

# PROGRESSION IN PSHE

PSHE - YEAR 1	
<b>FAMILY AND RELATIONSHIPS</b>	<ul style="list-style-type: none"> <li>• Understand that families can include a range of people.</li> <li>• Understand who their friends are and what people like to do with friends.</li> <li>• Describe what people might look like if they are feeling: angry, scared, upset or worried.</li> <li>• Identify ways of responding to this by either offering help or giving them space.</li> <li>• Understand the skills needed to work together in a group.</li> <li>• Understand that friendships can have problems and learn ways to overcome these problems.</li> <li>• Understand how the actions of others can affect people.</li> <li>• Explain what a stereotype is.</li> </ul>
<b>HEALTH AND WELL-BEING</b>	<ul style="list-style-type: none"> <li>• Describe how they feel using appropriate vocabulary, recognising what different emotions might look/feel like.</li> <li>• Describe situations which may provoke certain feelings.</li> <li>• Describe their own qualities and strengths and recognise something they want to get better at.</li> <li>• Describe their bedtime routine, explaining why sleep is important.</li> <li>• Explain how rest and relaxation affects our bodies, including mental functions.</li> <li>• Identify examples where they could use relaxation to help manage difficult emotions.</li> <li>• Understand that germs can be spread via our hands.</li> <li>• Know how to wash their hands properly.</li> <li>• Know the three things they need to do when out in the sun to keep safe.</li> <li>• Know people can be allergic to certain things and how to help with an allergic reaction.</li> <li>• Understand that there are a range of people who help to keep us healthy.</li> </ul>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>• Know a number of adults in school.</li> <li>• Know that they should speak to an adult if they are ever worried or feel uncomfortable about another adult.</li> <li>• Understand ways to keep safe and not get lost and know the steps to take if they do get lost.</li> <li>• Know the number for the emergency services and their own address.</li> <li>• Know what can go into or onto the body and when they should check with an adult.</li> <li>• Understand that there are hazards in houses and know how to avoid them.</li> <li>• Understand and name jobs that people do to help keep us safe.</li> </ul>
<b>CITIZENSHIP</b>	<ul style="list-style-type: none"> <li>• Explain why the class and school rules are important.</li> <li>• Discuss the different needs of a range of pets.</li> <li>• Describe some of the needs of babies and young children.</li> <li>• Recognise some similarities and differences between themselves and others.</li> <li>• Identify some groups which they belong to.</li> <li>• Recognise that different individuals belong to different groups.</li> <li>• Explain why voting is a fair way to make a decision involving a lot of people.</li> <li>•</li> </ul>
<b>RSE</b>	<p>RSE – SENSE KS1 Clip</p> <ul style="list-style-type: none"> <li>• L1 Amazing me</li> <li>• L2 Same but different</li> <li>• L3 Animals and their babies</li> </ul>
<b>ECONOMIC WELL-BEING</b>	<ul style="list-style-type: none"> <li>• Explain how children might get money.</li> <li>• Explain some different ways to keep money safe.</li> <li>• Discuss the role of banks and building societies.</li> <li>• Recognise that people may make different choices about spending or saving.</li> <li>• Explain that a range of jobs exist in and out of school and that different skills are needed for jobs.</li> </ul>

