolved through respectful communication and compromise. • **Applying negotiation and conflict-resolution strategies effectively.** • Empathy helps strengthen relationships and build understanding. • **Considering and responding to the perspectives of others.** • Positive relationships contribute to emotional wellbeing. • **Building and maintaining supportive friendships.** • Support networks are important during challenging situations.	**Valuing Difference** • Diversity enriches communities and society. • **Recognising and valuing diversity in a wide range of contexts.** • Identity is influenced by many personal, cultural and social factors. • **Reflecting on personal and collective identities.** • Stereotypes can influence perceptions and opportunities. • **Critically evaluating and challenging stereotypes.** • Discrimination and prejudice can have significant consequences. • **Recognising and responding appropriately to discrimination.** • Equality and inclusion are essential for fair communities. • **Promoting equality and inclusive behaviours.** • Respecting differing views supports positive relationships. • **Engaging respectfully with different perspectives and beliefs.** • Individuals can contribute to reducing prejudice and exclusion. • **Advocating for fairness and respect.**	**Keeping Myself Safe** • Risks can be identified, assessed and managed in different situations. • **Evaluating risks and making informed decisions.** • Peer influence can affect behaviour both positively and negatively. • **Managing peer pressure using assertiveness and confidence.** • Medicines, legal substances and harmful substances can affect health. • **Understanding the safe use of medicines and risks associated with substances.** • Online activity creates a lasting digital footprint. • **Managing online behaviour responsibly and safely.** • Personal information should be protected online and offline. • **Applying strategies to safeguard privacy and personal data.** • Personal boundaries support physical and emotional safety. • **Recognising, communicating and respecting boundaries.** • Help and support are available when safety concerns arise. • **Accessing appropriate support and reporting concerns confidently.**	**Rights & Responsibilities** • Rights and responsibilities are linked and support fair societies. • **Evaluating rights and responsibilities in different settings.** • Democratic systems enable participation and representation. • **Participating responsibly in democratic processes.** • Financial decisions can have short- and long-term consequences. • **Applying budgeting, saving and spending skills effectively.** • Sustainability requires responsible use of resources. • **Making informed choices that support environmental sustainability.** • Communities benefit when individuals contribute positively. • **Demonstrating active citizenship and social responsibility.** • Rules, laws and responsibilities help protect people. • **Understanding the purpose and impact of rules and laws.** • Individuals can influence change within their communities. • **Taking action to support positive community outcomes.**	**Being My Best** • Wellbeing is influenced by physical, emotional, social and mental factors. • **Making informed choices that support overall wellbeing.** • Healthy lifestyles require balance, consistency and self-management. • **Developing and sustaining healthy habits.** • Goals can help people achieve personal success and fulfilment. • **Setting, reviewing and adapting personal goals.** • Resilience enables people to overcome setbacks and challenges. • **Applying resilience strategies in challenging situations.** • Reflection helps identify strengths and areas for development. • **Evaluating personal progress and planning next steps.** • Confidence and self-esteem can influence achievement and wellbeing. • **Developing self-confidence and positive self-belief.** • Collaboration and leadership can contribute to success. • **Working effectively with others and demonstrating leadership skills.**	**Growing & Changing** • Growth and development continue throughout adolescence and adulthood. • **Recognising the physical, emotional and social changes associated with puberty.** • Puberty affects individuals in different ways and at different times. • **Using accurate vocabulary to discuss puberty confidently and respectfully.** • Identity develops through experiences, relationships and personal choices. • **Reflecting on personal identity and values.** • Relationships may become more complex as people grow older. • **Managing changing relationships respectfully and responsibly.** • Increased independence requires thoughtful decision-making. • **Making informed and responsible choices.** • Personal boundaries and privacy are essential for wellbeing and safety. • **Recognising, establishing and respecting personal boundaries.** • Trusted adults and support networks can help navigate change. • **Seeking advice and support during periods of transition.**
