

PSHE progression



	Unit 1	Unit 2	Unit 3
Year 1	<ul style="list-style-type: none"> • Know what it means to be a family and how families are different • Know the role different people play in my life and how they care for me • Know about situations when my body or feelings might be hurt and who to go to for help • Know how kind and unkind behaviour can make people feel • Know how to respond if being touched makes me feel uncomfortable/unsafe • Know how to ask for and give/not give permission 	<ul style="list-style-type: none"> • Know what it means to be healthy and why it is important • Know about healthy and unhealthy foods • Know about physical activity and how it keeps people healthy • Recognise what makes me special and unique • Know about different kinds of feelings and how to recognise them • Know how rules can help to keep us safe • Know rules for keeping safe online 	<ul style="list-style-type: none"> • Know that different people have different needs • Know how and why people use the internet • Understand how people find things out and communicate safely with others online • Know that everyone has different strengths • Know about people whose job it is to help us in the community
Year 2	<ul style="list-style-type: none"> • Know about different ways that people meet and make friends • Know different strategies for positive play • Know how friends can have both similarities and differences • Know how to recognise, and ask for help, when feeling lonely or unhappy or to help someone else • Know what bullying is and about different types of bullying • Know how someone may feel if they are being bullied • Know about the difference between happy surprises and secrets • Know how to resist pressure to do something that feels uncomfortable or unsafe 	<ul style="list-style-type: none"> • Know routines and habits for maintaining good physical and mental health • Know the importance of, and routines for, brushing teeth and visiting the dentist • Know ways to feel good, calm down or change mood • Know how to manage big feelings including those associated with change, loss and bereavement • Identify and name the main parts of the body including external genitalia • Identify potential unsafe situations • Know about things that people can put into their body or onto their skin and how these can affect how people feel • Know how to respond if there is an accident and someone is hurt and whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say 	<ul style="list-style-type: none"> • Know about different rights and responsibilities that they have in school and the wider community • Recognise that people are all equal, and ways in which we are the same and different to others in their community • Know that information online might not always be true • Recognise the difference between needs and wants • Know how people make choices about spending money, including thinking about needs and wants • Prepare to move to a new class and set goals for next year

Year 3	<ul style="list-style-type: none"> • Recognise and respect that there are different types of families • Identify different ways that people care for each other and when something in a family might make someone upset or worried Know what is appropriate to share with friends, classmates, family and wider social groups including online and know about what privacy and personal boundaries are • Know that bullying and hurtful behaviour is unacceptable in any situation and the effects and consequences of bullying for the people involved • Understand about bullying online, and the similarities and differences to face-to-face bullying • Understand the importance of self-respect and the right to be treated respectfully by others • Recognise the ways in which people show respect and courtesy in different cultures and in wider society 	<ul style="list-style-type: none"> • Identify healthy and unhealthy choices • Know what is meant by a healthy, balanced diet • Know that regular exercise such has positive benefits for mental and physical health • Know strategies to identify and talk about feelings • Know that everyone is an individual and has unique and valuable contributions to make • Know how to identify personal strengths and interests • Know how to predict, assess and manage risk in everyday situations • Know how to keep safe in the local environment or unfamiliar places 	<ul style="list-style-type: none"> • Know reasons for rules and laws in wider society and understand the importance of abiding by the law and what might happen if rules and laws are broken • Know what human rights are and how they protect people and identify basic examples of human rights including the rights of children • Recognise that images and information online can be altered or adapted • Know how to report something seen or experienced online that concerns them • Know about common myths and gender stereotypes related to work • Challenge stereotypes through examples of role models in different fields of work
Year 4	<ul style="list-style-type: none"> • Communicate respectfully with friends when using digital devices • Know that there are risks in communicating with someone you don't know • Recognise risks online such as harmful content or contact • Know how people may behave differently online including pretending to be someone they are not and how to report concerns and seek help if worried or uncomfortable about someone's behaviour • Know how to respond if witnessing or experiencing hurtful behaviour or bullying, including online • Know when it is right to keep or break a confidence/secret • Know the importance of respecting differences and similarities between people and use vocabulary to sensitively discuss difference 	<ul style="list-style-type: none"> • Know what good physical health means and how to recognise early signs of physical illness • Identify external genitalia and reproductive organs • Know about the physical and emotional changes during puberty • Know key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams • Know strategies to manage the changes during puberty including menstruation • Know how to get information, help and advice about puberty • Identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects • Identify some of the risks associated with drugs common to everyday life • Know how to ask for help or advice 	<ul style="list-style-type: none"> • Understand about the different groups that make up and contribute to a community • Know how to show compassion towards others in need and the shared responsibilities of caring for them • Know that everything shared online has a digital footprint • Understand that search results are ordered based on the popularity of the website and that this can affect what information people access • Know how to keep track of money and why it is important to know how much is being spent • Know how people spend money can have positive or negative effects on others

