

## Primary PSHE Progression Map

	EYFS	Relationships Education	Physical health and mental well being
<p><b>Statutory Guidance</b></p> <p><b>Relationships Education, Relationships and Sex Education (RSE) and Health Education</b></p>	<p><i>Children at the expected level of development will:</i></p> <ol style="list-style-type: none"> <li><i>Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.</i></li> <li><i>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</i></li> <li><i>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.</i></li> <li><i>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</i></li> <li><i>Explain the reasons for rules, know right from wrong and try to behave accordingly.</i></li> <li><i>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</i></li> <li><i>Work and play cooperatively and take turns with others.</i></li> </ol>	<p><i>By the end of Primary children should know:</i></p> <ol style="list-style-type: none"> <li><i>that families are important for children growing up because they can give love, security and stability.</i></li> <li><i>the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</i></li> <li><i>that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</i></li> <li><i>that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.</i></li> <li><i>that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</i></li> <li><i>how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</i></li> <li><i>how important friendships are in making us feel happy and secure, and how people choose and make friends.</i></li> <li><i>the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</i></li> <li><i>that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</i></li> <li><i>that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</i></li> <li><i>how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</i></li> <li><i>the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</i></li> <li><i>practical steps they can take in a range of different contexts to improve or support respectful relationships.</i></li> <li><i>the conventions of courtesy and manners.</i></li> <li><i>the importance of self-respect and how this links to their own happiness.</i></li> <li><i>that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</i></li> <li><i>about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</i></li> <li><i>what a stereotype is, and how stereotypes can be unfair, negative or destructive.</i></li> <li><i>the importance of permission-seeking and giving in relationships with friends, peers and adults.</i></li> <li><i>that people sometimes behave differently online, including by pretending to be someone they are not.</i></li> <li><i>that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.</i></li> <li><i>the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</i></li> <li><i>how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</i></li> </ol>	<p><i>By the end of Primary children should know:</i></p> <ol style="list-style-type: none"> <li><i>that mental wellbeing is a normal part of daily life, in the same way as physical health.</i></li> <li><i>that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</i></li> <li><i>how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</i></li> <li><i>how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</i></li> <li><i>the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</i></li> <li><i>simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</i></li> <li><i>isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</i></li> <li><i>that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.</i></li> <li><i>where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).</i></li> <li><i>it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</i></li> <li><i>that for most people the internet is an integral part of life and has many benefits.</i></li> <li><i>about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</i></li> <li><i>how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.</i></li> <li><i>why social media, some computer games and online gaming, for example, are age restricted.</i></li> <li><i>that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</i></li> <li><i>how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.</i></li> <li><i>where and how to report concerns and get support with issues online.</i></li> <li><i>the characteristics and mental and physical benefits of an active lifestyle.</i></li> <li><i>the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.</i></li> <li><i>the risks associated with an inactive lifestyle (including obesity).</i></li> <li><i>how and when to seek support including which adults to speak to in school if they are worried about their health.</i></li> <li><i>what constitutes a healthy diet (including understanding calories and other nutritional content).</i></li> <li><i>the principles of planning and preparing a range of healthy meals</i></li> </ol>

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	<p>8. Form positive attachments to adults and friendships with peers</p> <p>9. Show sensitivity to their own and to others' needs.</p>	<p>24. how information and data is shared and used online.</p> <p>25. what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</p> <p>26. about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</p> <p>27. that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>28. how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</p> <p>29. how to recognise and report feelings of being unsafe or feeling bad about any adult.</p> <p>30. how to ask for advice or help for themselves or others, and to keep trying until they are heard.</p> <p>31. how to report concerns or abuse, and the vocabulary and confidence needed to do so.</p> <p>32. where to get advice e.g. family, school and/or other sources.</p>	<p>24. the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</p> <p>25. the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</p> <p>26. how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</p> <p>27. about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</p> <p>28. 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>29. about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</p> <p>30. about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>31. the facts and science relating to allergies, immunisation and vaccination.</p> <p>32. how to make a clear and efficient call to emergency services if necessary.</p> <p>33. concepts of basic first-aid, for example dealing with common injuries, including head injuries.</p> <p>34. key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</p> <p>35. about menstrual wellbeing including the key facts about the menstrual cycle.</p>
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**Certain statements are \* to indicate that the school should consult with parents/carers and the wider community before they teach them. Below are the statutory statements that provide further information for your reference:**

40. The role of parents in the development of their children's understanding about relationships is vital. Parents are the first teachers of their children. They have the most significant influence in enabling their children to grow and mature and to form healthy relationships.

