



## WHOLE SCHOOL PROGRESSION DOCUMENT – PSHE

	EYFS	YEAR 1 & 2	YEAR 3 & 4	YEAR 5 & 6
<b>BEGINNING AND BELONGING</b> <i>MYSELF &amp; MY RELATIONSHIPS</i>	<ul style="list-style-type: none"> <li>*Belonging in the class</li> <li>*Likes and dislikes</li> <li>*Similarities and differences</li> <li>*Setting goals</li> <li>*Listening skills</li> <li>*Rights Rules and Responsibilities</li> <li>*Communication &amp; cooperation</li> <li>*Ground Rules</li> <li>*Right and wrong</li> <li>*Fair and unfair</li> </ul>	<ul style="list-style-type: none"> <li>*Feeling safe and happy</li> <li>*Belonging in the class / school / community</li> <li>*Ground rules / Class charters</li> <li>*Doing new things</li> <li>*Resilience</li> <li>*Asking for help</li> </ul>	<ul style="list-style-type: none"> <li>*Ground rules / class charters</li> <li>*Responsibilities</li> <li>*Belonging</li> <li>*New situations</li> <li>*Meeting new people</li> <li>*Resilience</li> <li>*Managing feelings</li> <li>*Asking for help</li> <li>*Networks of support</li> </ul>	<ul style="list-style-type: none"> <li>*Ground Rules / class charters</li> <li>*Responsibilities</li> <li>*Belonging</li> <li>*New experiences</li> <li>*Resilience</li> <li>*Managing emotions</li> <li>*Networks of support</li> <li>*Online sources of support</li> </ul>
<b>WORKING TOGETHER</b> <i>CITIZENSHIP</i>		<ul style="list-style-type: none"> <li>*Recognising strengths</li> <li>*Developing skills</li> <li>*Steps towards goals</li> <li>*Effective communication</li> <li>*Compromise &amp; co-operation</li> <li>*Discussion &amp; negotiation</li> <li>*Applying group work &amp; communication skills</li> <li>*Evaluating</li> </ul>	<ul style="list-style-type: none"> <li>*Recognising and valuing strengths</li> <li>*Developing skills</li> <li>*Steps towards goals</li> <li>*Effective communication</li> <li>*Questioning skills</li> <li>*Problem solving and perseverance</li> <li>*Decision making</li> <li>*Communication and group work skills</li> <li>*Evaluating</li> <li>*Feedback</li> </ul>	<ul style="list-style-type: none"> <li>*Self perception and self evaluation</li> <li>*Developing skills</li> <li>*Steps towards goals</li> <li>*The world of work</li> <li>*Effective communication</li> <li>*Chairing group discussions</li> <li>*Courtesy, negotiation &amp; debate</li> <li>*Problem solving and perseverance</li> <li>*Influence of the media</li> <li>*Evaluation</li> </ul>
<b>ANTI-BULLYING</b> <i>MYSELF &amp; MY RELATIONSHIPS</i>		<ul style="list-style-type: none"> <li>*Respecting difference</li> <li>*Defining bullying</li> <li>*Physical, mental and emotional wellbeing</li> <li>*Assertiveness</li> <li>*Networks of support</li> <li>*Telling &amp; asking for help</li> <li>*Supporting others</li> <li>*Creating an anti-bullying ethos</li> </ul>	<ul style="list-style-type: none"> <li>*Falling out</li> <li>*Prejudiced-based bullying</li> <li>*Respect</li> <li>*Direct and indirect bullying</li> <li>*Cyberbullying</li> <li>*Bystanders and followers</li> <li>*Being supportive</li> <li>*Getting help</li> </ul>	<ul style="list-style-type: none"> <li>*Friendship difficulties</li> <li>*Defining bullying</li> <li>*Bullying relating to race/ religion / culture</li> <li>*Homophobic, biphobic &amp; transphobic bullying</li> <li>*Cyberbullying</li> <li>*Physical, mental &amp; emotional wellbeing</li> <li>*Peer influence</li> <li>*Bystanders/colluders</li> <li>*Responsive strategies</li> <li>*Assertiveness</li> <li>*Equality Act</li> <li>*Sources of support</li> </ul>