Vocab	relationship, friendship, trust, respect, honesty, empathy, compassion, communication, active listening, conflict, negotiation, compromise, perspective, emotions, emotional wellbeing, resilience, support, encouragement, cooperation, collaboration, trustworthiness, responsibility, healthy relationships, unhealthy relationships, understanding, friendship skills, self-awareness, interpersonal skills, positive relationships, wellbeing	diversity, equality, equity, inclusion, identity, culture, heritage, beliefs, values, prejudice, discrimination, stereotype, bias, fairness, justice, respect, acceptance, tolerance, empathy, community, individuality, belonging, representation, inclusion, citizenship, human rights, equality of opportunity, diversity awareness, anti-discrimination, social responsibility	risk, safety, hazard, responsibility, decision-making, peer pressure, influence, assertiveness, boundaries, consent, privacy, personal information, digital footprint, online safety, cyberbullying, internet, communication, security, wellbeing, medicine, legal substances, harmful substances, emergency, support, trusted adult, confidence, judgement, resilience, protection, safeguarding	rights, responsibilities, democracy, citizenship, representation, participation, community, fairness, justice, equality, laws, rules, accountability, responsibility, active citizenship, sustainability, conservation, environment, stewardship, resources, budgeting, saving, spending, financial responsibility, consumer, ethical choices, volunteering, community action, social responsibility, civic participation	wellbeing, physical health, mental health, emotional health, social health, resilience, perseverance, determination, motivation, confidence, self-esteem, self-belief, aspiration, achievement, goal-setting, reflection, progress, challenge, growth mindset, healthy lifestyle, nutrition, exercise, fitness, sleep, hygiene, leadership, collaboration, independence, responsibility, success	puberty, adolescence, development, growth, maturity, identity, values, self-awareness, self-esteem, independence, responsibility, relationships, emotions, wellbeing, physical changes, emotional changes, social changes, transition, privacy, boundaries, respect, trust, support, trusted adult, confidence, resilience, personal identity, growing up, decision-making, self-management

Y6	Autumn		Spring		Summer	
	Me & My Relationships	**Valuing Difference**	**Keeping Myself Safe**	**Rights & Responsibilities**	**Being My Best**	**Growing & Changing**
Knowledge & Skills	• Relationships are influenced by trust, respect, honesty, empathy and effective communication. • **Evaluating the characteristics of healthy, unhealthy and abusive relationships.** • Relationships can change over time due to personal growth and life circumstances. • **Managing change and challenges within relationships appropriately.** • Conflict is a normal part of relationships and can be resolved constructively. • **Applying advanced communication, negotiation and conflict-resolution skills.** • Emotions can be complex and influence behaviour and decision-making. • **Managing emotions effectively in a range of social situations.** • Positive relationships contribute to wellbeing and resilience. • **Building and maintaining supportive and respectful relationships.** • Different viewpoints and experiences shape people's perspectives. • **Demonstrating empathy and understanding towards others.** • Support networks can help people manage difficulties and challenges. • **Seeking and offering support appropriately.**	• Diversity is a strength within communities and society. • **Critically evaluating and appreciating diversity and inclusion.** • Personal and group identities are influenced by a range of factors. • **Reflecting on identity, belonging and community.** • Stereotypes, prejudice and discrimination can create inequality. • **Identifying and challenging discriminatory attitudes and behaviours.** • Equality and human rights support fairness and justice. • **Advocating for fairness, equality and inclusion.** • Bias can influence decisions and perceptions. • **Recognising and challenging conscious and unconscious bias.** • Respectful dialogue supports understanding between different groups. • **Engaging constructively with differing viewpoints and beliefs.** • Individuals can contribute to positive social change. • **Taking action to promote respect and inclusion.