



# Bradwell Village School



Powerful Knowledge Progression PSHE								
An end of KS1 child will come to Bradwell Village knowing:	Strand		Year Three	Year Four	Year Five	Year Six	A Year Six child will leave Bradwell Village knowing:	A KS3 child will learn:
They will know how to recognise feelings, what makes a safe and fair learning environment and how to value other people’s contributions.	Being me in my world		Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others’ perspectives	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Identifying goals for the year Global citizenship Children’s universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	They will know about children’s rights and being a global citizen. They will be able to work with others and know about having a voice. They will understand that actions have consequences and what is meant by anti-social behaviour.	Personal identity What influences personal identity Identify personal strengths How do others see me? Group identity My growing sense of personal identity and independence Online and global identity Expectations
	Powerful Vocabulary		Valued, Achievements, Proud Personal goal, Praise, Acknowledge, Affirm, emotions, nightmare, consequences, responsibilities, dynamics,	Excluded, included, responsibility, democracy , consequences, contribution, charter	Education, appreciation, motivation, vision, citizen, empathise, refugee, persecution, conflict, asylum, migrant, poverty, prejudice, privilege, deprive, consequences, collaboration,	Plantation, machete, community, rewards, consequences, obstacles, collaboration, lawful, participation, democracy,		
They will understand what bullying is and be able to stand up for themselves and others. They will be able to celebrate difference and remain friends.	Celebrating Difference	(Bullying/protected characteristics)	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	They will know that people are different and that there are protected characteristics. . They will understand the different types of bullying and how to show respect and empathy to others.	Assertiveness Prejudice and discrimination My values and those of others Challenging stereotypes Discrimination in school How prejudice and discrimination fuels bullying Being inclusive
			Powerful Vocabulary		Compliment, unique, , similarity, gay, bullying, bystander, resolve	Assumption, judgement, character, assumption, influence, attitude, deliberate, bystander, cyber bullying,		

An end of KS1 child will come to Bradwell Village knowing:	Strand		Year Three	Year Four	Year Five	Year Six	A Year Six child will leave Bradwell Village knowing:	A KS3 child will learn:
They will recognise learning strengths and be able to learn with others. They will be able to cooperate and achieve realistic goals.	Dreams and Goals	(Careers)	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	They will know how to set goals for themselves and how to be motivated. They will know about different careers and how to make a difference to others.	What are my dreams and goals? Steps to success Coping when things don't go to plan Rewarding my dreams Intrinsic and extrinsic motivation Keeping my dreams alive How dreams and goals change in response to life
			Perseverance, obstacles, aspirations, enterprise, cooperation, enthusiastic, efficient, frustration,	Determination, perseverance, resilience, disappointment, commitment, enterprise	Achievement, lifestyle, career, profession, contribution, determination, motivation, aspiration, sponsorship, communication	Global, suffering, hardship, suffering, motivation, sponsorship, recognition, compliment		
They will know about healthy eating and nutrition and be able to make healthy choices and understand relaxation.	Healthy Me	(Peer on peer)	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	They will know about how to stay healthy, physically and mentally. They will learn how peers can influence others and about different types of exploitation. They will learn how to take responsibility for themselves.	Healthy choices about my emotional health Managing stress Managing my choices around substances Managing my nutritional choices Medicines and immunisation Healthy choices about physical activity and rest/sleep
			Calories, kilojoules, strategy, anxious, appreciate, complex, risk	Friendships, emotions, assertive, follower, pressure, alcohol, disease, assertive	Healthy, unhealthy behaviour, media, emergency, procedure, body image, celebrity, comparison, debate	Immunisation, prevention, volatile substances, prescribed, restricted, synthetic highs, criminal, reputation, triggers, mental health,		

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They will know about different types of family and physical contact boundaries. They will have an understanding of trust and keeping secrets.	Relationships	(Internet safety)	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	They will understand different types of relationships and how to deal with their feelings. They will have an understanding of mental health and how to be safe with technology.	My changing web of friendships Support I need now and in the future Developing positive relationships What external factors affect relationships, e.g. media influences? Assertiveness in relationships The changing role of families
	Powerful Vocabulary		Conflict, global, communications, climate, inequality, deprivation, equality	Jealousy, negative, disbelief, numb, despair, depression, strategy, souvenir, memento, memorial, memories, compromise, negotiate, betrayal, empathy, loyalty, attraction,	Attributes, self-esteem, online, offline, community, violence, appropriate, grooming, trolled, gambling, vulnerable	Ashamed, stigma, anxiety, self-harm, denial, bereavement,		
They will know about life cycles in nature and how we grow from young to old. They know the correct terminology for the differences in female and male bodies.	Changing Me		How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition	They will know how people change physically and what changes they will go through. They will understand the importance of their feelings as they change and how they will develop different relationships. They will learn how to behave in relationships and how to treat others.	My changing body and feelings What is self-image? Coping during times of change My changing ways of thinking Managing my changes in mood Moving forwards into my next year of education
	Powerful Vocabulary		Birth, uterus, womb, affection, puberty, testicles, sperm, ova, vagina, stereotypes,	Characteristics, sperm, penis, ova, womb, intercourse, fertilise, conception, menstruation, puberty, periods, acceptance	Perception, self-esteem, characteristics, affirmation, sanitary towels, tampons, ovaries, oestrogen, vulva, uterus, semen, erection, ejaculation, hormones, larynx, fallopian tube, embryo, contraception	Real self, foetus, placenta, umbilical cord, contractions, cervix, sexting, transition		