

Upperwood Academy  
PHSE & RSE Progression

Key Stage 2 - Classes 9, 10 & 11		
	Cycle A (8-11)	Cycle B (8-11)
	Autumn	
<b>KKS-</b> Keeping/Staying Safe	<b>Peer Pressure &amp; Adult's and Children's Views</b> <ul style="list-style-type: none"> <li>Identify strategies we can use to keep ourselves and others safe</li> <li>Recognise ways to manage peer pressure</li> <li>Explain the potential outcomes that may happen when we take risks</li> <li>Recognise the impact and possible consequences of an accident or incident</li> </ul>	<b>Water Safety</b> <ul style="list-style-type: none"> <li>Identify a range of danger signs</li> <li>Develop and name strategies that help keep ourselves and others safe</li> <li>Recognise the impact and possible consequences of an accident or incident</li> </ul>
<b>KSH-</b> Keeping/Staying Healthy	<b>Smoking &amp; Adult's and Children's Views</b> <ul style="list-style-type: none"> <li>Explain some of the risks associated with smoking (physical, social and legal) and name the addictive ingredients found in cigarettes, e-cig, etc</li> <li>Describe how smoking can affect your immediate and future health and wellbeing</li> <li>Give reasons why someone might start and continue to smoke</li> <li>Identify and use skills and strategies to resist any pressure to smoke</li> </ul>	<b>Alcohol (Drug Extension)</b> <ul style="list-style-type: none"> <li>Identify what is a risky choice</li> <li>Identify the risks associated with alcohol</li> <li>Describe how alcohol can affect your immediate and future health</li> <li>Develop and recognise skills and strategies to keep safe</li> </ul>
<b>CS - Computer Safety</b>	<b>Sharing Images &amp; Adult's and Children's Views</b> <ul style="list-style-type: none"> <li>List reasons for sharing images online</li> <li>Identify rules to follow when sharing images online</li> </ul>	<b>Making Friends Online</b> <ul style="list-style-type: none"> <li>List the key applications that we may use now and in the future</li> <li>Know and understand why some applications have age restrictions</li> </ul>

	<ul style="list-style-type: none"> <li>Describe the positive and negative consequences of sharing images online</li> <li>Recognise possible influences and pressures to share images online</li> </ul>	<ul style="list-style-type: none"> <li>Identify ways to keep yourself and others safe in a range of situations online and offline</li> <li>Recognise that people may not always be who they say they are online</li> </ul>
BR- Being Responsible	Spring	
	<p>Looking Out for Others</p> <ul style="list-style-type: none"> <li>Recognise why we should take action when someone is being unkind</li> <li>Describe caring and considerate behaviour, including the importance of looking out for others</li> <li>Demonstrate why it is important to behave in an appropriate and responsible way</li> <li>Identify how making some choices can impact others' lives in a negative way</li> </ul>	<p>Stealing</p> <ul style="list-style-type: none"> <li>Explain what consent means</li> <li>Recognise the importance of being honest and not stealing</li> <li>Explain why it is important to have a trusting relationship between friends and family</li> <li>Identify how making some choices can impact others' lives in a negative way</li> </ul>
FAE – Feelings and Emotions	<p>Anger &amp; Adult's and Children's Views</p> <ul style="list-style-type: none"> <li>Recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant</li> <li>Explain how feelings can be communicated with or without words</li> <li>Recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people</li> <li>Demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as anger</li> </ul>	<p>Worry</p> <ul style="list-style-type: none"> <li>Recognise our thoughts, feelings and emotions</li> <li>Identify how we can reduce our feeling of worry</li> <li>Explain how we can support others who feel worried</li> <li>Recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people</li> </ul>

FA – First Aid	<div>First Aid Year 5</div> <ul style="list-style-type: none"><li>• Complete a primary survey for first aid</li><li>• Demonstrate the recovery position for an unresponsive breathing casualty</li><li>• Know when to deliver CPR</li><li>• Demonstrate how to do CPR</li><li>• Know when to call for emergency help</li></ul> <div>First Aid Year 6 (Part 1)</div> <ul style="list-style-type: none"><li>• Identify a range of situations that may require first aid</li><li>• Understand how to support someone with minor or serious head injury</li><li>• Understand how to support someone who is having a seizure</li><li>• Understand how to support someone with a severe bleed</li><li>• Know when to call for medical help</li></ul> <div>First Aid Year 6 (Part 2)</div> <ul style="list-style-type: none"><li>• Identify a range of situations that may require first aid</li><li>• Understand how to support someone with a minor burn or scald</li><li>• Understand how to support someone who is having a heart attack</li><li>• Understand how to support someone with a fractured bone</li><li>• Know when to call for medical help</li></ul>			
TWW – The Working World	<div>Summer</div> <table><tr><td><div>Enterprise &amp; Adult's and Children's Views</div><ul style="list-style-type: none"><li>• Understand and explain why people might want to save money</li><li>• Identify ways in which you can help out at home</li><li>• Budget for items you would like to buy</li><li>• Recognise ways to make money and the early stages of enterprise</li></ul></td><td><div>In App Purchases</div><ul style="list-style-type: none"><li>• Know and understand various money-related terms</li><li>• Recognise some of the ways in which we can spend money via technology</li><li>• Describe the potential impact of spending money without permission</li><li>• Identify strategies to save money</li></ul></td></tr></table>		<div>Enterprise &amp; Adult's and Children's Views</div> <ul style="list-style-type: none"><li>• Understand and explain why people might want to save money</li><li>• Identify ways in which you can help out at home</li><li>• Budget for items you would like to buy</li><li>• Recognise ways to make money and the early stages of enterprise</li></ul>	<div>In App Purchases</div> <ul style="list-style-type: none"><li>• Know and understand various money-related terms</li><li>• Recognise some of the ways in which we can spend money via technology</li><li>• Describe the potential impact of spending money without permission</li><li>• Identify strategies to save money</li></ul>
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AWWJ – A World Without Judgement	<div>Inclusion and Acceptance</div> <ul style="list-style-type: none"><li>• Identify some of the ways in which we are different and unique</li><li>• Explain some of the elements which help us to have a diverse community</li></ul>	<div>British Values</div> <ul style="list-style-type: none"><li>• Understand that there are a wide range of religions and beliefs in the UK</li><li>• Explain each of the British Values</li><li>• Create a range of values for your educational setting</li></ul>		

	<ul style="list-style-type: none"> <li>Describe strategies to overcome barriers and promote diversity and inclusion</li> </ul>	<ul style="list-style-type: none"> <li>Explain how all religions can live in cohesion</li> </ul>
<b>GAC- Growing and Changing</b>	<p style="text-align: center;"><b>Puberty Year 5</b></p> <ul style="list-style-type: none"> <li>Explain what puberty means</li> <li>Describe the changes that boys and girls may go through during puberty</li> <li>Identify why our bodies go through puberty</li> <li>Develop coping strategies to help with the different stages of puberty</li> <li>Identify who and what can help us during puberty</li> </ul> <p style="text-align: center;"><b>Conception Year 6</b></p> <ul style="list-style-type: none"> <li>Explain the terms 'conception' and 'reproduction'</li> <li>Describe the function of the female and male reproductive systems</li> <li>Identify the various ways adults can have a child</li> <li>Explain various different stages of pregnancy</li> <li>Identify the laws around consent</li> </ul>	