**	• Risks can arise in physical, emotional, social and digital environments. • **Assessing risk and making informed decisions to protect wellbeing.** • Peer influence can affect behaviour and choices. • **Using assertiveness and critical thinking to resist negative influences.** • Medicines have benefits and risks when not used correctly. • **Understanding the safe use of medicines and risks associated with substances.** • Online activity leaves a permanent digital footprint. • **Managing digital identities and online behaviour responsibly.** • Personal information and privacy require protection. • **Applying strategies to safeguard personal information online and offline.** • Consent and boundaries help keep people safe and respected. • **Recognising, communicating and respecting consent and boundaries.** • Support is available when concerns about safety arise. • **Accessing support services and reporting concerns appropriately.**	• Rights and responsibilities help maintain fair and democratic societies. • **Evaluating how rights and responsibilities operate in different contexts.** • Democracy enables participation and representation. • **Participating actively and responsibly in democratic processes.** • Financial decisions can have significant consequences. • **Applying financial literacy skills to spending, saving and budgeting.** • Sustainable choices help protect the environment and future generations. • **Making environmentally responsible and sustainable decisions.** • Communities benefit from active and informed citizens. • **Demonstrating leadership and active citizenship.** • Laws help protect rights and maintain order. • **Understanding the purpose and impact of laws and regulations.** • Individuals can influence change locally and globally. • **Taking informed action to support positive change.**	• Wellbeing is influenced by physical, emotional, social and mental health. • **Evaluating lifestyle choices and their impact on wellbeing.** • Healthy habits support long-term health and success. • **Maintaining healthy routines and behaviours.** • Goal-setting helps people achieve personal and academic success. • **Setting ambitious but realistic goals and monitoring progress.** • Resilience supports people when facing challenges and setbacks. • **Applying resilience and coping strategies effectively.** • Reflection helps people learn from experiences. • **Critically evaluating strengths, achievements and areas for growth.** • Confidence and self-esteem influence wellbeing and achievement. • **Developing positive self-esteem and self-confidence.** • Leadership and collaboration contribute to success. • **Demonstrating leadership, teamwork and responsibility.**	• Puberty brings physical, emotional and social changes. • **Explaining and managing the changes associated with puberty.** • Identity continues to develop throughout adolescence and adulthood. • **Reflecting on personal identity, values and aspirations.** • Relationships become increasingly complex during adolescence. • **Managing relationships respectfully and responsibly.** • Independence involves increased responsibility and decision-making. • **Making informed choices about personal wellbeing and future goals.** • Personal boundaries, consent and privacy are essential for healthy relationships. • **Recognising, establishing and respecting boundaries and consent.** • Transition is a natural part of life and can bring opportunities and challenges. • **Preparing positively for transition to secondary school and future changes.** • Support networks can help people navigate change and uncertainty. • **Accessing support and guidance confidently when needed.**
Vocab	relationship, friendship, trust, respect, honesty, empathy, compassion, communication, active listening, conflict, negotiation, compromise, resilience, emotional wellbeing, support, encouragement, perspective, understanding, healthy relationships, unhealthy relationships, abusive behaviour, respectfulness, trustworthiness, cooperation, collaboration, interpersonal skills, self-awareness, emotional regulation, wellbeing, friendship skills	diversity, inclusion, equality, equity, identity, belonging, culture, heritage, values, beliefs, prejudice, discrimination, stereotype, bias, unconscious bias, fairness, justice, human rights, respect, acceptance, tolerance, empathy, citizenship, representation, community, individuality, social responsibility, inclusion, advocacy, equality of opportunity	risk, safety, safeguarding, consent, boundaries, privacy, personal information, digital footprint, online reputation, cyberbullying, peer pressure, influence, assertiveness, decision-making, responsibility, security, wellbeing, medicine, substance, legal