



Progression Overview

PSHE



	HEALTH AND WELLBEING	RELATIONSHIPS	LIVING IN THE WIDER WORLD
Nursery 2-3	Pupils will be taught: - Find ways to calm themselves, through being calmed and comforted by their key person. - Thrive as they develop self-assurance. - Feel strong enough to express a range of emotions. - Begin to show 'effortful control'. For example, waiting for a turn and resisting the strong impulse to grab what they want or push their way to the front. - Be increasingly able to talk about and manage their emotions. - Talk about their feelings in more elaborated ways: "I'm sad because..." or "I love it when ...". - Learn to use the toilet with help, and then independently.	Pupils will be taught: - Establish their sense of self. - Engage with others through gestures, gaze and talk. - Use that engagement to achieve a goal. For example, gesture towards their cup to say they want a drink. - Play with increasing confidence on their own and with other children, because they know their key person is nearby and available. - Grow in independence, rejecting help ("me do it"). Sometimes this leads to feelings of frustration and tantrums. - Develop friendships with other children. - Safely explore emotions beyond their normal range through play and stories.	Pupils will be taught: - Express preferences and decisions. They also try new things and start establishing their autonomy. - Find ways of managing transitions, for example from their parent to their key person. - Look back as they crawl or walk away from their key person. Look for clues about how to respond to something interesting. - Feel confident when taken out around the local neighbourhood, and enjoy exploring new places with their key person. - Notice and ask questions about differences, such as skin colour, types of hair, gender, special needs and disabilities, and so on.

Nursery 3-4	Pupils will be taught: • Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. • 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 toothbrushing.	Pupils will be taught: • 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. • Develop appropriate ways of being assertive. • Talk with others to solve conflicts. • Understand gradually how others might be feeling.	Pupils will be taught: • 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. • Develop their sense of responsibility and membership of a community. • Show more confidence in new social situations. • Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. • Increasingly follow rules, understanding why they are important. • Remember rules without needing an adult to remind them.
Reception	Pupils will be taught: • See themselves as a valuable individual. • Show resilience and perseverance in the face of challenge. • Identify and moderate their own feelings socially and emotionally. • Manage their own needs, including hygiene. • Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible	Pupils will be taught: • Build constructive and respectful relationships. • Express their feelings and consider the feelings of others. • Think about the perspectives of others.	Pupils will be taught: • Talk about members of their immediate family and community. • Name and describe people who are familiar to them. • Compare and contrast characters from stories, including figures from the past. • Understand that some places are special to members of their community. • Recognise that people have different beliefs and celebrate special times in different ways.

	amounts of 'screen time', having a good sleep routine and being a safe pedestrian.		
Year 1 Year 2	Pupils will be taught: • To understand what constitutes a healthy lifestyle. To learn about good and not so good feelings. • To learn the importance of, and how to maintain, personal hygiene. • To understand how some diseases are spread and can be controlled. • (To learn about the process from growing from old to young). • (To know the names for the main parts of the body (including external genitalia)). • To recognise and celebrate their strengths and set simple but challenging goals. • To learn about change and loss and their associated feelings.	Pupils will be taught: • To know how to communicate feelings to others and recognise how others show feelings. • To identify special people and how they should care for one another. • To recognise what is fair and unfair, kind and unkind, right and wrong. • To learn people's bodies and feelings can be hurt. • To learn the difference between secrets and surprises and the importance of not keeping adults' secrets, only surprises. • To listen to other people and play and work cooperatively. • To judge what kind of physical contact is acceptable/unacceptable,	Pupils will be taught: • To learn how to contribute to the life of the classroom. • To help construct, and agree to follow, group and class rules and to understand how these rules help them. • To understand that people and other living things have needs and that they have responsibilities to meet them. • To learn that money comes from different sources and can be used for different purposes, including the concept of spending and saving. • To learn about the role money plays in their lives including how to manage their money, keep it safe, make choices about spending money, and what influences those choices.

