



PSHE Progression Map

Repeated in Cycle A and Cycle B

Cycle A

Cycle B

	EYFS	Year 1/2	Year 3/4	Year 5/6
Safety RP1	<p>RP1/MS- PANTS- How to use toilets and be safe</p> <p>RP1,RP2,RP3- Big Talk</p>	<p><b>Families and People Who Care for Me 1</b> To begin to understand that some family relationships can make you feel unhappy or unsafe and that it is ok to seek help.</p> <p><b>Firework Safety</b> Knowing how to stay safe with fireworks.</p> <p><b>Online Relationships 1</b> To begin to understand the sorts of boundaries in friendships with peers and others.</p> <p>To respond safely and appropriately to adults they may encounter who they may not know.</p> <p><b>Road Safety 1</b> To be aware of how to be safe on the road.</p> <p><b>Basic First Aid</b> Talk about how to make a call to emergency services.</p>	<p><b>Caring Friendship 2</b> To begin to understand that friendships can be worked through so that is repaired or strengthened and resorting to violence is never right.</p> <p><b>Online Relationships 2</b> To understand the rules of how to keep safe online and how to report risks.</p> <p>To know about the sorts of boundaries in friendships with peers and others.</p> <p>To know how to ask for advice or help confidently using appropriate vocabulary.</p> <p><b>Big Talk</b> To understand that each person's body belongs to them and what this consists of when being safe (PANTS and Big Talk)</p> <p><b>Being Safe 1</b></p>	<p><b>Caring Friendship 3</b> To know that friendships can be repaired or strengthened and that violence is never right.</p> <p><b>Online Relationships 3</b> To be aware of how information and data is shared and used online.</p> <p>To explain the sorts of boundaries in friendships with peers and others online.</p> <p><b>Big Talk</b> To know that each person's body belongs to them and what this consists of when being safe (PANTS and Big Talk)</p> <p><b>Water Safety 1</b> To be able to swim 25metres or more.</p>



			<p>To be aware of where to get advice from.</p> <p>To understand how to make your house fire safe (visit from the fire services).</p> <p>To understand about the concept of privacy and to know when to keep a secret and when to tell someone.</p> <p><b>Internet Safety 1</b> To recognize how and why online games and apps are age restricted.</p>	<p><b>Being Safe 2</b> To demonstrate how to ask for advice or help confidently using appropriate vocabulary to report abuse or concerns.</p> <p>To know where to get advice from.</p> <p>That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. (PANTS and Big Talk)</p> <p>To talk about the concept of privacy and to know when to keep a secret and when to tell someone.</p> <p><b>Internet Safety</b> To explain how and why online games and apps are age restricted.</p> <p>To consider the effect of their actions on others online.</p>
Health RP2		<p><b>Physical Health 1</b> To understand the importance of mental and physical activity to stay healthy.</p> <p>Healthy Eating- To be able to talk about what makes an unhealthy diet including nutritional content (year 1 focus on food groups year 2 focus on a balanced diet).</p> <p>To understand the importance of dental health.</p>	<p><b>Physical Health 2</b> To know the importance of building a routine including being healthy physically and mentally.</p> <p>To know how to plan and prepare a range of healthy meals.</p> <p>To explain what an unhealthy diet and the impact of it.</p> <p><b>Drugs, Alcohol and Tobacco 1</b></p>	<p><b>Physical Health 3</b> To be able to build a routine independently which is healthy including exercise.</p> <p>To discuss the risks associated with unhealthy lifestyle including obesity.</p> <p>To recognize signs of physical illness.</p>



		<p>To practice good personal hygiene (handwashing and spreading of germs).</p> <p>To understand the important of sleep and lack of sleep.</p> <p><b>Sun Safety</b> To understand how to be safe in the sun.</p>	<p>To be able to say facts about legal and illegal harmful substances and risks.</p> <p><b>First Aid 1</b> To understand basic concepts of first-aid.</p> <p>To tell you the number to call for emergency services.</p> <p><b>Big Talk</b> To discuss openly facts about puberty through the ages of 7-9.</p>	<p>To explain how to keep your teeth healthy.</p> <p>To know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</p> <p>To actively stop germs from spreading in the class.</p> <p><b>Advanced First Aid</b> To investigate concepts of basic first-aid, for example dealing with common injuries, including head injuries.</p> <p>To put a person into the recovery position</p> <p>To consider and debate scenarios where emergencies arise.</p> <p><b>Big Talk</b> To discuss openly facts about puberty through the ages of 9-11.</p>
<p>Respectful Relationships Including Online. RP3</p>	<p>RP3/MS- Golden Rules RP3/MS- Oral Health and healthy eating</p> <p>RP3/BR- November- Anti Bullying Week/Children in Need PSE Theme- Being kind to others</p>	<p><b>Families and People Who Care for Me 1</b> To begin to know the characteristics of healthy family life through love, security and stability.</p> <p>To know to respect difference in different families to their own.</p> <p><b>Caring Friendship 1</b></p>	<p><b>Families and People Who Care for Me 2</b> To know the characteristics of healthy family life.</p> <p>To understand that marriage and civil partnership represents a legal commitment.</p> <p><b>Caring Friendship 2</b></p>	<p><b>Families and People Who Care for Me 3</b> To know that stable and caring relationships are at the heart of happy and healthy families and children's security.</p> <p><b>Caring Friendship 3</b></p>