Year 5	<ul style="list-style-type: none"> • Know peer influence and how it can make people feel or behave • Understand strategies to manage peer influence and the need for peer approval • Recognise if a friendship is making them feel unsafe, worried, or uncomfortable and to know when and how to seek support in relation to friendships • Know how to ask for, give and not give permission for physical contact • Know that it is never someone's fault if they have experienced unacceptable contact • Know whom to tell if concerned about unwanted physical contact • Understand why it is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle different to mine • Understand the impact of discrimination on individuals, groups and wider society 	<ul style="list-style-type: none"> • Know ways to boost their mood and improve emotional wellbeing • Recognise the shared responsibility of keeping a clean environment and how to prevent the spread of bacteria and viruses with everyday hygiene routines • Know about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes • Understand that for some people their gender identity does not correspond with their biological sex • Know that female genital mutilation (FGM) is against British law • Identify when situations are becoming risky, unsafe or an emergency and when and how to contact different emergency services • Know how to differentiate between positive risk taking and dangerous behaviour 	<ul style="list-style-type: none"> • Know how resources are allocated and the effect this has on individuals, communities and the environment • Know about the way that money is spent and how it affects the environment and how to express opinions about responsibility towards the environment • Know some basic strategies to assess whether content online is based on fact, opinion, or is biased • Recognise unsafe or suspicious content online • Know about what might influence people's decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values • Understand the importance of diversity and inclusion to promote people's career opportunities • Know about stereotyping in the workplace, its impact and how to challenge it • Know that there is a variety of routes into work e.g. college, apprenticeships, university, training
Year 6	<ul style="list-style-type: none"> • Know how to constructively challenge points of view you disagree with and participate effectively in discussions online and manage conflict or disagreements • Know what it means to be attracted to someone and different kinds of loving relationships • Know that people who love each other can be of any gender, ethnicity or faith • Know the difference between gender identity and sexual orientation • Know that to force anyone into marriage is illegal • Compare the features of a healthy and unhealthy friendship • Know strategies to respond to pressure from friends including online • Know what consent means and how to seek and give/not give permission in different situations 	<ul style="list-style-type: none"> • Know that mental health is just as important as physical health and recognise that anyone can be affected by mental ill-health • Identify where to ask for help and support with mental wellbeing in and outside school and understand the importance of asking for support from a trusted adult • Know about the process of grieving and how grief can be expressed • Identify the links between love, committed relationships and conception • Know what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults • Know how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb • Know about the responsibilities of being a parent or carer and how having a baby changes someone's life • Know how to protect personal information online and identify potential risks of personal information being misused • Know about the risks and effects of different drugs 	<ul style="list-style-type: none"> • Understand what prejudice means • Differentiate between prejudice and discrimination • Know how to recognise stereotypes in different contexts and the influence they have on attitudes and understanding of different groups • Know how and why images online might be manipulated, altered, or faked • Know how online content can be designed to manipulate people's emotions and encourage them to read or share things • Know about sharing things online, including rules and laws relating to this • Know how to report inappropriate online content or contact • Understand about value for money and how to judge if something is value for money • Know how having or not having money can impact on a person's emotions, health and wellbeing

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| | | <ul style="list-style-type: none">• Recognise some of the changes as I grow up• Know practical strategies that can help to manage times of change and transition | |
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