

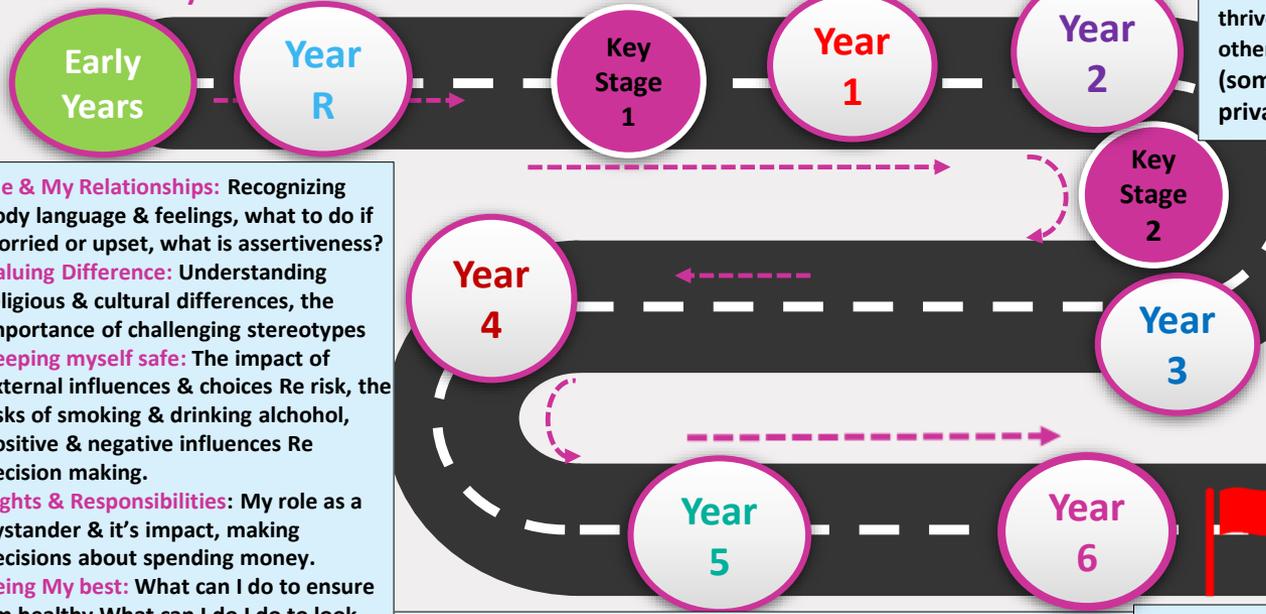
# Progression in PSHE

**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.

**Me & My Relationships:** Name and link feelings to behaviors. Getting help with 'not so good ones'. Naming classroom rules.  
**Valuing Difference:** People's similarities & differences, identifying when things are unfair, exploring if this is true or not.  
**Keeping myself safe:** How feelings help us stay safe, keeping myself healthy, medicine safety – why they can be harmful.  
**Rights & Responsibilities:** Looking after myself, my environment & exploring ways of looking after money.  
**Being My best:** Naming things I can do if something is difficult.  
**Growing & changing:** How I've changed and become more independent, basic body parts & their function – private body parts are private, food & health.

**Me & My 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.  
**Valuing Difference:** Helping myself if I feel left out, appreciating others opinions.  
**Keeping myself safe:** Safe & unsafe secrets, my intuition, ok and not ok touches & 'safe' naming people who can help us. Safe use of medicines.  
**Rights & Responsibilities:** Co-operation & self regulation.  
**Being My best:** Getting energy & the function of the digestive system, growth mindset & goal setting.  
**Growing & changing:** 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), private body parts are private.

## The Journey Starts



**Me & My Relationships:** Recognizing body language & feelings, what to do if worried or upset, what is assertiveness?  
**Valuing Difference:** Understanding religious & cultural differences, the importance of challenging stereotypes  
**Keeping myself safe:** The impact of external influences & choices Re risk, the risks of smoking & drinking alcohol, positive & negative influences Re decision making.  
**Rights & Responsibilities:** My role as a bystander & it's impact, making decisions about spending money.  
**Being My best:** What can I do to ensure I'm healthy What can I do to look after the environment?  
**Growing & changing:** Males & females body parts, puberty & emotions, menstruation – why it occurs, relationships including marriage.

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

Across school we use the Coram Life SCARF PSHE programme 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.

**Me & My Relationships:** Our emotional needs, friendship skills, assertiveness skills & when to use them,  
**Valuing Difference:** Positive differences between different faiths & cultures  
**Keeping myself safe:** 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 Re money & spending  
**Being My best:** 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.

**Me & My Relationships:** Bystanders actions & bullying, negotiation & compromise, explaining safe/unsafe touch,  
**Valuing Difference:** Prejudiced behavior & bullying, passive & active bystanders & helping in bullying situations.  
**Keeping myself safe:** Exploring emotional need, staying safe online and the associated laws, drugs-norms, risks and the law.  
**Rights & Responsibilities:** Media bias Incl. social media use & the effects on our feelings, sustainable living, saving money.  
**Being My best:** Overcoming problems & challenges in order to achieve ones goals, managing personal and physical risk, secrets that should be shared with trusted adults  
**Growing & changing:** 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