# PROGRESSION IN PSHE

PSHE - YEAR 2	
<b>FAMILY AND RELATIONSHIPS</b>	<ul style="list-style-type: none"> <li>Understand that families offer love and support and that different families may be made up of different people.</li> <li>Consider what friends may be thinking and feeling in different situations.</li> <li>Recognise some issues that may occur in friendships and which of these may need adult help to resolve.</li> <li>Understand that expectations of manners may change according to the situation.</li> <li>Know that remembering people who were important to them but are no longer here can cause a mixture of emotions.</li> <li>Explain what gender stereotypes are in relation to careers.</li> </ul>
<b>HEALTH AND WELL-BEING</b>	<ul style="list-style-type: none"> <li>Use multiple colours in a diagram to show how they can feel more than one emotion at a time.</li> <li>Describe how they would feel in a particular situation and understand that not everyone feels the same.</li> <li>Understand the effect of physical activity on their body and mind.</li> <li>Describe energetic physical activities that they enjoy.</li> <li>Describe the positive effects of relaxation and know there are different ways to relax.</li> <li>Know how to use breathing exercises to relax.</li> <li>Recognise and describe what they are good at and what skills they would like to develop.</li> <li>Create a complete ladder detailing achievable steps which work towards a goal.</li> <li>Explain what a growth mindset is.</li> <li>Use strategies to stay calm during trick challenges.</li> <li>Explain that a healthy diet is when we eat a balance of the right foods, describing some consequences that may arise from poor diet choices.</li> <li>State what ingredients they can see on a dish and compare them with the food pyramid.</li> <li>Understand what helps to keep teeth healthy.</li> </ul>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>Understand how the internet can be used to help us.</li> <li>Create a poster with clear information about how to remain safe online and what to do if something online makes them feel uncomfortable.</li> <li>Understand what a secret is and what a surprise is.</li> <li>Understand how to keep safe near roads.</li> <li>Explain the rules for crossing the road.</li> <li>Understand when we should take medicines that can help us feel better when we are unwell.</li> </ul>
<b>CITIZENSHIP</b>	<ul style="list-style-type: none"> <li>Recognise that different rules apply in different situations.</li> <li>Explain what makes a good school environment.</li> <li>Recognise that everyone in school has a responsibility to maintain the school environment.</li> <li>Identify some jobs that people do to keep the local area pleasant.</li> <li>Recognise some local job roles that help the community.</li> <li>Recognise similarities and difference between people in the local community.</li> <li>Explain that differences should be respected.</li> <li>Explain how the school council works.</li> <li>Share their opinions on things that matter.</li> </ul>
<b>RSE</b>	<p>RSE – SENSE KS1 Clip</p> <ul style="list-style-type: none"> <li>L1 I can do</li> <li>L2 Being safe</li> </ul>
<b>ECONOMIC WELL-BEING</b>	<ul style="list-style-type: none"> <li>Explain some ways adults get money.</li> <li>Discuss the role of bank account cards.</li> <li>Recognise wants and needs.</li> <li>Recognise the difference between a want and a need.</li> <li>Identify their skills and talents.</li> <li>Identify ways to develop their skills and talents.</li> <li>Explain why treating people equally and inclusively is important.</li> </ul>

# PROGRESSION IN PSHE

PSHE - YEAR 3	
<b>FAMILY AND RELATIONSHIPS</b>	<ul style="list-style-type: none"> <li>• Understand that families are all different.</li> <li>• Know that families offer each other support but sometimes they can experience problems.</li> <li>• Understand that problems occur in friendships and that violence is never right.</li> <li>• Understand what bullying is and what to do if it happens.</li> <li>• Describe what a good listener is and know how to show that they are listening.</li> <li>• Say who they trust and why.</li> <li>• Understand that people can have similarities and differences and explain how differences can be a positive thing.</li> <li>• Understand how toys can reinforce gender stereotypes.</li> <li>• Understand that stereotypes arise from a range of factors, including some of those associated with age.</li> </ul>
<b>HEALTH AND WELL-BEING</b>	<ul style="list-style-type: none"> <li>• Create a healthy diary, where energetic activities and high-energy food are scheduled for the same day.</li> <li>• Work in pairs so that one person can do a stretch while the other draws a stick figure to show the pose.</li> <li>• Understand the different aspects of my identity.</li> <li>• Identify their own strengths and that they can help other people.</li> <li>• Describe how they would break a problem down into small, achievable goals.</li> <li>• Understand the benefits of healthy eating and dental health.</li> </ul>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>• Show an understanding that they must consider their own safety before helping others in an emergency situation.</li> <li>• Understand how to help someone who has been bitten or stung.</li> <li>• Write an email with instructions written using positive language.</li> <li>• Create a decision tree showing how to deal with unkind online behaviour and cyberbullying.</li> <li>• Send an email that describes some of the best ways to avoid being tricked by fake emails.</li> </ul>
<b>CITIZENSHIP</b>	<ul style="list-style-type: none"> <li>• Explain that children have rights and how these benefit them.</li> <li>• Explain the responsibilities adults have for supporting children's rights.</li> <li>• Discuss the benefits of recycling.</li> <li>• Recognise some of the different groups within the local community and how they use local buildings.</li> <li>• Explain how charities support the local community.</li> <li>• Describe how democracy works locally and how this affects us.</li> <li>• Recognise the need for rules and the consequences of breaking rules.</li> </ul>
<b>RSE</b>	<p>RSE – SENSE KS1 &amp; 2clips</p> <ul style="list-style-type: none"> <li>• L1 Growing up</li> <li>• L2 Changes</li> <li>• L3 Facts and Fiction</li> </ul>
<b>ECONOMIC WELL-BEING</b>	<ul style="list-style-type: none"> <li>• Describe how different payment methods may be used in given scenarios.</li> <li>• Suggest why specific payment methods might be more beneficial.</li> <li>• Explain what a budget is and how we can benefit from budgeting.</li> <li>• Identify how they would feel in a money scenario.</li> <li>• Understand the impact our spending choices can have on others and the environment.</li> <li>• Understand that a wide range of jobs are available.</li> <li>• Know that skills and interests lead people to certain jobs.</li> <li>• Know that job stereotypes sometimes exist but these should not limit anyone.</li> </ul>