substances, harmful substances, support, trusted adult, emergency, resilience, confidence, critical thinking, judgement, protection, safeguarding	rights, responsibilities, democracy, citizenship, participation, representation, fairness, justice, equality, law, regulation, accountability, leadership, active citizenship, community, sustainability, conservation, environment, stewardship, resources, budgeting, saving, spending, financial literacy, consumer choices, ethical choices, social responsibility, advocacy, civic engagement, decision-making	wellbeing, physical health, mental health, emotional health, social health, resilience, perseverance, determination, motivation, confidence, self-esteem, self-belief, leadership, collaboration, teamwork, responsibility, goal-setting, aspiration, achievement, reflection, progress, challenge, growth mindset, healthy lifestyle, nutrition, fitness, exercise, sleep, wellbeing, success	puberty, adolescence, development, growth, maturity, identity, values, aspirations, self-awareness, self-esteem, independence, responsibility, relationships, consent, boundaries, privacy, respect, trust, transition, secondary school, wellbeing, physical changes, emotional changes, social changes, support network, resilience, decision-making, personal identity, future goals, growing up

Our Disciplinary Knowledge Progression

Key Area	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Think Critically and make decisions	Understands simple choices relating to routines such as tidying up or sharing, whilst starting to identify safe and unsafe situations.	Begins to recognise simple choices and their consequences such as choosing healthy food or being kind.	Identifies safe and unsafe situations, such as road safety or talking to strangers.	Starts to weigh up risks in different contexts, such as online safety or peer pressure.	Evaluates the reliability of information, including advertising and online content.	Considers different perspectives before making decisions, such as moral dilemmas or media influence.	Makes independent, informed decisions and understands wider societal consequences, such as financial choices or legal responsibilities.
Apply knowledge to real life	Knows about hygiene (washing hands), can identify who helps them and understands simple safety rules.	Knows simple rules for keeping safe at home and school.	Identifies people who can help in different situations, such as managing emotions or handling friendships.	Understands the importance of laws and rules in keeping people safe, such as road safety or school rules.	Applies knowledge to personal well-being, such as managing emotions or handling friendships.	Uses knowledge to assess risks and make choices about things such as drugs or financial decisions.	Independently applies learning to real life challenges such as secondary school transition or managing money.
Communication and debate	Expresses own wants, needs and feelings, which includes starting to negotiate.	Expresses feelings and opinions using simple words.	Listens to others and takes turns in conversation.	Begins to give reasons for their opinions and considers different viewpoints.	Discusses issues respectfully, considering how others may feel.	Engages in structured debate, using evidence to support views.	Can present balanced arguments on social and ethical topics, such as fairness, rights and environmental responsibility.
Evaluating and reflecting	Recognises when they have done something well and starts to understand cause and effect in behaviour.	Recognises when they have done something well and when they need help.	Reflects on personal choices, such as how behaviour effects others.	Considers how actions have consequences and learns from mistakes.	Evaluates personal strengths and areas for improvement, such as personal goals.	Reflects on experiences to improve decision making, such as managing friendships and dealing with peer pressure.	Thinks critically about personal values and how they influence behaviour, such as developing a sense of responsibility.
Adapting to changing situations	Starts to build resilience, for example having another go after failing a task.	Understands that change happens, such as growing up or new experiences.	Recognises feelings linked to change and who can help.	Learns basic coping strategies for small changes, such as starting a new club or making new friends.	Begins to manage emotions around more significant changes, such as moving house or family changes.	Develops resilience and problem solving skills for unexpected changes such as a friendship ending or changes in routine.	Prepares for major life transitions, such as moving to secondary school or increasing independence.