<b>DIVERSITY AND COMMUNITIES</b> <i>CITIZENSHIP</i>	<ul style="list-style-type: none"> <li>*Similarities, difference and diversity</li> <li>*Respecting and valuing others</li> <li>*The way we live</li> <li>*Neighbourhood</li> <li>*Our beliefs</li> <li>*Routines, customs and traditions</li> <li>*Culture, race and religion</li> </ul>	<ul style="list-style-type: none"> <li>*My identity</li> <li>*Different families</li> <li>*Different cultures and beliefs</li> <li>*Groups in and out of school</li> <li>*Respect</li> <li>*Community</li> <li>*Stereotypes</li> <li>*People who help us</li> <li>*School environment</li> <li>*Needs of people/animals / pets / plants</li> </ul>	<ul style="list-style-type: none"> <li>*Similarities and differences</li> <li>*People in the community</li> <li>*People with different backgrounds</li> <li>*Stereotypes</li> <li>*Roles in the community</li> <li>*Local environment</li> <li>*Animal welfare</li> <li>*Role of the media</li> </ul>	<ul style="list-style-type: none"> <li>*Influences on my identity</li> <li>*Gender</li> <li>*Diversity in communities</li> <li>*Challenging stereotypes</li> <li>*Voluntary, community, charitable and pressure groups</li> <li>*The media</li> <li>*Environmental issues</li> <li>*Sustainability</li> </ul>

<b>FINANCIAL CAPABILITY</b> <i>ECONOMIC WELLBEING</i>		<ul style="list-style-type: none"> <li>*Money in different / familiar contexts</li> <li>*Cash values</li> <li>*Money as a finite resource</li> <li>*Uses of money</li> <li>*Saving and spending</li> <li>*Effects of loss</li> <li>*How banks etc work</li> <li>*Emotions in relation to money</li> <li>*Charity</li> </ul>	<ul style="list-style-type: none"> <li>*Understanding large amounts of money</li> <li>*Sources of money</li> <li>*Saving and spending</li> <li>*Cash versus money</li> <li>*Keeping track of money</li> <li>*Value for money</li> <li>*Impact of choices</li> <li>*Charities</li> <li>*Emotions</li> </ul>	<ul style="list-style-type: none"> <li>*Earnings &amp; deductions</li> <li>*Wants and needs</li> <li>*Range of jobs</li> <li>*Budgeting</li> <li>*Debt and credit</li> <li>*Financial planning (including insurance and pensions)</li> <li>*Making choices</li> <li>*Managing feelings about money</li> <li>*Poverty</li> <li>*Role of charities</li> </ul>
<b>MANAGING SAFETY AND RISK</b> <i>HEALTHY &amp; SAFER LIFESTYLES</i>	<ul style="list-style-type: none"> <li>*Assessing risk</li> <li>*Personal safety skills</li> <li>*Networks of Support</li> <li>*Safe and unsafe secrets</li> <li>*Safe and unsafe touches</li> <li>*Safer play &amp; help when lost</li> <li>*Road Safety</li> <li>*Safe use of medicines</li> <li>*Medicines, pills, injections</li> </ul>	<ul style="list-style-type: none"> <li>*Risky situations</li> <li>*Emotions associated with risk</li> <li>*Basic personal information</li> <li>*Asking for &amp; giving help in an emergency</li> <li>*Safety eyes &amp; ears</li> <li>*Road safety</li> <li>*Travel to &amp; from school</li> <li>*Rules for keeping safer</li> <li>*Sun safety</li> <li>*Water safety</li> <li>*Keeping safe from accidents</li> </ul>	<ul style="list-style-type: none"> <li>*Emotions in risky situations</li> <li>*Dealing with pressure in risky situations</li> <li>*Reactions to risk</li> <li>*Taking action in an emergency</li> <li>*Road safety</li> <li>*Fire safety</li> <li>*Beach safety</li> <li>*Safety near waterways</li> <li>*Safety during activities and visits</li> <li>*Preventing accidents in familiar settings</li> </ul>	<ul style="list-style-type: none"> <li>*Personal responsibility for safety</li> <li>*Risk reduction strategies</li> <li>*Getting help</li> <li>*Sources of support</li> <li>*Basic first aid</li> <li>*Road safety</li> <li>*Sun safety</li> <li>*Cycle safety</li> <li>*Railway safety</li> <li>*Electrical safety</li> <li>*Health and safety rules in school</li> <li>*Preventing a wider range of accidents</li> </ul>