	• To learn about people who look after them and who to go to if they are worried. • To learn rules for and ways of keeping physically and emotionally safe –including road safety and the difference between secrets and surprises. • To understand that household products, including medicines, can be harmful. • To understand what constitutes a healthy lifestyle (revision). • To recognise what they like and dislike and how to make real informed choices, which can have good and not so good consequences. • To learn about good and not so good feelings (revision). • To learn about change and loss and the associated feelings (revision). • (To know the names for the main parts of the body (including external genitalia). • To recognise and celebrate their strengths and set simple but challenging goals (revision). • To learn rules for, and ways of keeping, physically and emotionally safe –including road safety, online safety, the differences between secrets and surprises etc. (revision). • To understand that household products, including medicines, can be harmful (revision).	comfortable/uncomfortable, and how to respond. • To learn that there are different types of teasing and bullying, that these are wrong and unacceptable. • To identify and respect the differences and similarities between people. • To know how to communicate feelings to others and recognise how others show feelings (revision). • To recognise how their behaviour affects other people. • To learn the difference between secrets and surprises and the importance of not keeping adults' secrets, only surprises (revision). • To listen to other people and play and work cooperatively (revision). To be able to offer and receive constructive support and feedback to and from others. • To be able to judge what kind of physical contact is acceptable/unacceptable, comfortable/uncomfortable, and how to respond (revision). • To learn how to resist teasing and bullying, if they experience or witness it, whom to go to and how to get help. • To learn to recognise what is fair/unfair, kind/unkind, right/wrong (revision). • To share their opinions on things that matter to them and explain their views through	• To learn how to contribute to the life of the classroom (revision). • To help construct, and agree to follow, group and class rules and to understand how these rules help them (revision). • To learn that they belong to various groups and communities such as family and school. • To learn what improves and harms their local, natural and built environments and about some of the ways people look after that. • To learn that money comes from different sources and can be used for different purposes, including the concept of spending and saving (revision). • To learn about the role money plays in their lives including how to manage their money, keep it safe, make choices about spending money, and what influences those choices (revision).
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	• To recognise that they share a responsibility for keeping themselves and others safe.	discussions with one person and the whole class.	
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**Year 3
Year 4**

Pupils will be taught:

- To understand that bacteria and viruses can affect health and following simple routines can reduce their spread.
- To reflect on and celebrate their achievements, identify their strengths and areas for improvement, and set high aspirations and goals (revision).
- To deepen understanding of good and not so good feelings (revision).
- To learn about change, including transitions, loss, separation, divorce and bereavement.
- To understand school rules about health and safety, basic emergency aid procedures and where and how to get help.
- (To learn about taking care of their body and the right to protect their body from inappropriate and unwanted contact).
- To develop strategies for keeping physical and emotionally safe –including online safety (revision).
- To differentiate between the terms 'risk', 'danger' and 'hazard'.
- To recognise when and how to ask for help and use basic techniques for resisting pressure.
- To reflect on and celebrate their achievements, identify their strengths, areas

Pupils will be taught:

- To understand the concept of 'keeping something confidential or secret', when we should or should not agree to this and when it is right to 'break confidence' or 'share a secret'.
- To learn to recognise and manage 'dares'.
- To recognise what constitutes a positive, healthy relationship.
- To judge what kind of physical contact is acceptable/unacceptable and how to respond (revision).
- To learn that their actions affect themselves and others.
- To learn that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, sexual orientation, and disability.
- To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours.
- To be able to listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and try to see, respect and if necessary constructively challenge, their points of view.
- To recognise what constitutes a positive, healthy relationship and to develop the skills to maintain these relationships.

Pupils will be taught:

- To understand that everyone has human rights.
- To know that universal human rights are there to protect everyone and have primacy over both national law and family and community practices.
- That there are different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment.
- To appreciate the range of national, regional, religious and ethnic identities in the UK.
- To research, discuss and debate topical issues, problems and events concerning the environment and offer their recommendations.
- To recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing.
- To think about the lives of people living in other places, and people with different values and customs.
- To learn about the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer (revision).
- To develop an initial understanding of the concepts of 'interest', 'loan', 'debt', and 'tax'. To learn how to resolve differences by

for improvements and set high aspirations and goals (revision).

- To deepen their understanding of good and not so good feelings (revision).
- To learn about change, including transitions, loss, separation, divorce and bereavement (revision).
- To recognise when and how to ask for help and use basic techniques for resisting pressure (revision).
- To learn about people who are responsible for helping them stay healthy and safe and ways that they can support these people. To understand school rules about health and safety, basic emergency aid procedures and where and how to get help (revision).
- To learn strategies for keeping physically and emotionally safe –including road safety, safety in the environment, and online safety (revision).

