



Swainswick PSHE key concepts

Whole school definition: PSHE is Personal, Social and Health education that enables children to understand themselves and the world around them.

Key concepts

There are nine key concepts that weave throughout the PSHE curriculum:

Identity and belonging

Asking for help

Diversity and equality

Rights

Growth mindset

Teamwork

Self esteem

Relationships

Managing change

<u>Concept</u>	<u>Why learn this concept?</u>	<u>Year group</u>
Identity and belonging	For children studying PSHE, having a sense of identity is key within all units. Children begin to understand their own identity and the factors that create this, which then allows them to think about the identity of others. This helps children to understand that everybody has their own identity, which means that everybody is unique. Children need to grasp this concept to enable them to feel accepted within their own societies and understand how we are different to those around us	EYFS, 1-6
Asking for help	Our aim in school is to support children in learning to be independent thinkers, it is also important for children to recognise when, and who, they can ask for help. This will help them to deepen their understanding, knowledge, confidence and social awareness.	EYFS, 1-6
Diversity and equality	It is important for children to understand how we are all different and that these differences should be celebrated; being unique is what makes us all special. Children should recognise that everyone should be treated fairly, no matter what their race, religion, gender, age, disability, or orientation. It is equally important for children to explore the similarities between everyone, to learn how to build connections.	EYFS, 1-6
Rights	As global citizens, children should be aware of the rights we all have along with our responsibilities, both in home, local community and the world.	EYFS, 1-6
Growth mindset	I don't know how to do it.....yet! Growth mindset is the belief that you are in control of your own ability and can learn and improve. Having a 'growth mindset' is very important to help children to recognise their potential and is a very important part of school life. It is crucial that children take ownership of their learning, develop a positive attitude to challenge and persevere in the face of challenge.	EYFS, 1-6
Teamwork	Teamwork is a collaborative effort to achieve a shared goal. This is a significant part of daily life in school, home and in wider life. It is an essential tool that will help children grow into robust, independent, friendly young people who can work well with others and be sociable. It also allows children to explore their strengths, similarities, and differences. .	EYFS, 1-6
Self esteem	Self-esteem is the confidence in our self and our abilities. Having healthy self-esteem gives children the courage to try new things, like making new friends, trying a new activity, or challenging themselves. They believe in themselves and know that good things can happen when they try their best. Along with growth mindset, children are able to positively reflect on an experience, knowing there may be room for improvement but if they've tried their best, their best is good enough.	EYFS, 1-6

<p>Relationships</p>	<p>Relationships come in many different forms and it is important for children to recognise and understand this.</p> <p>Family is an important part of PSHE. In any school, children will come from a variety of households or families which can take many forms. It is important for children to understand the changing nature of relationships, that every family is different and identify those similarities and differences. Children should also learn the different rights, responsibilities and roles within families.</p> <p>Friendship is also a core concept in the lives of children. We aim to give children the tools that they need to recognise healthy friendships, thinking about what makes a good friend or a bad friend, and how to manage this.</p>	<p>1-6</p>
<p>Managing change</p>	<p>Managing change means managing peoples fear's and worries about the unknown. Change is natural and good, but change can be a scary time for many people, and learning how to manage it ensures minimum disruption, anxiety and stress to the lives of those it is affecting. Children have many changes throughout their childhood, and learning to manage change at a young age will help support their understanding, giving them the tools and techniques they need to manage the symptoms brought on by changing times as they move into adulthood.</p>	<p>EYFS, 1-6</p>

Our curriculum concepts and key vocabulary progression

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Being me in my world	Celebrating differences	Dreams and goals	Healthy Me	Relationships	Changing me
Reception	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> <u>Retrieval vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> <u>Retrieval vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> <u>Retrieval vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> <u>Retrieval vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> <u>Retrieval vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> <u>Retrieval vocab:</u></p>
Year 1	<p><u>Core concepts</u> Identity and belonging, asking for help, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Space, safe, included, involved, rights, responsibilities, reward, consequence, proud. <u>Retrieval vocab:</u></p>	<p><u>Core concepts</u> identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Similar, different, bullying, special, differences, celebration, unique, important, understanding. <u>Retrieval vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Goals, success, teamwork, challenge, overcome, obstacles, achievement. <u>Retrieval vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Healthy, fit, choices, lifestyle, safety, happiness. <u>Retrieval vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Belonging, family, love, care, friend, helpful, qualities, understanding, relationships, self-care, body parts <u>Retrieval vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Baby, changes, life cycle, animal, human, adult, teenager, child, female, male. <u>Retrieval vocab:</u></p>

