



PSHE Progression Overview 2023-2024

	Autumn Term <i>Relationships</i>			Spring Term <i>Living in the wider world</i>			Summer Term <i>Health and Well-being</i>		
EYFS	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



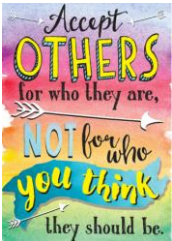




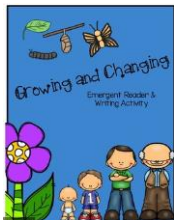

<p>3 – 4 years</p> <p>Reception</p> <p>ELGs</p>	<ul style="list-style-type: none"> • Become more outgoing with unfamiliar people, in the safe context of their setting. • Play with one or more other children, extending and elaborating play ideas. • Form positive attachments to adults and friendships with peers. • Show sensitivity to their own and others' needs. 	<ul style="list-style-type: none"> • Increasingly follow rules, understanding why they are important. • Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. • Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. • Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. • Be confident 	<ul style="list-style-type: none"> • Remember rules without needing an adult to remind them. • Develop appropriate ways of being assertive. • Talk with others to solve conflicts. • Understand gradually how others might be feeling. • Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. • See themselves as a valuable individual. • Build constructive and respectful relationships. • Express their feelings and consider the feelings of others. • Show resilience and perseverance in the face of challenge. • Identify and 	<ul style="list-style-type: none"> • Develop their sense of responsibility and membership of a community. Show more confidence in new social situations. • Form positive attachments to adults and friendships with peers. 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them. 	<ul style="list-style-type: none"> • Be increasingly independent in meeting their own care needs, • e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly. • Make healthy choices about food, drink, activity and tooth brushing. • Manage their own needs. • personal hygiene • Know and talk about the different factors that support their overall health and wellbeing: <i>regular physical activity</i> <i>healthy eating</i> <i>tooth brushing</i> <i>sensible amounts of 'screen time'</i> <i>having a good sleep routine</i> • Show an understanding of their own feelings and those of 	<ul style="list-style-type: none"> • Manage their own needs. • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. 	<ul style="list-style-type: none"> • being a safe pedestrian • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly.
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		<p>to try new activities and show independence, resilience and perseverance in the face of challenge.</p> <ul style="list-style-type: none"> • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Work and play cooperatively and take turns with others. 	<p>moderate their own feelings socially and emotionally.</p> <ul style="list-style-type: none"> • Think about the perspectives of others. • Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. • Form positive attachments to adults and friendships with peers. • Show sensitivity to their own and others' needs. 				<p>others, and begin to regulate their behaviour accordingly.</p> <ul style="list-style-type: none"> • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. 		
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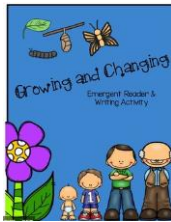

Year 1	Autumn Term <i>Relationships</i>			Spring Term <i>Living in the wider world</i>			Summer Term <i>Health and Well-being</i>		
	Families and Friends	Safe Relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and 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>	
Key vocabulary	<p>Family, Special, Mum Dad Brother Sister</p> <p>Step mum</p> <p>Step dad</p> <p>Grandma Grandad</p> <p>Nana Scared</p> <p>Excited Relaxed</p> <p>Happy Sad Safe</p>	<p>Appropriate</p> <p>Inappropriate</p> <p>Private</p> <p>Acceptable</p> <p>Unacceptable</p> <p>Physical contact</p> <p>Touch</p> <p>Feelings</p> <p>Bodies</p> <p>Hurt</p> <p>Comfortable</p> <p>Teasing</p> <p>Bullying</p> <p>Permission</p>	<p>Unique</p> <p>Special</p> <p>Bullying</p> <p>Name-calling</p> <p>Isolated</p> <p>Unkind</p> <p>Belonging</p> <p>Courtesy</p> <p>Courteous</p> <p>Polite</p> <p>Manners</p> <p>Respectful</p>	<p>Rules</p> <p>Respect</p> <p>Trust</p> <p>Honesty</p> <p>Argument</p> <p>Fairness</p> <p>Kindness</p> <p>Selfishness</p> <p>Caring</p> <p>Town</p> <p>Countryside</p> <p>Environment</p> <p>Good and bad</p> <p>Right and wrong</p>			<p>Healthy</p> <p>Unhealthy</p> <p>Nutrients</p> <p>Sleep</p> <p>Hygiene</p> <p>Sun burn</p> <p>Cleanliness</p>	<p>Penis</p> <p>Vulva</p> <p>Friends</p> <p>Feelings</p> <p>Similar</p> <p>Different</p> <p>Family</p> <p>Boy</p> <p>Girl</p> <p>Male</p> <p>Female</p>	<p>Rules</p> <p>Consequences</p> <p>Dangers</p> <p>Safety</p> <p>Online</p> <p>Pop-ups</p> <p>Cyberbullying</p> <p>Unreliable</p> <p>Images</p>