41. All schools should work closely with parents when planning and delivering these subjects. Schools should ensure that parents know what will be taught and when, and clearly communicate the fact that parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE.

42. Parents should be given every opportunity to understand the purpose and content of Relationships Education and RSE. Good communication and opportunities for parents to understand and ask questions about the school's approach help increase confidence in the curriculum.

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43. Many schools build a good relationship with parents on these subjects over time – for example by inviting parents into school to discuss what will be taught, address any concerns and help support parents in managing conversations with their children on these issues. This can be an important opportunity to talk about how these subjects contribute to wider support in terms of pupil wellbeing and keeping children safe. It is important through such processes to reach out to all parents, recognising that a range of approaches may be needed for doing so.

44. Many schools will have existing mechanisms in place to engage parents and should continue to draw on these as they respond to the new legal framework.

Statements highlighted are non-statutory

By the end of the year, children should know...

Year Group	Autumn		Spring		Summer	
Year 1	My family and me	Being the healthiest me	Citizenship	Caring for the wider world	Safe me	Economics
	Know what makes me and other people special.	Know own strengths and areas to develop.	Know what rules are and understand their importance.	Know what makes our world special to us.	Know what being safe means and why it is important.	Know where money comes from.
	Know the different parts of the body.	Know how own feelings and how to manage them.	Know how our behaviour impacts others.	Know ways we can sustain the beauty of the world.	Know who to trust in difficult situations.	Name the different forms of money e.g., coin, card.
	Know some similarities and differences between boys and girls.	Know how to stay healthy through diet and exercise.	Know how to express our views respectfully.	Know how the 3Rs can sustain the environment.	Know how to respond safely to adults.	Know how to make wise choices with money.
	Know about different community groups I am part of.	Know how to keep ourselves clean.	Know why respect is important.	Know ways we can care for the Earth at home.	Name the different people that can keep me safe.	Know what saving means.
	Know the different people that make up my family.	Name the different people that can help me.	Know the similarities and differences between others.	Know ways that the Earth can be damaged.	Know how to ask for help when I feel unsafe.	Know the different ways I can earn money.
	Know how different people care for me.	Know who to ask for help if I need it.	Know how to work well in a team.	Know how to protect our sea life.	Know how medicines and vaccinations can help me.	Know the difference between wants and needs.
	Know who to tell if I'm worried.	Know how to express our views respectfully.				Know the different ways we can raise money for charities.
Vocabulary	Belong Bottom Common Community Consent Differences Female Gender Male Penis Private Similarities Trust Vagina	Diet Exercise Healthy Hygiene Immunisation Medicine Resilience Vaccination	Behaviour Mutual respect negative Positive Rules	Empathy Endangered Environment Feelings global Pollution recycle Reduce	Accident Safe Unsafe	Earn Economics Finance Fundraising Money Need Saving Want
Year 2	How am I feeling?	My friends and me	Healthy me	Jobs in our community	My body	What's the risk?
	Know a range of different feelings.	Know the qualities of a good friend.	Know ways we can stay healthy.	Know what a community is.	Know what appropriate and inappropriate touch means.	Know why rules are important to keep us safe.