# PROGRESSION IN PSHE

PSHE - YEAR 4	
<b>FAMILY AND RELATIONSHIPS</b>	<ul style="list-style-type: none"> <li>• Understand that manners vary in different situations.</li> <li>• Understand boundaries in friendships, including physical boundaries and expectations.</li> <li>• Understand that what they do and say affects other people.</li> <li>• Understand the impact of bullying and the role bystanders can take.</li> <li>• Recognise male and female stereotyped characters.</li> <li>• Understand that stereotypes about disabilities are usually untrue.</li> <li>• Understand that families are all different and they offer each other support but sometimes they can experience problems.</li> <li>• Know what bereavement is and how to support someone who has experienced a bereavement.</li> </ul>
<b>HEALTH AND WELL-BEING</b>	<ul style="list-style-type: none"> <li>• Identify and share key facts about dental health.</li> <li>• Describe a calm place that helps them to feel relaxed.</li> <li>• Describe how they feel when they make a mistake and explain what can be learned from making mistakes.</li> <li>• Write or describe their strengths and how they could use these in school.</li> <li>• Describe what makes them happy, suggesting how they could work towards this as a goal.</li> <li>• Explain that there are some things they can control and others they cannot.</li> <li>• Understand the range of emotions we can experience.</li> <li>• Understand what mental health is and that sometimes people might need help.</li> </ul>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>• Understand the reasons for legal age restrictions.</li> <li>• Understand how quickly information can spread on the internet and some of the risks associated with that.</li> <li>• Assess and give first aid to a casualty who is having difficulty breathing due to an asthma attack.</li> <li>• Understand the difference between private and public, and secrets and surprises.</li> <li>• Understand how search engines work and whether information is useful.</li> <li>• Understand the changes they have already gone through and aware of some changes to come.</li> <li>• Understand some of the risks of smoking and some of the benefits of being a non-smoker.</li> </ul>
<b>CITIZENSHIP</b>	<ul style="list-style-type: none"> <li>• Understand what human rights are and why they are important.</li> <li>• Understand how reusing items benefits the environment.</li> <li>• Understand the range of groups that exist in the wider community.</li> <li>• Understand how community groups can focus on different areas of interest.</li> <li>• Understand that diversity supports a community to work effectively.</li> <li>• Understand the role of local councillors.</li> </ul>
<b>RSE</b>	<p>RSE - SENSE KS2 Clip</p> <ul style="list-style-type: none"> <li>• L1 lifecycle</li> <li>• L2 Keeping safe knowing our bodies</li> <li>• L3 Periods</li> </ul>
<b>ECONOMIC WELL-BEING</b>	<ul style="list-style-type: none"> <li>• Identify and justify items they consider good value for money.</li> <li>• Identify multiple factors that influence whether something is good value for money.</li> <li>• Understand the importance of tracking spending.</li> <li>• Identify different ways to keep money safe.</li> <li>• Identify a range of influences on job choices.</li> <li>• Suggest ways to respond to certain influences over career choices.</li> <li>• Identify different reasons why people might change careers</li> <li>• Suggest proactive steps that can be taken to challenge and overcome these stereotypes.</li> </ul>

# PROGRESSION IN PSHE

PSHE - YEAR 5	
<b>FAMILY AND RELATIONSHIPS</b>	<ul style="list-style-type: none"> <li>Describe what qualities a good friend should have and recognise which of these they have and which they could develop.</li> <li>Recognise that friendships have ups and downs and this is normal.</li> <li>Understand what marriage is and know that it is a choice people make.</li> <li>Understand that we all have a range of attributes that make us who we are and we should be proud of these.</li> <li>Understand that sometimes families can make children feel unhappy or unsafe.</li> <li>Understand why someone might bully others.</li> <li>Understand that attitudes and laws around gender equality have changed over time.</li> <li>Understand that stereotypes exist and these can lead to discrimination.</li> </ul>
<b>HEALTH AND WELL-BEING</b>	<ul style="list-style-type: none"> <li>Perform some yoga poses, following the instructions from a video, and describe how yoga makes them feel.</li> <li>Describe how they can get a good night's sleep and explain why this is important.</li> <li>Describe why they should embrace failure.</li> <li>Describe a strategy to help manage feelings of failure and to help them to persevere.</li> <li>Set themselves goals and consider how they will achieve them.</li> <li>Describe a range of feelings and suggest two ways of dealing with a difficult situation.</li> <li>Demonstrate an understanding of what calories are and how to use them to help plan healthy meals.</li> <li>Recognise the food groups and acknowledge that having a variety of food is important for having a balanced and healthy diet.</li> <li>Understand how to keep safe in the sun and some of the risks, now and in the future, if they don't.</li> </ul>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>Understand what is safe to share online and what to do before sending a message.</li> <li>Identify possible dangers online, suggesting ways to stay safe, using the web to research relevant information.</li> <li>Assess a casualty's condition; calmly, comfort and reassure a casualty who is bleeding; and seek medical help if required.</li> <li>Understand that other people can influence our decisions but we have the right to make our own choices.</li> </ul>
<b>CITIZENSHIP</b>	<ul style="list-style-type: none"> <li>Understand what happens when someone breaks the law.</li> <li>Understand what rights are and that freedom of expression is one of these rights.</li> <li>Understand how reducing the use of materials and energy helps the environment, and what individuals can do to support this.</li> <li>Understand how people contribute to society and how this is recognised.</li> <li>Understand the role of pressure groups.</li> <li>Understand the basics of how parliament works including the parts of parliament.</li> </ul>
<b>RSE</b>	<p>RSE SENSE KS2 Clip</p> <ul style="list-style-type: none"> <li>L1 Puberty</li> <li>L2 Menstruation</li> <li>L3 Reproduction</li> <li>L4 Pregnancy and Birth</li> </ul>
<b>ECONOMIC WELL-BEING</b>	<ul style="list-style-type: none"> <li>Prioritise needs over wants.</li> <li>Manage a weekly budget.</li> <li>Understand the responsibilities and consequences of borrowing and loaning.</li> <li>Recognise the risks and considerations associated with spending money online.</li> <li>Explain why workplace stereotyping needs to be challenged.</li> <li>Describe how interests and skills align with future careers.</li> </ul>

