



Christ Church C of E Primary – PSHE Progression Map

	EYFS		KS1		KS2			
Theme	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Wellbeing <ul style="list-style-type: none"> • Physical Health • Mental Health • Managing Change 	<p>PD/PSED H&SC Can tell adults when hungry, full up or tired or when they want to rest, sleep or play</p> <p>Can wash and can dry hands effectively and understands why this is important</p> <p>Gains more bowel and bladder control and can attend to toileting needs most of the time themselves</p>	<p>PD/PSED H&SC Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p>To talk about how they keep healthy and safe.</p> <p>PSED To talk about how people show feelings.</p>	<p>To understand how to stay clean.</p> <p>To identify and name simple parts of the body.</p> <p>To understand the importance of food.</p> <p>To learn about what goes into our bodies and how that can make us feel.</p> <p>To understand how to keep teeth healthy.</p> <p>To identify a range of positive and negative emotions.</p> <p>To learn how to cope when they have negative emotions.</p>	<p>To identify healthy food options.</p> <p>To recognise the different food groups.</p> <p>To learn why medicines are taken.</p> <p>To learn how to stay safe around medicines.</p> <p>To explore a range of emotions and recognise these in ourselves and others.</p> <p>To explore feelings of loneliness and being excluded.</p> <p>To be able to articulate feelings of loss.</p>	<p>To understand how the different food groups make up meals.</p> <p>To explain how food choices contribute to tooth decay.</p> <p>To learn that medicines can be helpful and harmful to people.</p> <p>To learn about the risks of second hand smoke.</p> <p>To recognise and describe a larger range of feelings.</p> <p>To learn more about our body's response to different types of emotions and feelings.</p>	<p>To understand that food gives us energy.</p> <p>To understand the importance of nutrients.</p> <p>To learn that there are drugs other than medicines.</p> <p>To learn about the risks associated with alcohol.</p> <p>To learn about the intensity of emotions.</p> <p>To know how to recognise, identify, discuss and manage a range of feelings and emotions.</p> <p>To learn some positive coping strategies to help</p>	<p>To suggest healthy changes to a diet.</p> <p>To explain the functions of nutrients.</p> <p>To understand why hydration is important.</p> <p>To understand that different food provide different amounts of energy.</p> <p>To identify and interpret information on food labels.</p> <p>To learn about the risks associated with smoking and alcohol.</p> <p>To learn strategies to resist pressure from others about</p>	<p>To explain the health benefits of being active.</p> <p>To learn about the risks associated with different drugs (illegal and legal)</p> <p>To learn how to manage risks in different situations.</p> <p>To learn how to cope with challenging feelings.</p> <p>To learn about anxiety and how it affects people.</p> <p>To learn strategies to cope with change and how it makes us feel.</p> <p>To identify risky behaviour.</p>

			<p>To know that they have grown from babies to children.</p>	<p>To know that all living things grow from young to old.</p>	<p>To identify positive thoughts.</p> <p>To learn about asking for help with big feelings.</p> <p>To tell how other people may be feeling.</p> <p>To explore the concept of self-talk.</p>	<p>us manage our feelings.</p> <p>To understand the main stages of the human life cycle.</p> <p>To understand the importance of personal hygiene at puberty.</p> <p>To feel positive about growing up.</p> <p>To know that each person experiences puberty differently.</p> <p>To understand a growth mindset.</p> <p>To understand that all individuals should be treated with equal respect.</p>	<p>whether to use drugs.</p> <p>To understand the difference between little and big feelings.</p> <p>To understand how they are growing and changing.</p> <p>To know the biological difference between males and females.</p> <p>To learn about the physical changes that occur at puberty.</p> <p>To know how puberty affects emotions and behaviour.</p> <p>To explore how to alter negative thoughts.</p> <p>To understand the benefits of a growth mindset.</p>	<p>To remind pupils of the physical, emotional and social challenges that take place during puberty.</p> <p>To know what sexual intercourse is and that it is part of a sexual relationship.</p> <p>To know how a baby is made and grows.</p> <p>To develop the use of positive self-talk within a growth mindset..</p>
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	EYFS		KS1		KS2			
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<p>Relationships</p> <p>How to develop and maintain healthy relationships in a variety of contexts.</p> <p>To recognise negative relationships.</p> <p>How to respect equality and diversity.</p>	<p>PSED</p> <p>Shows increasing consideration of other people’s needs and gradually more impulse control in favourable conditions, e.g. giving up a toy to another who wants it</p> <p>Enjoys playing alone, alongside and with others, inviting others to play and attempting to join others’ play</p> <p>Seeks out companionship with adults and other children, sharing experiences and play ideas</p>	<p>PSED</p> <p>To take turns when playing.</p> <p>To listen to others’ ideas.</p> <p>They can show sensitivity to the feelings of others.</p> <p>Work and play cooperatively and take turns with others</p> <p>Form positive attachments to adults and friendships with peers;</p> <p>UTW</p> <p>To talk about family members.</p>	<p>To be able to identify bullying behaviour.</p> <p>To understand ‘bad’ secrets.</p> <p>To identify the qualities of a good friend.</p> <p>To think of ways to make a new friend.</p> <p>To explain the importance of compliments.</p> <p>To understand why family is important.</p>	<p>To identify what bullying is and how it makes people feel.</p> <p>To learn how to help someone who is feeling lonely.</p> <p>To understand what conflict is and what to do if it happens.</p> <p>To understand who to trust online.</p> <p>To identify the qualities of a good friend.</p> <p>To understand and learn the PANTS rules.</p> <p>To know that people need to be cared for.</p> <p>To know how they can care for others.</p>	<p>To develop an awareness of bullying and unkindness.</p> <p>To explore different ways of resolving conflict.</p> <p>To identify the qualities of a good friend.</p> <p>To identify the features of a healthy relationship.</p> <p>To explore family differences.</p> <p>To understand that people sometimes have stereotypes about families.</p>	<p>To develop an awareness of the role of victims, bullies and bystanders.</p> <p>To identify and resist pressurising behaviour.</p> <p>To understand how my behaviour online can affect others.</p> <p>To identify the qualities of a good friend.</p> <p>To understand rights and responsibilities in a friendship.</p>	<p>To explore how and why people are excluded.</p> <p>To identify bullying behaviour and its consequences.</p> <p>To identify the qualities of a good friend.</p> <p>To know that I have the right to say no.</p>	<p>To identify bullying behaviour and its short and long term consequences.</p> <p>To learn how to share concerns about relationships with others online.</p> <p>To identify tactics someone might use to manipulate another person (online and in person)</p> <p>To explore how to resist pressure from someone.</p> <p>To know the difference between a friendship and an intimate relationship.</p> <p>To explore what is important in a loving relationship.</p>