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	<p>Know the similarities and differences between physical and emotional feelings.</p> <p>Know ways to make me feel better.</p> <p>Know how feelings can affect me.</p> <p>Know how feelings can change as I grow.</p> <p>Know how to ask for help if I am worried.</p> <p>Know how to manage other people's feelings.</p>	<p>Know who I can speak to if I'm lonely.</p> <p>Know some ways I can resolve arguments.</p> <p>Know how my actions can affect others.</p> <p>Know what personal space means.</p> <p>Know what bullying means and identify the different types.</p> <p>To know some ways, you can help others.</p>	<p>Know the reasons food is healthy and unhealthy.</p> <p>Know why physical activity is important.</p> <p>Know some ways I can be healthy outside.</p> <p>Know some ways to stay safe in the sun.</p> <p>Know why sugar can be bad for our diet.</p> <p>Know the importance of dental hygiene.</p>	<p>Know the ways that communities help us.</p> <p>Know some ways jobs can help a community.</p> <p>Know the different jobs that are available to me.</p> <p>Know some skills that I need to get a job.</p> <p>Know why technology can be helpful in some jobs.</p>	<p>Know who to speak to if I feel uncomfortable.</p> <p>Know the difference between safe and unsafe secrets.</p> <p>Know what is appropriate in different scenarios.</p>	<p>Know what peer pressure is.</p> <p>Know some strategies to stop peer pressure.</p> <p>Identify unsafe situations and know some ways to handle it.</p> <p>Know some ways to keep safe online.</p> <p>Know who to ask for help if I am worried.</p>
Vocabulary	<p>emotion</p> <p>Feeling</p> <p>mindfulness</p> <p>physical</p> <p>wellbeing</p>	<p>Arguments</p> <p>Bullying</p> <p>Contact</p> <p>Excluding</p> <p>harmful</p> <p>hurtful</p> <p>loyal</p> <p>mediation</p> <p>Online</p> <p>personal space</p> <p>Resolve</p> <p>secret</p> <p>Situations</p> <p>teasing</p>	<p>devices</p> <p>endorphins</p> <p>Nutrients</p> <p>personal change</p> <p>plaque</p> <p>protect</p> <p>screen</p>	<p>Careers</p> <p>Digital</p> <p>Diversity</p> <p>Job description</p> <p>Local</p> <p>Occupation</p> <p>Skills</p> <p>Technology</p>	<p>appropriate/ inappropriate</p> <p>consent,</p> <p>contact</p> <p>public</p> <p>Strengths,</p> <p>uncomfortable</p>	<p>harm</p> <p>hazards</p> <p>online safety</p> <p>Personal</p> <p>Protect</p> <p>Risk</p>
Year3	<p>Pressures I may face</p>	<p>Great friends think alike</p>	<p>Looking after me</p>	<p>People in our community</p>	<p>We are family</p>	<p>First aid</p>
	<p>Know that media can be false or unreliable.</p> <p>Know some strategies to manage my behaviour.</p> <p>Know that my body belongs to me.</p> <p>Know some ways to respond to challenging behaviour.</p> <p>Know some strategies for resisting peer pressure.</p> <p>Know why consent is important.</p>	<p>Know the different ways that friendships can affect our wellbeing.</p> <p>Know what qualities make up a good friend.</p> <p>Know what makes an unhealthy friendship.</p> <p>Know how emotions can be reflected by body language.</p> <p>Know what exclusion means.</p> <p>Know how peer mediation can resolve difficulties.</p>	<p>Know how hygiene rules can keep us clean and safe.</p> <p>Know some ways to maintain good oral hygiene.</p> <p>Know some ways we can eat a healthy diet.</p> <p>Evaluate the effects of a balanced diet.</p> <p>Know why physical exercise is important.</p> <p>Know why rest is important after exercise.</p>	<p>Know that we can belong to different community groups.</p> <p>Know ways that the community is diverse.</p> <p>Know why respect is important for communities.</p> <p>Know what a stereotype is.</p> <p>Know some different stereotypes we may see in the community.</p>	<p>To know that family structures can be different.</p> <p>Know how to show respect to different family structures.</p> <p>Know why my family is special to me.</p> <p>Know the ways in which families can care for one another.</p> <p>Know who to speak to if my family life upsets me.</p> <p>Know how Childline can be useful.</p>	<p>Explain what first aid is.</p> <p>Know how to treat a bite or sting.</p> <p>Know what to do in an emergency.</p> <p>Know who to call in an emergency.</p> <p>Know some basic strategies to help prevent an emergency.</p> <p>Know how protective clothing can help keep us safe.</p>