								Private parts Unique Special Angry Regulation Dysregulated	
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>
Key vocabulary	<p>Friend</p> <p>Friendship</p> <p>Trust</p> <p>Care</p> <p>Happiness</p> <p>Lonely</p>	<p>Friendships</p> <p>Couples</p> <p>Positive relationships</p>	<p>Unique</p> <p>Special</p> <p>Different</p> <p>Similar</p> <p>Common</p>	<p>Empathy</p> <p>Message</p> <p>Belonging</p> <p>Community</p> <p>Diversity</p>			<p>Sleep</p> <p>Rest</p> <p>Routine</p> <p>Relax</p>	<p>Similar</p> <p>Different</p> <p>Sex</p> <p>Gender roles</p>	



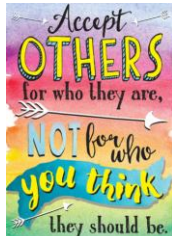




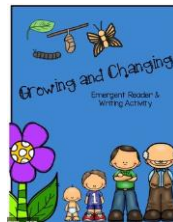

	<p><i>Laughter</i> <i>Safe</i></p>	<p>Assertive Impulsive Behaviour Aggressive Pressure Impulsive Secrets</p>	<p>Friendship Caring Giving Reciprocity Feelings Compliment Conflict Opinion</p>	<p>Different similarity envy jealousy anger boastfulness anxiety dislike sadness loneliness hurt shock unfairness disappointment worry shame guilt love forgiveness sorry understanding comforted</p>			<p>Bedtime Body Skin Packet Bottle Syringe Medicine Hazard Label Symbol Helpful Harmful Tablets Capsule Injection Spray Cream Drops Inhaler Vaccination Well/unwell Recover Illness Injury Protect Product Cleaning Safety Instructions Rule Risk Accident Pressure teeth, care, sugar, toothpaste, brushing, tooth decay, plaque, dentist,</p>	<p>Stereotypes Boy Girl Male Female Private parts Penis Vulva Teats Udders Transition Change Emotions Feelings</p>	
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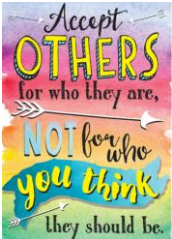




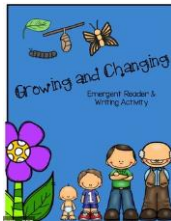

							toothache Big feelings, little feelings, good feelings, not so good feelings, unsure, worried, anger, angry, sadness, excited, intensity, happy, heartbroken, scared, thrilled, distressed, glad, furious, overjoyed, terrified, sleepy, exhausted		
Year 3	Autumn Term <i>Relationships</i>			Spring Term <i>Living 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
									
	Exploring what makes a family Discovering the features of	Recognising personal boundaries How to safely respond to	Recognising respectful behaviour The importance of	The value of rules and laws Recognising and understanding	How the internet is used Assessing information	Exploring different jobs and Skills Recognising	Recognising the importance of making good health choices and recognising bad habits	Identify that people are unique and respect those differences by	Recognising risks and hazards Exploring how to keep safe in the local

	family life	others Recognising the impact of hurtful behaviour	self-respect The importance of courtesy and being polite	our rights, freedoms and responsibilities	online	and challenging job stereotypes Setting personal goals	Recognising what affects feelings Exploring appropriate ways of expressing Feelings	exploring the differences between male and female bodies Recognising and celebrating personal strengths and achievements Learning how to manage and reframe setbacks	environment and unfamiliar places such as canals and rivers
Key vocabulary	<i>Family</i> <i>Stability</i> <i>Security</i> <i>Love</i> <i>Commitment</i> <i>Protection</i> <i>Safety</i> <i>Diversity</i> <i>Stereotype</i> <i>Influence</i>	Appropriate Inappropriate Touch Consent Respect Personal boundaries Behaviour Feelings Attitude Unacceptable Acceptable Deliberate Unkind Actions Anger Escalation Frustration	Empathy Prejudice Racism Unique Special Disability Impairment Blindness Deaf Communication disorder Physical Self-respect Courtesy Politeness	Respect Tolerance Rule of law Prejudice Compassion Understanding Rights Freedom Responsibility Values Democracy Law Citizen Empathy			Cigarette, e-cigarette smoking vaping drinking alcohol caffeine laws guidelines health habit quit cessation Feeling, emotion, health, body, mind, good, not so good body, mind, express, describe, intense, strong,		

							happy, sad, scared, angry, worried, pleased (plus range of vocabulary to describe different feelings) action, behaviour, situation, surprise, excitement, anger, fear, disappointment, sadness, nervous, embarrassed, relieved, unsure, ashamed, relaxed		
Year 4	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
									