<p>Year 2</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Hopes, fears, rights, consequences, safety, fair, values, contribution, choices, feelings, understanding.</p> <p><u>Retrieval vocab:</u> Responsibilities, rewards,</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Stereotypes, gender, male, female, supporting, self-care, trust, friends, diversity.</p> <p><u>Retrieval vocab:</u> Similarities, differences, unique, special, bullying.</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Realistic, persevering, strengths, co-operating, contribution, sharing, involved, included, skills.</p> <p><u>Retrieval vocab:</u> Teamwork, achieving.</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Motivation, relaxed, choices, foods, unhealthy, nutrition.</p> <p><u>Retrieval vocab:</u> Healthy</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Unique, special, caring, differences, equal, boundaries, friendship, conflict, secrets, trust, appreciation, feelings, understanding, uncomfortable, safe.</p> <p><u>Retrieval vocab:</u> Family, relationships</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Nature, animal, human, young, old, development, growth, female, male, similarities, differences, self-appreciation, body parts, opinion, feelings, penis, testicles, anus, vagina, vulva.</p> <p><u>Retrieval vocab:</u> Life cycle</p>
<p>Year 3</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Goals, self-identity, self-worth, challenge, rules, choices, perspective, opinion, behaviour</p> <p><u>Retrieval vocab:</u> Rights, responsibilities, rewards, consequences</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Families, differences, similarities, conflict, resolution, bullying, problem solving, compliments, feelings.</p> <p><u>Retrieval vocab:</u> Similarities, differences, stereotypes.</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Challenges, success, dreams, ambitions, motivation, enthusiasm, obstacles, overcoming, feelings, improvement, positive.</p> <p><u>Retrieval vocab:</u> Team work, achieving,</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Exercise, healthy, fitness, drugs, safety, online, respect, anxious, scared, unwell, medicine, drugs.</p> <p><u>Retrieval vocab:</u> Healthy, choices, unhealthy</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Family, roles, responsibilities, safety, friendship, negotiation, perseverance, global citizen, choices, friends, influences.</p> <p><u>Retrieval vocab:</u> Understanding, differences, appreciation</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Baby, growth, changes, family, challenges, transition.</p> <p><u>Retrieval vocab:</u> Family, life cycle, stereotypes, teamwork, understanding, feelings</p>
<p>Year 4</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u></p>

	<p>Citizen, rights, responsibilities, democracy, consequences, decisions, motivation, community, values</p> <p><u>Retrieval vocab:</u> Behaviour, teamwork, rewards</p>	<p>Challenges, assumptions, judging, acceptance, understanding, influences, special, unique, impressions, change,</p> <p><u>Retrieval vocab:</u> Opinion, bullying, problem solving</p>	<p>Hopes, dreams, goals, realistic, achievements, disappointment, overcome, resilient, attitude.</p> <p><u>Retrieval vocab:</u> Obstacles, positive, feelings</p>	<p>Healthy, friendships, groups, dynamic, smoking, alcohol, assertiveness, peer pressure, resisting, anxiety.</p> <p><u>Retrieval vocab:</u> Healthy, friendships, groups, safety, medicine, drugs.</p>	<p>Jealousy, love, loss, memories, girlfriends, boyfriends, appreciation, empathy.</p> <p><u>Retrieval vocab:</u> Friendship, negotiation, perseverance, global citizen, choices, friends, influences</p>	<p>Unique, puberty, acceptance, environmental change.</p> <p><u>Retrieval vocab:</u> Growth, changes, family, challenges, transition.</p>
Year 5	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Comparison, participating.</p> <p><u>Retrieval vocab:</u> Behaviour, democracy, rights, citizen, responsibilities, reward, behaviour, consequence.</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Culture, similarities, differences, understanding, racism, rumours, wealth, happiness, respectful, empathy, discrimination.</p> <p><u>Retrieval vocab:</u> Similarities, differences, bullying,</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Money, careers, reflection, supporting, motivating.</p> <p><u>Retrieval vocab:</u> Hopes, dreams, goals</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Vaping, alcohol, anti-social behaviour, emergency aid, body image choices, motivation, behaviour, disorders, misuse, respect.</p> <p><u>Retrieval vocab:</u> Smoking, healthy, food</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Self-recognition, self-worth, self-esteem, community, rights, responsibility, gaming, gambling, screen time, grooming, safety, rules, SMART, negotiate, pressure, harm, friendships, communication.</p> <p><u>Retrieval vocab:</u> Safety</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Self-worth, body image, puberty, conception, IVF, responsibilities, change, transition, influence, online, media, emotions.</p> <p><u>Retrieval vocab:</u> Growth, changes, family, challenges, transition.</p>
Year 6	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Goals, global citizenship, universal rights, welcomed, valued, choices, consequences, rewards, group dynamics, democracy, anti-social behaviour, role-models, community, empathy, influence.</p> <p><u>Retrieval vocab:</u></p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Perceptions, normality, disability, power struggle, bullying, inclusion, exclusion, conflict, celebration, differences, empathy.</p> <p><u>Retrieval vocab:</u> Similarities, differences, bullying,</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Goals, success criteria, emotions, difference, motivation, achievements, compliments, teamwork.</p> <p><u>Retrieval vocab:</u> Motivating, teamwork, goals.</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Responsibility, substances, exploitation, county lines, gang culture, emotions, mental health, stress, impact, pressure.</p> <p><u>Retrieval vocab:</u> Alcohol, anti-social behaviour</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Mental health, support, love, loss, feelings, power, control, assertiveness, empathy</p> <p><u>Retrieval vocab:</u> Safety, responsibility, understanding,</p>	<p><u>Core concepts</u> Managing change, identity and belonging, asking for help, diversity and equality, rights, growth mindset, teamwork, self-esteem, relationships.</p> <p><u>Key vocabulary:</u> <u>New vocab:</u> Self-image, body-image, puberty, feelings, conception, birth, change, physical attraction, respect, consent, boyfriends, girlfriends, sexting, transition, pregnancy, teenage, development.</p> <p><u>Retrieval vocab:</u></p>

	Behaviour, democracy, rights, citizen, responsibilities, reward, behaviour, consequence.					Growth, changes, family, challenges, transition
--	--	--	--	--	--	---