

# Progression in PSHE

**EYFS - Personal, Social and Emotional Development:** School Values, self-regulation, managing Self & building relationships. All pupils to achieve GLD and the end of the Reception year.

## The Journey Starts

**Early Years**

**Year R**

**Year 1**

**Year 2**

**Year 4**

**Year 3**

**Year 5**

**Year 6**

**Families and Relationships:** Name and link feelings to behaviours. Getting help with 'not so good ones'. Naming classroom rules.  
**Citizenship:** People's similarities & differences, identifying when things are unfair, exploring if this is true or not.  
**Safety and the Changing body:** How feelings help us stay safe, keeping myself healthy, medicine safety - why they can be harmful.  
**Citizenship and Economic Wellbeing:** Looking after myself, my environment & exploring ways of looking after money.  
**Health and Wellbeing:** Naming things I can do if something is difficult.  
**Safety and Changing Body:** How I've changed and become more independent, basic body parts & their function - **private body parts are private, food & health.**

**Families and Relationships:** Bullying, teasing & getting help, why we have rules & how we can keep to them, creating our class rules, what makes a good friend & how we can be one, expressing feelings in a safe & controlled way.  
**Citizenship:** Helping myself if I feel left out, appreciating others opinions.  
**Safety and the Changing body:** Safe & unsafe secrets, my intuition, ok and not ok touches & 'safe' naming people who can help us. Safe use of medicines.  
**Citizenship and Economic Wellbeing:** Co-operation & self regulation.  
**Health and Wellbeing:** Getting energy & the function of the digestive system, growth mindset & goal setting.  
**Safety and Changing Body:** Our development & people who help us thrive, feelings about saying goodbye & change, Supporting others with positive feedback, **naming external body parts (some help adults make babies), privates body parts are private.**

**Families and Relationships:** Recognising body language & feelings, what to do if worried or upset, what is assertiveness?  
**Citizenship:** Understanding religious & cultural differences, the importance of challenging stereotypes  
**Safety and the Changing body:** The impact of external influences & choices Re risk, the risks of smoking & drinking alcohol, positive & negative influences Re decision making.  
**Citizenship and Economic Wellbeing:** My role as a bystander & it's impact, making decisions about spending money.  
**Health and Wellbeing:** What can I do to ensure I'm healthy What can I do to look after the environment?  
**Safety and Changing Body: Males & females body parts, puberty & emotions, menstruation - why it occurs, relationships including marriage.**

**Families and Relationships:** Co-operation, making up after a fall out.  
**Citizenship:** Good things about different groups in our community, respect & tolerance in the classroom, managing risk.  
**Safety and the Changing body:** Medicine - helpful or harmful ?, Keeping personal information safe online, validity of online information,  
**Citizenship and Economic Wellbeing:** Checking if things are fact or opinions, helping people who help me.  
**Health and Wellbeing:** Taking responsibility for my own health.  
**Safety and Changing Body:** My skills & talents & how I've set personal goals to improve them, what makes positive & negative relationship? **Body space & being assertive if uncomfortable.**

**Families and Relationships:** Our emotional needs, friendship skills, assertiveness skills & when to use them,  
**Citizenship:** Positive differences between different faiths & cultures  
**Safety and the Changing body:** Why & how people 'create' an impression online when posting information, online risk taking & choice, the real facts about how many young people smoke.  
**Rights & Responsibilities:** Rights & responsibilities I have as I grow older including staying healthy, the local community & decisions about money & spending  
**Health and Wellbeing:** Increased independence & showing responsibility, What makes a person attractive, apart from their looks?  
**Growing & changing:** **External body parts, puberty & myths, Menstruation, personal hygiene, resilience & how to develop it, being proactive to manage change, getting help when it is needed.**

**Families and Relationships:** Bystanders actions & bullying, negotiation & compromise, explaining safe/unsafe touch,  
**Citizenship:** Prejudiced behavior & bullying, passive & active bystanders & helping in bullying situations.  
**Safety and the Changing body:** Exploring emotional need, staying safe online and the associated laws, drugs-norms, risks and the law.  
**Citizenship and Economic Wellbeing:** Media bias Incl.. social media use & the effects on our feelings, sustainable living, saving money.  
**Health and Wellbeing:** Overcoming problems & challenges in order to achieve ones goals, managing personal and physical risk, secrets that should be shared with trusted adults  
**Safety and Changing Body: Reproduction, dealing with changes during puberty Incl. challenges & strategies to help deal with them, feelings and their effects on self esteem, consent & the law, transition to KS.3**  
**Identify:** identifies factors - talents, personality, influences and values: uniqueness

Across school we use KAPOW as well as other quality resources. We adapt planning as necessary to meet our pupil's needs. Pupils also cover RSE, fire safety, online safety & first aid. Parents are always consulted before RSE lessons.