	Recognising and maintaining positive friendships,	Responding to hurtful behaviour	Respecting differences and similarities	Exploring what makes a community	How data is shared and used	Making decisions about money	Maintaining a balanced lifestyle	Understanding personal identity Puberty is part of	Recognising the dangers and risks of medicines and household

	including online	Managing confidentiality Recognising risks online	Discussing difference sensitively	Investigating what is meant by shared responsibilities		Using and keeping money safe	How to maintain oral hygiene and dental care	the life cycle and the changes that occur Recognising individuality and different qualities Understanding the importance of maintaining good mental wellbeing	products Identifying drugs that are common to everyday life
Key vocabulary	<i>Respect Positive Negative Healthy Unhealthy Friendships Relationships Friend Trust Loyalty Uncomfortable</i>	Confidentiality Hurtful Positive relationships Risky behaviour Uncomfortable Comfortable Relationships Healthy Unhealthy Anger Problem-solving Peaceful	Respect Tolerance Differences Similarities Prejudice Racist Racism Stereotyping Judgement Isolating Lonely Bullying Sensitivity	Identity Similarities Differences Unique Community Services Facilities Cooperation Collaboration Reciprocity Responsibility Prejudice Empathy Diversity Equality Discrimination Stereotyping Democracy Dictatorship			dental, enamel, plaque, cavity, acid, gum disease, oral hygiene, saliva, acid mental healthy emotional wellbeing stress anger depression anorexia panic attacks habit healthy unhealthy balanced lifestyle	Puberty Life cycle Reproduction Physical Breasts Sperm Egg Pubic hair Emotional feelings sperm ovum pride proud flight fight regulated qualities values resourceful reciprocity reflective resilience	

							respect responsibility		
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
									
	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
Key vocabulary	Friendship Relationship Assertive Passive Aggressive Peer pressure Peer influence		Included Excluded Diversity Difference Prejudice Culture	Equality Justice Prejudice Discrimination Injustice			Sleep Habit Routine Bedtime Puberty Medicine		

			Emotion Positive Negative feelings vocabulary unique special outsider freedom stereotype equality sexual orientation homophobia discrimination	Apartheid Parliament Constituency Campaign Candidate Democracy Election electoral register Member of Parliament, opinion poll Prime Minister Government Dictatorship Environment Compassion Waste Environment Protection Renewable			Recover health condition immune/ immunisation, vaccination population prescribed emergency insulin EpiPen Diabetes Asthma Eczema Allergy dose Sun safety Cancer Ultra violet UV rays protection		
Year 6	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 
	Recognising	Recognising and	Expressing	Valuing	Evaluating	Exploring	What affects	Human	Keeping personal

	attraction to others Exploring romantic relationships Civil partnership and marriage	managing pressure Consent in different situations	opinions and respecting other points of view, including discussing topical issues	diversity; challenging discrimination and stereotypes	media sources Exploring safe and unsafe ways of sharing things online, and the impact this could have	influences and attitudes to money Investigating the financial risks people take and the impact this can have	mental health and ways to take care of it Managing change, loss and bereavement Managing time online	reproduction and birth How to increase independence Managing transition	information safe Peer influence Exploring regulations and choices Drug use and the law Drug use and the media
Key vocabulary	<i>Marriage</i> <i>Civil partnership</i> <i>Relationships</i> <i>Permission</i> <i>Respect</i> <i>Equity</i> <i>Communication</i> <i>Healthy</i> <i>Unhealthy</i> <i>Negative</i> <i>Positive</i> <i>Access</i> <i>Conflict</i>		Included Excluded Diversity Difference Prejudice Culture Emotion Positive Negative feelings vocabulary unique special discrimination equality racism homophobia inequality cyberbullying	Prejudice Discrimination Stereotyping Diversity Freedom Liberty Culture Social Race Gender Sexuality Religion			Feeling, emotion, moods, thoughts, body, mind, mental, physical, health, wellbeing, balanced lifestyle mental health, events, change, challenge, advice, support, personal network, affirmation Alive, dead, loss, goodbye,	Womb Egg Sperm Conception Fertilisation Pregnancy Sexual intercourse Twins Fostering Adoption Relationship Friendship Love Consent Intimacy Communication Personal/private information Internet safety Change Transition Challenges Independence Collaboration	Drug, substance, effects, risks, law, legal, illegal, habit, advice, support factors, influence, peer pressure, passive, aggressive, assertive strategies Media, social media, messages, marketing, influences, information, smoking, vaping, drinking, cigarettes, e-cigarettes,

							sad, cross, angry, upset, hide, lock away, curious, comfort, cope, strategies, grief	Perseverance	vape, alcohol, advertising consent opting in/out personal information
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