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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
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| * 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
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| * 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
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| * 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
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| * 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
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| * 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?
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