

Progression Map for PSHE

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Feelings, friendships and relationships	<ul style="list-style-type: none"> - Keeping school a happy place - What is a friend? - 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? 	<ul style="list-style-type: none"> - 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 loneliness - What is bullying? 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - 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) 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - 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
Healthy lifestyles	<ul style="list-style-type: none"> - What does healthy eating mean to me? - 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 	<ul style="list-style-type: none"> - 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? 	<ul style="list-style-type: none"> - 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? 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - 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 	<p>Part of growing up unit</p> <ul style="list-style-type: none"> - What does it mean to be healthy? - Healthy diet -

	<ul style="list-style-type: none"> - Why is it important to sleep? - What are emotions? - How can I manage my emotions? 			<ul style="list-style-type: none"> - My support network – where to get help 		
Growing and changing	<ul style="list-style-type: none"> - Which parts of me are growing? - What/who made me grow? 	<ul style="list-style-type: none"> - 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 <ul style="list-style-type: none"> - Rest time/ relaxation 	Part of healthy lifestyles unit <ul style="list-style-type: none"> - How is my body changing? - Why do I need to keep clean? 	<ul style="list-style-type: none"> - How do we change? - Controlling changes - Emotions and feelings during puberty - Periods - Male changes 	<ul style="list-style-type: none"> - 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
Keeping myself safe	<ul style="list-style-type: none"> - How do I keep myself safe? - Which secrets should I keep and which should I share? - Staying safe in the holidays - The difference between real and pretend 	<ul style="list-style-type: none"> - 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) 	<ul style="list-style-type: none"> - When am I at risk? - How to identify risks online - How do I say no? - Understanding game/film age restrictions - How to use 999. 	<ul style="list-style-type: none"> - 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 <ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - Risks using the internet (inc. social media) - Reporting online concerns -
The world of drugs	<ul style="list-style-type: none"> - What goes onto my body? - What goes into my body? - What are medicines? - What are dangerous substances? - How do I say no? 	<ul style="list-style-type: none"> - 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? 	<ul style="list-style-type: none"> - 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? 	<ul style="list-style-type: none"> - Identifying different kinds of drugs - How medicines work - Smoking facts 	<ul style="list-style-type: none"> - What does healthy look like? - What does it mean to be addicted/dependent/hooks? - Effects of alcohol - Attitudes towards alcohol - Assessing risk - How to deal with a first aid situation - Efficient 999 calls 	<ul style="list-style-type: none"> - Caffeine - Solvents - Peer pressure - Categorising drugs - Drug related laws

Citizenship

<ul style="list-style-type: none">- How can I help others with money?- How do we look after money?	<ul style="list-style-type: none">- Is our playground positive?- How can we improve our school grounds?	<ul style="list-style-type: none">- What are my rights and responsibilities?- What are my responsibilities towards others?- How can I make a difference to my community/wider world?	<ul style="list-style-type: none">- 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?	<ul style="list-style-type: none">- Fact vs opinion- Media inc. fake news- Inequality and its effects/consequences- Slavery- Freedom vs oppression- Being in control of our own lives	<ul style="list-style-type: none">- The value of money- Job stereotypes- The range of different jobs- My future – what job would I like to do?
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