<b>PERSONAL SAFETY</b> <i>HEALTHY &amp; SAFER LIFESTYLES</i>		<ul style="list-style-type: none"> <li>*Identifying and communicating feelings</li> <li>*School/classroom rules</li> <li>*Early Warning signs</li> <li>*Identifying trusted adults</li> <li>*Networks of support</li> <li>*Recognising unkind behaviour</li> <li>*Bodily autonomy</li> <li>*Safe, unsafe &amp; unwanted touch</li> <li>*Safe and unsafe secrets</li> <li>*Online safety</li> </ul>	<ul style="list-style-type: none"> <li>*Identifying and communicating feelings</li> <li>*School/classroom rules</li> <li>*Early Warning signs</li> <li>*Identifying trusted adults</li> <li>*Networks of support</li> <li>*Safety continuum</li> <li>*Recognising and reporting unkind behaviour</li> <li>*Bodily autonomy</li> <li>*Personal boundaries</li> <li>*Safe, unsafe and unwanted touch</li> <li>*Safe and unsafe secrets</li> <li>*Online safety</li> </ul>	<ul style="list-style-type: none"> <li>*Recognising own feelings &amp; considering others</li> <li>*Rights and responsibilities</li> <li>*Is my fun, fun for everyone?</li> <li>*Early Warning signs</li> <li>*Identifying trusted adults</li> <li>*Networks of support</li> <li>*Safety continuum</li> <li>*Recognising and reporting abuse or neglect</li> <li>*Bodily autonomy</li> <li>*Personal boundaries</li> <li>*Safe, unsafe, unwanted touch</li> <li>*Safe and unsafe secrets</li> <li>*Online safety</li> <li>*Protective interruption</li> <li>*Assessing risk</li> </ul>
<b>DIGITAL LIFESTYLES</b> <i>HEALTHY &amp; SAFER LIFESTYLES</i>		<ul style="list-style-type: none"> <li>*Decision making</li> <li>*Positive contributions</li> <li>*Evaluating content</li> <li>*Information storage &amp; sharing</li> <li>*Mental &amp; physical wellbeing</li> <li>*Responsibilities</li> <li>*Reporting</li> </ul>	<ul style="list-style-type: none"> <li>*Benefits of technology</li> <li>*Being healthier &amp; safer</li> <li>*Online identity</li> <li>*Online contact</li> <li>*Liking &amp; trusting</li> <li>*Mental wellbeing</li> <li>*Reliability of online content</li> <li>*Age restrictions</li> <li>*Asking for help</li> </ul>	<ul style="list-style-type: none"> <li>*Decision making</li> <li>*Positive contributions</li> <li>*Evaluating content</li> <li>*Information storage &amp; sharing</li> <li>*Mental &amp; physical wellbeing</li> <li>*Responsibilities</li> <li>*Reporting</li> </ul>

<b>RELATIONSHIPS AND SEX EDUCATION</b> <i>HEALTHY &amp; SAFER LIFESTYLES</i>		*External parts of the body *My amazing body *Germs *Hand washing	*Babies to children to adults *Growing up *Caring families *Family variety *Marriage *Changing responsibilities	*Male and female bodies *Talking about bodies *Valuing the body's uniqueness & capabilities *Responsibilities for hygiene *Preventing spread of illnesses	*Stages of human life cycle *Seed+egg *Being grown up *My responsibilities *Families' responsibilities *Caring families	*Names of sexual parts *Puberty *Physical and emotional change *Menstruation *Developing body image *Changing hygiene routines *Viruses and bacteria	*Human lifecycle *Sexual reproduction *Changing emotions and relationships *Responsibility for others *Love and care *Marriage & civil partnership *Families
<b>RIGHTS, RULES &amp; RESPONSIBILITIES</b> <i>CITIZENSHIP</i>	*People and places *Family, school, neighbourhood *Jobs, roles and responsibilities *Helping and working together *Caring for living things *Local environments *Money	*Class and school rules and charters *Rules and laws in society *Understanding right and wrong *Explaining views *Decision making *School and class councils *Responsibilities to other people		*Respect *Authority *Class/school rules & charters *Rights and responsibilities *Democracy at school *School and class councils *Decision making *Debating and voting *Responsibilities at school and at home		*Courtesy, manners & respect *Online behaviour *Privacy *Ground rules/class charters *Children's rights *Conflicting rights & responsibilities *Rules and laws in society *Role of the police *Local & national democracy *Participation in class & school *School and class councils *Social and moral issues	