Impact of PHSE/RSE (End Points)	Children will show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. They will set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Children will give focused attention to what the teacher says, responding appropriately even when engaged in an activity and show an ability to follow instructions involving several ideas or actions. (ELG Self Regulation) Children are confident to try new activities, and show independence, resilience and perseverance in the face of challenge. They are able to explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. (ELG Managing Self) Children work and play cooperatively and take turns with others. They form positive attachments to adults and friendships with peers. Children show sensitivity to their own and others' needs. (ELG Building Relationships)	A Y1 pupil at the expected standard will explain why their class is a happy and safe place to learn, whilst giving examples of how they or others make it happy and safe. Pupils will name some similarities and differences they have to other people. They will explain what bullying is and how it might make someone feel. Pupils will be able to explain how it feels when they are successful, ways to celebrate and will understand the difference between positive and negative feelings. Pupils will explain why their body is amazing and identify ways to keep it healthy and safe by giving examples. They will explain what special relationships they have and why these relationships help them feel safe and good. They will start to identify the qualities of a good friend and give examples of behaviour in other people they appreciate. Pupils will be able to explain why it is important to keep money safe and give examples of different ways children might receive money.	A Y2 pupil at the expected standard will explain why their behaviour can impact on other people. They will compare their own choices to others and express why some are better choices. Pupils will explain that people might get bullied because they are seen to be different and not conform to gender stereotypes. They will talk about how it feels to have a friend and be a friend, whilst also explaining why it is ok to be different from their friends. Pupils will be able to explain what it means to be part of a community and also identify a range of feelings. Pupils will describe why foods and medicines can be good for the body, comparing this to less healthy choices. They will identify why some things might make them feel uncomfortable in a relationship and say what they might do in certain situations. Pupils will distinguish between a want and a need and will start to understand why it is important to respect the diverse world that surrounds them.	A Y3 pupil at the expected standard will explain how their behaviour can effect how others feel and behave. They will describe why it is important to have rules and how it is important to be valued. They will describe different conflicts that might happen in a family or friendship and how words can be used in hurtful or kind ways during conflict. Pupils will describe how being in a conflict might make someone feel and will suggest strategies to help resolve it. They will identify things, people and places that they need to keep safe from and suggest strategies to stay safe, including who to go to for help. They will be able to explain that they have rights as a child and link this to the idea of liberty as an individual. Pupils will explain how their life is influenced positively by people and how their choices might affect family, friendships and other people. They will be able to describe how people track money and think about how it is spent purposefully.	A Y4 pupil at the expected standard will be able to explain why being listened to and listening to others is important in a community. They will be able to describe why being democratic is important and helps others feel valued. Pupils will explain why bullying might be difficult to spot and what to do about it if they are not sure. They will be able to explain why it is good to accept themselves and others as individuals. Pupils will recognise when people are putting them under pressure and explain ways to resist this. They will start to describe what peer pressure is. Pupils will explain the physical changes that happen to male and female bodies as they grow. Pupils will be able to talk about some people who protect human rights such as the police and they will also continue to develop their understanding of the different ways people earn, spend and save money. They will be able to explain the difference between public and private, describing different ways to stay safe online.	A Y5 pupil at the expected standard will be able to compare their own life to other people and explain why there are rules, rights and responsibilities to make the school and wider community a fair place. They will explain how the actions of one person can affect another and give examples. Pupils will be able to explain the differences between direct and indirect types of bullying, offering a range of strategies to help themselves or others if they become involved in a bullying situation. Pupils will explain why racism and other forms of discrimination are unacceptable. They will explain the different roles that food and substances play in peoples lives, whilst summarising different ways they can respect/value their body. Pupils will compare different types of friendships and the feelings associated with this. They will be able to articulate how they can manage their feelings both in person and online. Pupils will explain how boys and girls change during puberty and why looking after themselves physically and emotionally is important. They will able be able to express how they feel about the changes that will happen	A Y6 pupil at the expected standard will be able to explain how their choices can impact the immediate and global community. They will empathise and respect other peoples personal choices. Pupils will explain ways in which difference can be a source of conflict or a cause for celebration. They will explain different ways to work with others to help make the world a better place. Pupils will explain what motivates them to make the world a better place. They will explain when substances including alcohol are being misused and what impact this can have. They will identify and apply skills to keep themselves emotionally healthy to manage stress and pressure. Pupils will identify when people might be experiencing feelings of loss and recognise when people are trying to gain power or control. Describe identity as how we see ourselves and discuss the factors that make up a person's identity. Pupils will be able to describe the change in responsibilities for them

						during puberty.	as they transition to high school.