• To be able to judge what kind of physical contact is acceptable/unacceptable and how to respond (revision).

- To work collaboratively towards shared goals.
- To develop strategies to solve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves.
- To be aware of different types of relationships, including those between friends and families, civil partnerships and marriage.
- To recognise and challenge stereotypes.
- To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours and how to respond to them and ask for help.
- To listen and respond respectfully to wide range of people, to feel confident to raise their own concerns, to recognise and care about others people's feelings and try to see, respect and if necessary constructively challenge their points of view (revision).

looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices.

- To explore and critique how the media present information.
- To learn what being part of a community means, and about the varied institutions that support communities locally and nationally.
- To learn that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment.
- To learn about the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer (revision).
- To develop an understanding of the concepts of 'interest', 'loan', 'debt' and 'tax' (revision).
- To learn about enterprise and the skills that make someone 'enterprising'.

**Year 5
Year 6**

Pupils will be taught:

- To recognise how images in the media do not always reflect reality and can affect how people feel about themselves.
- (To learn about human reproduction including conception).
- To learn about taking care of their body, understanding they have autonomy and the right to protect their body from inappropriate and unwanted contact.
- To develop strategies for keeping physically and emotionally safe –including safety in the environment and online safety (revision).
- To recognise that increasing independence brings increased responsibility to keep themselves and others safe.
- To learn what is meant by the term 'habit' and why habits can be hard to change.
- To reflect on and celebrate their achievements, identify strengths, areas for improvements and set high aspirations and goals (revision).
- (To learn how their bodies will change as they approach and move through puberty).
- To recognise, explore and critique how images in the media do not always reflect reality and can affect how people feel about themselves (revision).
- (To learn about human reproduction including conception).

Pupils will be taught:

- To recognise and manage dares (revision).
- To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain these (revision).
- To recognise that their actions affect themselves and others (revision).
- To judge what kind of physical contact is acceptable/unacceptable and how to respond (revision).
- To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves (revision).
- To recognise that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, sexual orientation, and disability.
- To realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours and how to respond to them and ask for help (revision).
- To work collaboratively towards shared goals (revision).
- To recognise and challenge stereotypes (revision).
- To be aware of different types of relationship, including those between friends

Pupils will be taught:

- To understand that everyone has human rights –all people and all societies, and that children have their own special rights set out in the UN Declaration of the Rights of the Child.
- To learn that there are different kinds of responsibilities, rights and duties at home, at school, and in the community.
- To appreciate the range of national, regional, religious and ethnic identities in the UK.
- To think about the lives of people living in other places, and people with different values and customs.
- To learn about the role money plays in their own and others' lives (revision).
- To develop an understanding of the concepts of 'interest', 'loan', 'debt' and 'tax', and to increase their understanding of how to manage their money and become a critical consumer (revision).
- To research, discuss and debate topical issues, problems and events concerning health and wellbeing and offer their recommendations to appropriate people.
- To learn why and how rules and laws that protect themselves and others are made and reinforced, why different rules are needed in different situations and how to take part in making and changing rules

	• (Online safety) • To deepen understanding of risk by recognising, predicting and assessing risks in difference situations and deciding how to manage them responsibly. • To understand that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media. • To learn which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage pupils immediate and future health and safety, that some are legal, some are restricted, and some are illegal to own, use and supply	and families, civil partnerships and marriage (revision). To know that civil partnerships and marriage are examples of stable, loving relationships and to be aware that marriage is a commitment freely entered into by both people. • To listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and try to see, respect and if necessary constructively challenge their points of view (revision). • To understand that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, sexual orientation, and disability (revision).	• To know that there are some cultural practices which are against British law and universal human rights (revision) • To realise the consequences of antisocial and aggressive behaviours such as bullying and discrimination on individuals and communities (revision) • To resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices (revision) • To recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing • To learn about the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer(revision) • To develop an understanding of the concepts of 'interest', 'loan', 'debt' and 'tax' (revision) • To learn about enterprise and the skills that make someone 'enterprising' (revision)
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