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| Progression Map for PSHE |

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| Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| * Keeping school a happy place * What is a friend?   Feelings, friendships and relationships   * Being a good friend * How am I the same as others? * Different families * Special people in my life * What is bullying? * How can we stop bullying? | * Keeping school a happy place * Families * Similarities and differences * Being a good friend * Dealing with fall outs * Making my own choices * Gender stereotypes * Coping with lonliness * What is bullying? | * Keeping school a happy place * Recognising how we make ourselves and others feel * Making others feel special * What is special about me? * Recognising healthy friendships (inc. bullying) * The importance of family * Rest time/ relaxation * Dealing with loss * What is belonging? * How do we make people feel like they belong? * The differences between people * What is bullying? * Treating people fairly/unfairly | * Keeping school a happy place * Qualities of a good friend (inc. online) * What can affect a friendship? * How do I make others feel? * Respecting differences between each other and our families * Coping with strong feelings * Making judgements based on appearance * Treating people differently * Lifestyles of different cultures * Treating people with respect (inc. bullying) | * Keeping school a happy place * Unhealthy friendships * Respect * Coping with fears * Friendships outside of school (+risks) * Friendships online (+risks) * Coping with strong feelings * The meaning of love * Making friendships/relationships grow and last * Healthy families * Sharing/keeping secrets * Coping with loss/separation * Memories | * Keeping school a happy place * Changing friendships * Being a good friend/strengthening friendships * How am I different? Respect/self-respect * ‘Going out’ * When is a friendship/relationship not ok? * Recognising feelings * Fears about transition * Preparing for transition |
| * What does healthy eating mean to me?   Healthy lifestyles   * What do I eat and why? * How much sugar is in the food I eat? * Choosing healthy foods * Awareness of basic personal hygiene * Oral hygiene – looking after teeth * The effect and importance of exercise * Screen time * Why is it important to sleep? * What are emotions? * How can I manage my emotions? | * How do healthy people look? * What do healthy people eat/do? * The importance of sleep * The importance of staying clean * How can I stay healthy? | * Personal food and drink likes/dislikes * What should we eat/drink to stay healthy? * Why should we exercise? * What happens during exercise? * The impact of excessive device usage * How could I exercise more? * Is our school healthy? | * What does wellbeing mean? * How is my body changing? * Why do I need to keep clean? * How can you keep yourself clean? * Looking after teeth * Viruses/immunisations * The importance of sleep * Daily exercise * The benefits of physical activities * Self-care * My support network – where to get help | * How do we use the internet? * Body image influences * Online friendship risks * Valuing myself * Others valuing me * Valuing people who are different * Building a support network * Good emotional health and wellbeing | **Part of growing up unit**   * What does it mean to be healthy? * Healthy diet |
| * Which parts of me are growing?   Growing and changing   * What/who made me grow? | * What do I remember about being born/growing? * What makes things and me grow? * How do I know I’m growing? * How are my emotions changing? | **Part of friendships unit**   * Rest time/ relaxation | **Part of healthy lifestyles unit**   * How is my body changing? * Why do I need to keep clean? | * How do we change? * Controlling changes * Emotions and feelings during puberty * Periods * Male changes | * Coping with change/challenges * Being responsible * What are my rights? * Meaning of puberty * What happens during puberty? * Feelings during puberty * Social changes during puberty * Building a support network * Body image/self-esteem |
| * How do I keep myself safe?   Keeping myself safe   * Which secrets should I keep and which should I share? * Staying safe in the holidays * The difference between real and pretend | * What should I do when I’m lost? * Risks at home/outdoors * How do I make the right choice? * How do accidents happen (inc. basic first aid) | * When am I at risk? * How to identify risks online * How do I say no? * Understanding game/film age restrictions * How to use 999. | * What risky/safe activities do you do? * Risks in out favourite outdoor places * Responding to something dangerous/frightening * Keeping safe outside * Who can help me keep safe? | **Part of healthy lifestyles / drugs unit**   * How do we use the internet? * Online friendship risks * Valuing myself * Building a support network * What does healthy look like? * How to deal with a first aid situation * Efficient 999 calls | * Risks using the internet (inc. social media) * Reporting online concerns |
| * What goes onto my body? * What goes into my body?   The world of drugs   * What are medicines? * What are dangerous substances? * How do I say no? | * When do I take medicines? * Where do medicines come from? * What, how and when goes into my body? * Alcohol – what do we know? * Smoking – what do we know? * What do I say and do when someone tries to persuade me? | * What goes into my body? * When do people need drugs? * Why do some people think they cannot manage without drugs? * What is ‘risk taking’? * The positives and negatives of taking risks * Why do people take risks? | * Identifying different kinds of drugs * How medicines work * Smoking facts | * What does healthy look like? * What does it mean to be addicted/dependent/hooked? * Effects of alcohol * Attitudes towards alcohol * Assessing risk * How to deal with a first aid situation * Efficient 999 calls | * Caffeine * Solvents * Peer pressure * Categorising drugs * Drug related laws |
| * How can I help others with money?   Citizenship   * How do we look after money? | * Is our playground positive? * How can we improve our school grounds? | * What are my rights and responsibilities? * What are my responsibilities towards others? * How can I make a difference to my community/wider world? | * Using water responsibly * How to save water * Promoting responsible water use * Rules * How can I affect rules? – democracy * Why are rules sometimes broken? * What influences me? * What influences how I behave with money? | * Fact vs opinion * Media inc. fake news * Inequality and its effects/consequences * Slavery * Freedom vs oppression * Being in control of our own lives | * The value of money * Job stereotypes * The range of different jobs * My future – what job would I like to do? |