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	Know who to talk to if I'm worried.		Know ways exercise can affect your wellbeing and mood. Know why sleep is important.			
Vocabulary	Challenging conflicting Consent external false advertisements maintain minimise permission photoshop react pressure recognise Resist	celebrations contribute courteous experiences manners opinions polite respect strengths structure	Aerobic Balanced Diet Cavities Decay Goals Oral Pescatarian Regular Flossing Routines Vegan Vegetarian	Cultural Multi-cultural society Stereotypes Tolerance	Gay Lesbian Consent Personal qualities	Casualty emergency First aid Injury Wound
Year 4	My feelings and me	Responsible me	Respecting the individual	Managing myself and behaviour	Collective responsibility	Puberty
	Know how everyday things can affect my feelings. Know our strengths and how to develop weaknesses. Know how our strengths and weaknesses can affect our selfworth. Know how to express our feelings in different ways. Know who to talk to if I am worried about my emotions. Know how to set goals for myself	Know what a healthy relationship looks like.  Know the difference between rights and responsibilities.  Know some privacy rules and when they might be broken.  Know how to be respectful in different situations.  Know the consequences of poor behaviour online.  Know who to speak to if you witness poor behaviour online.	Know what conflict is and how to manage it.  Know what makes me special. Know that my opinion matters and how to express it correctly.  Know how stereotypes can be bad for society.  Know what discrimination is and who it can affect.  Know the laws related to discrimination.  Know some strategies to respond to aggressive behaviour.	Know the importance of self-worth and self-esteem.  Know personal qualities and how to set goals for myself.  Know the difference between reasonable goals and dreams.  Know that rules and laws keep me safe.  Know how to manage risks.  Know how peer pressure can affect our choices.  Know how our feelings can change when online.  Know who to ask for help if I'm worried.	Know the responsibilities we have to protect our environment.  Know why pollution is dangerous for the environment.  Know how spending can affect the environment.  Know some solutions to help solve environmental issues.  Know how to provide care for different animals.	Know the key stages in a life cycle.  Know what puberty is.  Know the physical changes that happen in puberty.  Know the correct names for the main parts of the body.  Know how emotions can change throughout puberty.  Know ways to keep clean during puberty.
	achievements attributes circumstances Grief Individuality Intensity Loss proportionately reframe self-esteem self-worth set-backs	commitment, communication compromise confidence Consent consequences discrimination equality human rights prejudice privacy rights	aggressive, Responsibilities	Anti-Social Approval Identity Illegal Influence Laws Legal Peers Positive mindset Restrictions	Climate change Crisis Debate Politics Solution	life cycle Menstruation Period Puberty
Year 5	Similarities, Differences and Stereotypes	Careers Week	Online safety	First aid and head injuries	Growing up	What do I know about drugs?

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	<p>Know similarities and differences between myself and others.</p> <p>Know what identity is and why this can be tricky for some people.</p> <p>Know how gender identity and expression might conflict with each other.</p> <p>Know why stereotypes can be bad.</p> <p>Know and understand stereotypes.</p> <p>Know how to challenge stereotypes.</p>	<p>Know that there are a range of jobs available.</p> <p>Know what skills are needed to get a job.</p> <p>Know why money is important.</p> <p>Know that different influences can encourage spending.</p> <p>Understand how stereotypes can affect jobs.</p>	<p>Know that information can be misleading online.</p> <p>Know how to communicate safely online.</p> <p>Know what rights you have online.</p> <p>Know some strategies to deal with peer pressure online.</p> <p>Know what information to share online.</p> <p>Know how devices e.g., iPads can be addictive.</p> <p>Know how to get help online.</p>	<p>Know what first aid is and why it is important.</p> <p>Know who to call in an emergency.</p> <p>Know some basic strategies for providing first aid, including head injuries.</p> <p>Know strategies for dealing with asthma attacks.</p>	<p>Know the stages of the human life cycle.</p> <p>Know some changes which happen in puberty.</p> <p>Know the process of menstruation and wet dreams.</p> <p>Know and use the correct body parts.</p> <p>Know how the media can portray different body images.</p> <p>Know that family structures can be different.</p>	<p>Know the difference between legal and illegal drugs.</p> <p>Know the uses of different drugs.</p> <p>Know that people use drugs for different reasons.</p> <p>Know that drugs carry risks.</p> <p>Know that drugs can cause addiction.</p> <p>Know the different laws of drug use.</p> <p>Know who to ask for help if I'm worried.</p>
Vocabulary	<p>assumptions</p> <p>Bisexual</p> <p>characteristics</p> <p>gender neutral</p> <p>heterosexual</p> <p>Homosexual</p> <p>trans gender</p>	<p>Addiction</p> <p>Gambling</p> <p>Qualification</p> <p>Transferable skills</p>	<p>consent,</p> <p>misinformation</p> <p>misleading</p> <p>online footprint</p> <p>social media</p>	<p>administer</p> <p>epi pen</p> <p>inhaler</p> <p>prevent</p> <p>resuscitate</p>	<p>adoption</p> <p>Body image</p> <p>civil partnerships</p> <p>Ejaculation</p> <p>foster</p> <p>Media</p> <p>Menstrual cycle</p> <p>sole parenting</p> <p>Sperm</p> <p>stepfamilies</p> <p>Wet dreams</p>	<p>Prescription</p> <p>Restricted</p> <p>Side effects</p> <p>Unrestricted</p>
Year 6	<p>My Mental Health &amp; Me</p>	<p>choices, Choices, Choices</p>	<p>Living in an Online World</p>	<p>Changing Relationships</p>	<p>Reproduction</p>	<p>Moving on up</p>
	<p>Know the difference between physical and mental health.</p> <p>Know that our feelings are connected to our mental health.</p> <p>Know the signs of poor mental health.</p> <p>Know some of the factors that affect mental health.</p> <p>Know some strategies we can use to help our mental health.</p> <p>Know why self-confidence is important for our mental health.</p> <p>Know who to speak to if I am worried.</p>	<p>Know the difference between physical and mental health.</p> <p>Know what a balanced diet looks like including calorie intake and nutritional values.</p> <p>Know the different uses of drugs and name some risks and benefits associated with them.</p> <p>Know some of the effects that drugs can have on the people round you.</p> <p>Know some ways to respond to peer pressure.</p> <p>Know who to speak to if I am worried.</p>	<p>Know some ways to stay safe online.</p> <p>Know that our actions can affect others.</p> <p>Know that the media can be portrayed in different ways.</p> <p>Know what peer pressure is.</p> <p>Know that text and images may be manipulated in different ways.</p> <p>Know how to raise concerns if I feel uncomfortable online.</p>	<p>Know what a loving relationship looks like.</p> <p>Know some different types of relationships.</p> <p>Know how to show respect for different relationships.</p> <p>Know what a civil partnership and marriage is.</p> <p>Know that marriage and civil partnerships are a choice.</p> <p>Know that relationships may end for different reason.</p>	<p>Know and use the correct names for body parts.</p> <p>Know the names of the male and female reproductive parts.</p> <p>Know some of the stages for reproduction in humans.</p> <p>Know what a safe and loving relationship looks like.</p> <p>Know that a baby has different needs and how to look after them.</p> <p>Know that there are different ways of creating a baby.</p>	<p>Know that I may feel a range of emotions.</p> <p>Know that secondary school might be different.</p> <p>Know some strategies to help me adjust to secondary school.</p> <p>Know that relationships might change in secondary school.</p> <p>Know that friendships may change as we grow up.</p> <p>Know who to speak to if I am worried.</p>
Vocabulary	Anxiety	Affect	hacking	arranged marriage	Adoption	transition