				To learn about different types of family.				To understand the difference between a healthy and an unhealthy relationship. To know about the roles and responsibilities of being a parent.
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<p>Living in the Wider World</p> <p>To learn about rights and responsibilities as a citizen within a community and the world.</p> <p>To learn about different groups and communities.</p> <p>The role that money plays in the world.</p>	<p>PSED To list some class rules.</p> <p>To identify people who keep them safe.</p> <p>UTW Begin to understand that others may like different things.</p> <p>To know about differences between themselves and others.</p>	<p>PSED Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>To identify people who keep them safe.</p> <p>UTW To understand that others may like different things.</p> <p>To know about differences between themselves and others.</p>	<p>To suggest class rules to keep the classroom safe.</p> <p>To identify how to be safe at home.</p> <p>To explore boy and girl needs and wants.</p> <p>To celebrate being me.</p> <p>To explore differences and similarities between myself and others.</p> <p>To begin to understand personal information.</p> <p>To identify places and people who make me feel safe.</p> <p>To understand what voting is.</p>	<p>To understand why rules are important.</p> <p>To learn about people responsible for keeping us safe.</p> <p>To learn about the risks of fire.</p> <p>To understand how to get help from emergency services.</p> <p>To explore how life is different around the world.</p> <p>To identify what personal information is.</p> <p>To understand how the UK parliament is formed.</p> <p>To explore gender stereotypes.</p>	<p>To understand the UN rights of the child.</p> <p>To understand the link between being paid to do a job and having money to spend.</p> <p>To understand how to stay safe when walking on roads.</p> <p>To understand how to stay safe online.</p> <p>To explain why democracy is important.</p> <p>To link gender stereotypes and discrimination.</p>	<p>To understand the importance of asking questions.</p> <p>To understand that not everything online is trustworthy.</p> <p>To understand how images can be manipulated.</p> <p>To explore the choice of spending or saving.</p> <p>To understand the water crisis around the world.</p> <p>To learn how to stay safe around water.</p> <p>To understand aspects of discrimination.</p> <p>To understand how stereotypes can label people.</p>	<p>To explore the concept of fairness.</p> <p>To understand how to budget.</p> <p>To understand how taxes are used.</p> <p>To explore reasons for migration.</p> <p>To identify appropriate people to turn to for help.</p> <p>To understand content which may be inappropriate to share online.</p> <p>To understand how to keep safe when cycling on roads.</p> <p>To discuss the negative consequences of stereotypes.</p>	<p>To learn that different jobs have different salaries.</p> <p>To understand 'value for money.'</p> <p>To understand the role of the House of Commons in democracy.</p> <p>To understand how to question information online.</p> <p>To know what to do if they have concerns about something they experience online.</p> <p>To explore stereotypes around homelessness.</p> <p>To identify how to challenge negative stereotypes.</p> <p>To understand how beauty is</p>

				To explore the differences between boys and girls.			To develop a sense of belonging. To understand the difference between religion and culture.	different around the world.
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