






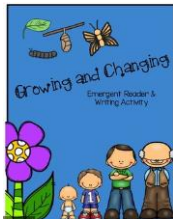









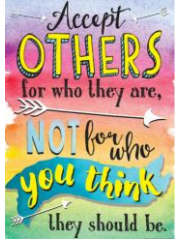




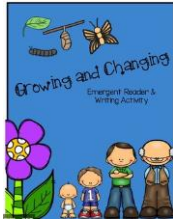

PSHE Progression Overview

Year 1	Autumn Term <i>Relationships</i>			Spring Term <i>Living in the wider world</i>			Summer Term <i>Health and Well-being</i>		
	Families and Friends	Safe Relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental well-being	Growing and changing	Keeping safe
	<p>Roles of different people in the children's lives</p> <p>Who their family is and how families are different</p> <p>Understand that being in a family is about feeling cared for</p>	<p>Recognising privacy</p> <p>Learning how to stay safe</p> <p>Seeking permission</p>	<p>Recognising how behaviour can affect others</p> <p>The importance of being polite and respectful</p>	<p>Learn about what rules are</p> <p>Caring for others' needs</p> <p>Ways to look after the environment</p>	<p>Using the internet and other digital devices</p> <p>Communicating online</p>	<p>Celebrating and recognising strengths and interests</p> <p>Jobs in our local community</p>	<p>How we keep healthy</p> <p>How food, exercise and good hygiene play a part in keeping us healthy</p> <p>How we keep ourselves safe in the sun</p>	<p>Recognising what makes us unique and special</p> <p>Learning about our feelings</p> <p>Learning how to regulate themselves when things go wrong</p>	<p>The importance of rules and age restrictions in keeping us safe</p> <p>Keeping safe online</p>
Year 2	Autumn Term <i>Relationships</i>			Spring Term <i>Living in the wider world</i>			Summer Term <i>Health and Well-being</i>		
	Families and Friends	Safe Relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental well-being	Growing and changing	Keeping safe

	<p>The importance of making friends</p> <p>What being lonely feels like and how to get help</p>	<p>Managing secrets</p> <p>Learning how to resist pressure and knowing where to get help from</p> <p>Recognising hurtful Behaviour: assertiveness and impulsive behaviours</p>	<p>Recognising things we have in common and differences</p> <p>Playing and working cooperatively</p> <p>Recognise the importance of sharing opinions</p>	<p>Belonging to a group</p> <p>Different roles and responsibilities</p> <p>Recognising similarities and diversity in the Community</p>	<p>How we use the internet in our daily life</p> <p>Managing online content and information</p>	<p>What money is and why we need it</p> <p>Exploring the difference between needs and wants</p> <p>Ways of looking after money</p>	<p>The importance of sleep</p> <p>The importance of medicines and keeping healthy</p> <p>Keeping teeth Healthy</p> <p>How to manage feelings and ask for help</p>	<p>Changes when we growing older</p> <p>Naming body parts</p> <p>Moving into another class or year</p>	<p>How to keep safe in different environments</p> <p>Risk and safety at home</p> <p>What an emergency is and what to do when there is one</p>
Year 3	Autumn Term Relationships			Spring Term Living in the wider world			Summer Term Health and Well-being		
	<p>Families and Friends</p>	<p>Safe Relationships</p>	<p>Respecting ourselves and others</p>	<p>Belonging to a community</p>	<p>Media literacy and digital resilience</p>	<p>Money and work</p>	<p>Physical health and mental well-being</p>	<p>Growing and changing</p>	<p>Keeping safe</p>
	Exploring what makes a family	Recognising personal boundaries	Recognising respectful behaviour	The value of rules and laws	How the internet is used	Exploring different jobs and Skills	Recognising the importance of making good health choices	Identify that people are unique and	Recognising risks and hazards Exploring how to

	Discovering the features of family life	How to safely respond to others Recognising the impact of hurtful behaviour	The importance of self-respect The importance of courtesy and being polite	Recognising and understanding our rights, freedoms and responsibilities	Assessing information online	Recognising and challenging job stereotypes Setting personal goals	and recognising bad habits Recognising what affects feelings Exploring appropriate ways of expressing Feelings	respect those differences by exploring the differences between male and female bodies Recognising and celebrating personal strengths and achievements Learning how to manage and reframe setbacks	keep safe in the local environment and unfamiliar places such as canals and rivers
Year 4	Autumn Term Relationships			Spring Term Living in the wider world			Summer Term Health and Well-being		
	Families and Friends 	Safe Relationships 	Respecting ourselves and others 	Belonging to a community 	Media literacy and digital resilience 	Money and work 	Physical health and mental well-being 	Growing and changing 	Keeping safe 
	Recognising and maintaining positive friendships, including online	Responding to hurtful behaviour Managing confidentiality Recognising risks online	Respecting differences and similarities Discussing difference sensitively	Exploring what makes a community Investigating what is meant by shared responsibilities	How data is shared and used	Making decisions about money Using and keeping money safe	Maintaining a balanced lifestyle How to maintain oral hygiene and dental care	Understanding personal identity Puberty is part of the life cycle and the changes that occur Recognising individuality and	Recognising the dangers and risks of medicines and household products Identifying drugs that are common to everyday life

								different qualities	
								Understanding the importance of maintaining good mental wellbeing	
Year 5	Autumn Term <i>Relationships</i>			Spring Term <i>Living in the wider world</i>			Summer Term <i>Health and Well-being</i>		
	Families and Friends	Safe Relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental well-being	Growing and changing	Keeping safe
	 <p>mum + dad = auntie + uncle = foster mum + foster dad = mum + mum = dad + dad's boyfriend = mum + mum's girlfriend = mum = dad = dad + dad = dad + stepmum = mum + mum's boyfriend = grandma + grandpa = families =</p>								
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people Recognising prejudice and discrimination	Protecting the environment How we show compassion towards others	How information online is targeted Exploring different media types, their role and impact	Identifying job interests and aspirations Exploring what influences career choices Exploring and challenging workplace stereotypes	Recognising the importance of healthy sleep habits Exploring the impact of poor sun safety and exploring effective ways to keep safe in the sun Learn about medicines, vaccinations, immunisations and allergies	Exploring physical and emotional changes (Puberty) The importance of personal hygiene	How to keep safe in different situations, including responding in emergencies, first aid
Year 6	Autumn Term			Spring Term			Summer Term		

	Relationships			Living in the wider world			Health and Well-being		
	Families and Friends	Safe Relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental well-being	Growing and changing	Keeping safe
									
	<p>Recognising attraction to others</p> <p>Exploring romantic relationships</p> <p>Civil partnership and marriage</p>	<p>Recognising and managing pressure</p> <p>Consent in different situations</p>	<p>Expressing opinions and respecting other points of view, including discussing topical issues</p>	<p>Valuing diversity; challenging discrimination and stereotypes</p>	<p>Evaluating media sources</p> <p>Exploring safe and unsafe ways of sharing things online, and the impact this could have</p>	<p>Exploring influences and attitudes to money</p> <p>Investigating the financial risks people take and the impact this can have</p>	<p>What affects mental health and ways to take care of it</p> <p>Managing change, loss and bereavement</p> <p>Managing time online</p>	<p>Human reproduction and birth</p> <p>How to increase independence</p> <p>Managing transition</p>	<p>Keeping personal information safe</p> <p>Peer influence</p> <p>Exploring regulations and choices</p> <p>Drug use and the law</p> <p>Drug use and the media</p>