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PSHE - YEAR 6	
<b>FAMILY AND RELATIONSHIPS</b>	<ul style="list-style-type: none"> <li>• Understand that everyone can expect a level of respect but this can be lost.</li> <li>• Understand what respect is and how they should be respected.</li> <li>• Understand how stereotypes influence our ideas and opinions.</li> <li>• Understand a range of stereotypes and share this information effectively.</li> <li>• Create a resolution guide that includes strategies to manage conflicts and describes situations where conflict is likely to arise.</li> <li>• Understand the term grief and describe some of the associated emotions.</li> </ul>
<b>HEALTH AND WELL-BEING</b>	<ul style="list-style-type: none"> <li>• Describe qualities or values they want to develop and create achievable goals.</li> <li>• Describe the importance of relaxation and suggest different strategies.</li> <li>• Describe how they take care of their physical wellbeing.</li> <li>• Understand that technology can have an impact on physical and mental health and know some strategies they can use to overcome this.</li> <li>• Describe what resilience is, why it is important and some useful resilience strategies.</li> <li>• Understand how vaccination works and why it is important to individuals.</li> <li>• Understand that habits can be good or bad for health.</li> <li>• Understand that changes in their body could indicate illness and know what to do if they notice them.</li> </ul>
<b>SAFETY</b>	<ul style="list-style-type: none"> <li>• Understand some of the reasons adults decide to drink or not drink alcohol.</li> <li>• Understand some ways to check that a news story is real.</li> <li>• Understand how they should behave online and the impact negativity can have.</li> <li>• Recognise when someone is choking; administer first aid to a casualty that is choking; and seek medical help if required for a choking casualty.</li> <li>• Conduct a primary survey; place a casualty who is unresponsive and breathing normally into the recovery position; and identify when it is necessary for CPR to be given.</li> </ul>
<b>CITIZENSHIP</b>	<ul style="list-style-type: none"> <li>• Understand that education is a human right and why education is important.</li> <li>• Understand some environmental issues relating to food and food production.</li> <li>• Understand the importance of caring for others and that we all have a responsibility to care for things and people around us.</li> <li>• Understand what prejudice and discrimination are and why and how they should be challenged.</li> <li>• Understand the value of diversity in society, including significant individuals. Understand the roles and responsibilities of people in government.</li> </ul>
<b>RSE</b>	<p>RSE SENSE KS2 Clip</p> <ul style="list-style-type: none"> <li>• Changes</li> <li>• Creating a character</li> <li>• Changes over time through to age 14 Puberty</li> <li>• Emotional and physical changes Knowing Our bodies</li> <li>• External (e.g. penis, testicles) and internal reproductive organs (e.g. vagina &amp; ovaries) Body vocabulary</li> <li>• Acceptable and unacceptable words</li> </ul>
<b>ECONOMIC WELL-BEING</b>	<ul style="list-style-type: none"> <li>• Understand feelings about money and the impact they can have.</li> <li>• Explain how to safeguard money in both digital and physical environments.</li> <li>• Know the money changes when moving to secondary school.</li> <li>• Understand the risks of gambling.</li> <li>• Explain how careers function in different settings and what roles and responsibilities come with them.</li> <li>• Explore different career routes and their requirements.</li> </ul>