<b>FAMILY AND FRIENDS</b> <i>MYSELF &amp; MY RELATIONSHIPS</i>	*Families *Kindness, cooperation & turn taking *Friendship *Bullying *Conflict resolution *Telling an adult & asking for help *Being assertive *Networks of support *Supporting other	*Friendship *Truthfulness *My family *Special people *Problem solving in relationships *Different points of view *Personal space *Networks of support		*Developing friendships *On and offline friendships *Emotions in relationships *Trustworthiness *Special people and networks *Compromise *Empathy *Conflict resolution *Personal boundaries *Networks of support		*Healthy friendships *Trust *Loyalty *Empathy *Compromise *Consent *Changing networks *Family support *Influences and pressures *Cooperation *Networks of support *Online communities	
<b>DRUG EDUCATION</b> <i>HEALTHY &amp; SAFER LIFESTYLES</i>		*Medicines *Health professionals *Going to the doctors *Feeling ill, feeling better *Risky household substances *Safety rules *Being persuaded		*Medicines and legal drugs *People who use medicines & legal drugs *Rules for safe storage *Finding risky items *Influence of friends and media *Immunisations		*Effects of drug use *Essential use of medicines *Drug misuse *Staying safe around risky substances *Influence of friends and media *Reliability of information *Immunisations	
<b>MY EMOTIONS</b> <i>MYSELF &amp; MY RELATIONSHIPS</i>	*Identifying and managing emotions *Feelings, thoughts and behaviour *Fair and unfair *Loss and change	*Self awareness *Assertiveness *Identifying & naming emotions *Coping with feelings *Feelings, thoughts & behaviour *Likes & dislikes		*Self-respect *Mental wellbeing *Communicating emotions *Self-care *Diverse emotions/responses *Care & respect for others		*Mental health *Self-respect & identity *Feelings, thoughts, behaviour *Recognising strong feelings *Loneliness *Empathy	

	<ul style="list-style-type: none"> <li>*Empathy</li> <li>*Perseverance &amp; resilience</li> <li>*Independence &amp; asking for help</li> </ul>	<ul style="list-style-type: none"> <li>*Impulsive behaviour</li> <li>*Calming down &amp; relaxing</li> <li>*Seeking support</li> </ul>	<ul style="list-style-type: none"> <li>*Seeking support</li> </ul>	<ul style="list-style-type: none"> <li>*Networks of support</li> </ul>
<p><b>HEALTHY LIFESTYLES</b></p> <p><i>HEALTHY &amp; SAFER LIFESTYLES</i></p>	<ul style="list-style-type: none"> <li>*Healthy choices</li> <li>*My teeth</li> <li>*Food and drink</li> <li>*Exercise</li> <li>*Rest and sleep</li> <li>*Leisure time</li> </ul>	<ul style="list-style-type: none"> <li>*Staying healthy</li> <li>*Rest and sleep</li> <li>*Dental health</li> <li>*Eatwell Guide</li> <li>*Physical activity</li> <li>*Healthy eating</li> <li>*Food preparation</li> <li>*Making real choices</li> </ul>	<ul style="list-style-type: none"> <li>*Eatwell Guide</li> <li>*Basic food hygiene &amp; preparation</li> <li>*Active Lifestyles</li> <li>*Mental wellbeing</li> <li>*Sleep</li> <li>*Influences on lifestyle choices</li> <li>*Dental care</li> <li>*Leisure activities</li> </ul>	<ul style="list-style-type: none"> <li>*Eatwell Guide</li> <li>*Nutritional content</li> <li>*Portion sizes</li> <li>*Meal planning</li> <li>*Sleep hygiene</li> <li>*Dental health</li> <li>*Health as a continuum</li> <li>*Risks &amp; benefits of lifestyle choices</li> <li>*Physical illness</li> <li>*Gaming/social media age restrictions</li> </ul>