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	Critical lifestyle mental health mental health problems physical health strategies stress	Calorie Effect	Manipulate pop ups	forced marriage interracial	Conception Consent Egg Embryo Fertilisation Fostering Intercourse IVF Ovary Platonic Reproduction Reproductive organs Reproductive system Surrogacy Testes Uterus	tutor
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By the end of the year, children should be able to...							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Thinking Skills</b>	<p>Begin to share views Respectfully.</p> <p>Think about solutions to conflict.</p>	<p>Share views respectfully</p> <p>Give reasons for ideas with evidence/ examples</p> <p>Agree and disagree respectfully.</p> <p>Connect an idea to another idea</p>	<p>Show that they are actively listening and responding</p> <p>Suggest what might happen if.</p> <p>Demonstrate how to build on others' ideas</p> <p>Be an effective member in small group tasks</p> <p>Suggest different possibilities/ideas</p>	<p>Identify big ideas in a stimulus and ask questions related to these</p> <p>Support and build on the ideas of others</p> <p>Keep focussed on the matter at hand</p> <p>Explain how ideas are linked</p> <p>Explore a range of different possibilities</p>	<p>Empathise with how others are feeling/thinking about something</p> <p>Encourage others to join in discussions</p> <p>Draw upon evidence and own experiences</p> <p>Suggest reasoned conclusions</p> <p>Show a willingness to illustrate the ideas of others with own experiences</p> <p>Identify associated concepts and explain their relevance and connections</p>	<p>Show appreciation for the comments of others i.e. that is a really good point/that has made me think about...</p> <p>Question peers to support progress in an enquiry</p> <p>Evaluate own evidence offered and that offered by others i.e. I think that example is...</p> <p>Air feelings in a way that supports the enquiry</p> <p>Encourage others to contribute to an enquiry</p> <p>Evaluate in some detail the range of possibilities</p>	<p>Show an interest in the progress of an enquiry</p> <p>Show that they have extended their thinking beyond the PSHE session</p> <p>Evaluate a range of reasoned conclusions</p> <p>Identify assumptions and evaluate their impact</p> <p>Summarise the progress of an enquiry</p> <p>Suggest ways in which an enquiry might move to make progress</p> <p>Suggest and explain new and novel ideas that build on the ideas of others</p>