	<p>RP3- December- Christmas- Respecting others beliefs and celebrating others cultures</p> <p>RP3/BR- Transition PSE Theme- How to make new friends.</p>	<p>To begin to understand characteristics of friendships.</p> <p>To begin to look at mutual respect, honesty, trust, and support within friendships.</p> <p>To begin to think about how to deal with problems and difficulties in friendships.</p> <p><b>Respectful Relationships 1</b> To understand the importance of respecting others even when they are different from them, make different choice or have different preferences or beliefs.</p> <p>To begin to explore conventions of courtesy and manners.</p> <p><b>Online Relationships 1</b> To begin to understand that people behave differently online, including pretending to be someone they are not.</p>	<p>To understand the characteristics of friendships and how they make us feel happy and secure in particular loyalty, sharing interests and experiences.</p> <p><b>Respectful Relationships 2</b> To recognize the importance of self-respect and how it links to their own happiness.</p> <p>To expect to be treated with respect by others and to show respect to others regardless of age in school and the wider society.</p> <p><b>Online Relationships 2</b> To being to understand that people behave differently online, including pretending to be someone they are not.</p> <p>To know the principles for online relationships are the same as face to face relationships in particular being respectful when we are anonymous.</p>	<p>To understand the characteristics of positive and negative friendships and how positive friendships make us feel happy and secure and that they do not make others feel lonely or excluded.</p> <p>To recognize who to trust and who not to trust.</p> <p>To judge when a friendship makes them feel unhappy or uncomfortable, to manage the situation and to seek advice if needed.</p> <p><b>Respectful Relationships 3</b> To express the importance of self-respect and how it links to their own happiness. To know what a stereotype is and the negative impact of stereotyping.</p> <p>To expect to be treated with respect by others and to show respect to others regardless of age in school and the wider society.</p> <p>To understand importance of giving and taking and permission seeking in relationships with adults, peers and friends.</p> <p><b>Online Relationships</b></p>
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<p>Mental Health and Wellbeing RP4</p>	<p>RP4/SRMS- Feelings- Understanding our own minds.</p> <p>RP4- May- Mental Health Awareness Week PSE Theme- How to feel relaxed (Zen Den YouTube)</p> <p>RP4- New Year PSE Them- What are you going to get better at?</p>	<p><b>Mental Wellbeing 1</b> To begin to understand that mental wellbeing is a normal part of daily life (just as physical health).</p> <p>To recognize and talk about their emotions using different vocabulary for similar emotions.</p>	<p><b>Mental Wellbeing 2</b> To understand that mental wellbeing is a normal part of daily life (just as physical health).</p> <p>To know that there is a range of emotions people experience in different situations.</p> <p>To know the benefits of physical activity on mental wellbeing.</p> <p>To have an idea of simple self-care techniques to help with mental wellbeing.</p> <p><b>Internet Safety 1</b> To know the benefits of balancing time on and offline and the impact on their own mental wellbeing.</p>	<p><b>Mental Wellbeing 3</b> To demonstrate that mental wellbeing is a normal part of daily life (just as physical health).</p> <p>To use a range of vocabulary to describe different emotions people experience in different situations.</p> <p>To talk about the benefits of physical activity on mental wellbeing.</p> <p>To judge how they are feeling and whether their behavior is appropriate or not.</p> <p>To know it is common for people to experience mental ill health and how to seek support.</p> <p>To discuss how isolation and loneliness can affect children and the importance of discussing feelings.</p> <p><b>Internet Safety</b></p>



				To explain how the internet has a negative effect on mental wellbeing especially when balancing time online.
Living In the Wider World( economic wellbeing and being a responsible citizen) RP5	<p>RP5- British Values- What does it mean to be British?</p> <p>RP5/BR- November- Remembrance PSE Theme- remembering British history</p> <p>RP5/BR- October- Black History Month PSE Theme- We are unique and different</p> <p>RP4- May- Mental Health Awareness Week PSE Theme- How to feel relaxed (Zen Den YouTube)</p> <p>RP1,RP2,RP3- Big Talk</p> <p>RP3/BR- Transition PSE Theme- How to make new friends.</p>	<p><b>Being a Responsible Citizen 1</b> <b>Autumn</b> To think about how they can contribute to the life of the classroom and school</p> <p>To understand that we have rules to follow and why and that everyone has rights.</p> <p><b>Summer</b> To understand that we belong to different groups and what harms and improves our environment.</p> <p><b>Economic Wellbeing 1</b> To begin to understand that money comes from different sources and how to save and spend.</p>	<p><b>Being a Responsible Citizen 2</b> To talk and discuss topical issues, problems and events that are of concern to them and offer their recommendations to appropriate people</p> <p>To be aware of why and how rules and laws that protect them and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules</p> <p>To know that they have different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment.</p>	<p><b>Being a Responsible Citizen 3</b> To research, discuss and debate topical issues, problems and events that are of concern to them and offer their recommendations to appropriate people</p> <p>To know why and how rules and laws that protect them and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules</p> <p>To understand that there are basic human rights shared by all peoples and all societies and that children have their own special rights set out in the United Nations Declaration of the Rights of the Child.</p> <p>To know that there are some cultural practices which are against British law and universal human rights (eg.FGM).</p> <p>To realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination of individuals and communities.</p>



	<p>RP5- Transition PSE Theme- Change</p> <p>RP5- Easter PSE Theme- Respecting others beliefs</p> <p>RP5- Eid PSE Theme- Respecting others beliefs</p>			<p>To know that they have different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment.</p> <p>To resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices</p> <p>To appreciate the range of national, regional, religious and ethnic identities in the United Kingdom as well as considering the lives of people's customs in other countries.</p> <p><b>Economic Wellbeing 2</b> To know the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer</p> <p>To develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax' (e.g. their contribution to society through the payment of VAT)</p> <p>To know that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment across the world.</p>
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