## Primary PSHE Progression Map

<p><b>Health and Wellbeing</b></p>	<p>Increasingly follow rules, understanding why they are important. (3 – 4)</p> <p>Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly. (3 – 4)</p> <p>Make healthy choices about food, drink, activity and toothbrushing. (3 – 4)</p> <p>Manage their own needs:</p> <ul style="list-style-type: none"> <li>• Personal hygiene</li> </ul> <p>Know and talk about the different factors that support their overall health and wellbeing:</p> <ul style="list-style-type: none"> <li>• regular physical activity</li> <li>• healthy eating</li> <li>• toothbrushing</li> <li>• sensible amounts of ‘screen time’</li> <li>• having a good sleep routine</li> <li>• being a safe pedestrian</li> </ul>	<p><b>How specific rules and restrictions help them to keep safe.</b></p> <p>Who helps them to stay healthy and what that means (e.g. parent, dentist, doctor)</p> <p>That things people put into or onto their bodies can affect how they feel</p> <p>How medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy</p> <p>Why hygiene is important and how simple routines can stop germs from being passed on</p> <p>What they can do to take care of their personal hygiene on a daily basis, e.g. brushing teeth and <b>hair</b>, hand washing</p> <p><b>That people have different roles within the community to help them (and others) keep safe - the jobs they do and how they help people</b></p> <p>Recognise and have an understanding of who can help them in different places and situations; how to attract someone’s attention or ask for help; what to say</p> <p>How to respond safely and appropriately to adults they don’t know</p> <p>Understand the importance of asking for support and to keep trying until they are heard if they feel unsafe or worried for themselves or others</p>	<p><b>How specific rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online)</b></p> <p>How to recognise and identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them these situations</p> <p>How to recognise and resist pressure to do something that makes them feel unsafe or uncomfortable</p> <p>Recognise that not everything they see online is true or trustworthy</p> <p>Recognise whether something is unsafe, scaring them or they are worried about it and how to tell a trusted adult</p> <p>Recognise that different things are needed to keep the body healthy e.g. food and drink, physical activity, sleep and rest</p> <p>Recognise that eating and drinking too much sugar can affect their health, including dental health</p> <p>To understand how to be physically active and how much sleep they should be getting everyday</p> <p>Recognise the need to limit screen-time and that we can learn and play in a variety of different ways</p>	<p><b>How to recognise hazards that could cause themselves (or others) harm and how to reduce them</b></p> <p>Understand how equipment and clothing can help keep you protected and safe</p> <p>That their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable</p> <p>How to recognise and resist pressure to do something that makes them feel unsafe or uncomfortable (including online)</p> <p>How everyday health and hygiene rules and routines help people stay safe and healthy</p> <p>How to react and respond if there is an accident and how to deal with minor injuries e.g. bites and stings</p> <p>What to do in an emergency, including calling for help and speaking to the emergency services</p> <p>Understand what constitutes a healthy balanced diet</p> <p>How to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist</p> <p>Recognise how not eating a balanced diet can negatively affect health and why people choose to eat what they do</p> <p>Understand that regular physical activity benefits</p>	<p><b>How to recognise personal qualities and individuality</b></p> <p>Understand how their personal attributes and achievements contribute to their self-esteem and feeling of self-worth</p> <p>How everyday things can affect feelings and how they change over time and can be experienced at different levels of intensity</p> <p>The importance of expressing feelings and how to respond proportionately as well as manage them in different circumstances</p> <p>How to managing feelings at times of loss, grief and change</p> <p>How and where to access advice and support to help manage their own or others’ feeling</p> <p>About puberty and how bodies change during puberty, including menstruation, hygiene routines, emotions and feelings</p> <p>How to ask for advice and support about growing and changing and puberty</p> <p><b>How to recognise, predict, assess and manage risk in different situations including the local environment and less familiar locations</b></p> <p><b>Understand that you can be influenced by peers’ behaviour and by a desire for peer approval</b></p> <p><b>How individuality and personal qualities make up someone’s identity</b></p>	<p>To recognise and respect similarities and differences between people and there are a range of factors that contribute to a person’s identity</p> <p><b>How individuality and personal qualities make up someone’s identity (including gender identity)</b></p> <p>Understand stereotypes, including those in relation to protective characteristics, and how they are not always accurate, and can negatively influence behaviours and attitudes towards others</p> <p><b>How to challenge stereotypes and assumptions about others</b></p> <p>How to carry out basic first aid and that if someone has experienced a head injury, they should not be moved</p> <p>When it is appropriate to use first aid and the importance of seeking adult help</p> <p>Importance of remaining calm during an emergency and providing clear information</p> <p>How drugs common to everyday life can affect health and wellbeing</p> <p>That some drugs are legal and other drugs are illegal and the laws surrounding them are designed to protect us</p> <p>Why people choose to use drugs, how the use of them can become a habit and how the risks associated with them can be prevented</p>	<p>Understand the links between mental and physical health</p> <p>How wellbeing can be supported by positive friendships and involvement in clubs and community groups</p> <p>How to make choices that support a healthy, balanced lifestyle including calories content and nutrition.</p> <p>That drugs can affect health and how to manage situations involving them</p> <p>How to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school</p> <p>That health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on</p> <p>Health problems can become worse if not addressed early on and that anyone can experience them</p> <p>Mental health difficulties can usually be resolved or managed with the right strategies and support</p>
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<b>Relationships</b>	<p>Become more outgoing with unfamiliar people, in the safe context of their setting. (3 – 4)</p> <p>Show more confidence in new social situations. (3 -4)</p> <p>Play with one or more other children, extending and elaborating play ideas (3 – 4)</p> <p>Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. (3 – 4)</p> <p>Develop appropriate ways of being assertive. (3 – 4)</p> <p>Talk with others to solve conflicts. (3 – 4)</p> <p>Talk about their feelings using words like 'happy',</p>	<p><a href="#">What they like/dislike and are good at</a></p> <p><a href="#">What makes them special, their personal features or qualities and how everyone has different strengths and qualities unique to them</a></p> <p><a href="#">What children have in common and how they are similar or different to others</a></p> <p>To use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private*</p> <p>That family is one of the groups they belong to, as well as, for example, school, friends, clubs</p> <p>That there are different people in the family they belong to</p>	<p>Know how to make friends and recognise when they feel lonely and what they could do about it</p> <p>Know what friendly behaviour is and what makes you a good friend</p> <p>Know how to resolve arguments that can occur in friendships as well as how to ask for help if particular friendships are making them unhappy</p> <p>How their actions can affect people's feelings</p> <p>How to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe</p> <p>Why calling others names, teasing, bullying and excluding children</p>	<p>Understand how wellbeing can be supported by friendships and the importance of seeking support if you are feeling lonely or excluded</p> <p>Learn strategies to include children that are feeling lonely and excluded as well as how to spot those that are</p> <p>How to build healthy friendships and identify qualities that contribute to positive friendships</p> <p>Recognise that sometimes friendships have difficulties and identify how to manage problems or arguments and resolve problems or differences of opinion</p> <p>How to recognise and get support if a friendship is making you feel unhappy, unhealthy or unsafe</p>	<p>Recognise how people's behaviour affects themselves and others, including online</p> <p>How to be polite and courteous in different situations and recognise the respectful behaviour they should receive in return</p> <p><a href="#">About the relationship between rights and responsibilities</a></p> <p>That people have the right to privacy and how to recognise when a confidence or secret should or should not be kept (shared with a trusted adult)</p> <p>That everyone should feel included, respected and be aware of the process of stereotyping; how to respond if they witness or experience exclusion, disrespect or discrimination</p>	<p>To know about the different types of relationships people have in their lives</p> <p>How friends and family communicate with each other and how the internet and social media can be used positively</p> <p>Knowing the difference between contact with someone online and face-to-face</p> <p>How to recognise risk in relation to friendships and keeping safe</p> <p><a href="#">Understand the key stages to the human life cycle including menstruation, ejaculation, emotions and feelings</a></p> <p><a href="#">How to recognise and ask for help or advice if puberty worries me.</a></p>	<p>That people have different kinds of relationships in their lives, <a href="#">including romantic or intimate relationships*</a></p> <p><a href="#">That people who are attracted to and love each other can be of any gender, ethnicity or faith *</a></p> <p>That adults can choose to be part of a committed relationship or not, including marriage or civil partnership</p> <p><a href="#">Understand that marriage is a choice and should be wanted equally by both people and that forcing someone to marry against their will is a crime*</a></p> <p>How puberty relates to growing from childhood to adulthood</p> <p>About the reproductive organs and process - how babies are conceived and</p>

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	<p>'sad', 'angry' or 'worried'. (3– 4)</p> <p>Understand gradually how others might be feeling (3 – 4)</p> <p>Build constructive and respectful relationships. Show resilience and perseverance in the face of challenge</p>	<p>How their family members, or people they feel are special, act to make them feel loved and cared for</p> <p>Understand what makes families the same and what makes them different, e.g. features of family life, including what families do / enjoy together</p> <p>That it is important to tell someone (such as a trusted adult in school) if something about their family makes them feel unhappy or worried</p>	<p>deliberately is unacceptable and how to respond if this happens in different situations</p> <p>How to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so</p>	<p>That families don't all have the same structure*</p> <p>That positive family life often includes shared experiences, e.g. celebrations, special days or holidays</p> <p>How people within families should care for each other and the different ways they demonstrate this</p> <p>How to recognise and ask for help or advice if family relationships are making them feel unhappy, worried or unsafe</p>	<p>How to recognise and respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concern</p>	<p>Recognise the types of content (including images) that are safe to share online; ways of seeking and giving consent before images or personal information is shared with friends or family</p> <p>How to recognise and respond if a friendship is making them feel worried, unsafe or uncomfortable</p> <p>How to recognise inappropriate pressure, contact or concerns about personal safety and how to respond to his by asking for help and advice</p>	<p>born and how they need to be cared for*</p> <p><a href="#">How growing up and becoming more independent comes with increased opportunities and responsibilities</a></p> <p><a href="#">That friendships may change as they grow and how to manage this</a></p> <p><a href="#">How to manage changes such as: including moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing</a></p>
<b>Living in the Wider World</b>	<p>Develop their sense of responsibility and membership of a community. (3 – 4)</p> <p>See themselves as a valuable individual.</p> <p>Express their feelings and consider the feelings of others.</p> <p>Identify and moderate their own feelings socially and emotionally.</p> <p>Think about the perspectives of others.</p>	<p><a href="#">What money is, how it is obtained and that it comes in multiple forms</a></p> <p><a href="#">How to make choices about spending money, saving money and how to keep it safe</a></p> <p><a href="#">The difference between what we need and what we want</a></p> <p>How behaviour, both kind and unkind, can affect others; how to be polite and courteous; how to play and work co-operatively</p> <p><a href="#">That they have responsibilities both in and out of the classroom</a></p> <p><a href="#">That both people and animals need to be cared for</a></p> <p><a href="#">That they and others can help care for the environment and what can harm it both locally and globally</a></p>	<p><a href="#">The importance of having a job to help people earn money to pay for things they need and want</a></p> <p><a href="#">How people have different skills and interests that enable them to do different jobs</a></p> <p><a href="#">About a variety of different jobs, including those done by people they know or people who work in their community</a></p> <p><a href="#">How the internet and digital devices helps people do their jobs and carry out their everyday lives</a></p>	<p><a href="#">That they belong to different groups and communities outside of your immediate family</a></p> <p><a href="#">What makes a community diverse; how the local/wider community around the school is made up of different groups</a></p> <p><a href="#">How recognising and valuing the contributions of others helps everyone within the community feel included</a></p> <p>How to be respectful towards people who live different lives than they do</p>	<p><a href="#">How there is a collective responsibility to help protect the world around us</a></p> <p><a href="#">How the environment can be effected by the everyday choices that we make, including what we choose to buy or spend money on</a></p> <p><a href="#">The skills and vocabulary needed to share their thoughts, ideas and opinions in discussion about topical issues</a></p> <p><a href="#">How to show care and concern for both people and animals</a></p>	<p><a href="#">What influences peoples' decisions when spending or saving money and how people keep track of their money</a></p> <p><a href="#">To recognise that there are risks inherent in gambling, the impact that these can have and why people still do it</a></p> <p><a href="#">Understanding the different choices and options people have to pay for things</a></p> <p><a href="#">How to understand whether things are value for money and what this means to different people</a></p> <p><a href="#">That money can be won, lost or stolen and that money can affect people's feelings and emotions</a></p> <p><a href="#">There are a broad range of different jobs and people often have more than one during their careers and over their lifetime</a></p> <p><a href="#">There are skills, attributes, qualifications and training needed for different jobs</a></p>	<p>How the media, including online experiences, can affect people's wellbeing – their thoughts, feelings and actions</p> <p>That not everything should be shared online or social media and that there are rules about this, including the distribution of images</p> <p><a href="#">That mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions</a></p> <p>How text and images can be manipulated or invented as well as strategies to recognise this</p> <p>To evaluate the reliability of how different types of online content and media</p> <p>To recognise and respond to unsafe or suspicious content online</p> <p>How information is tailored to meet the interests of individuals and groups, and</p>

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						<p>and some are paid more than others (including unpaid voluntary work)</p> <p>People's choice of a career/job is influenced by interests, skills and pay and there are different ways into them such college, apprentices and university</p> <p>How to question and challenge stereotypes about the types of jobs people can do</p>	<p>how it can be used to influence them</p> <p>How to recognise whether content they view online is age appropriate and make decision based on this</p> <p>How to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue</p>
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