



PSHE Progression Plan Years 1 – 6

Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Confidence and responsibility	Take part in group play or conversations recognising their own likes and dislikes. Demonstrate independence and responsibility when carrying out everyday tasks.	Recognise what is fair/unfair, right/wrong, kind/unkind and behave accordingly. Recognise all living things have needs and that we need to look after them.	Make positive comments about themselves and others. Listen actively and show empathy.	Identify positive ways to face new challenges, applying knowledge creatively.	Show responsibility in managing daily tasks and learning individually and in a team. Review their progress against objectives and when making decisions. Start to take responsibility for a range of tasks. Play Buddies/ Monitors	Reflect on and evaluate their achievements and strengths in all areas of their lives, recognising their own worth and that of others. Take responsibility for a range of tasks, in different situations, with growing independence, e.g. Play Buddies/ Monitors/Ethos Team
Views and opinions	Begin to give simple reasons for their views and opinions.	Share their views and opinions about things that matter to them and begin to use evidence to support their views.	Present their views and opinions with some explanations, beginning to formulate questions.	Convey their own opinions and answers clearly, supported by evidence. Formulate questions to further their understanding or adapt their viewpoint.	Talk and write about their own opinions and begin to explain their views on some issues including those that affect them and others, seeing and respecting others' viewpoints.	Present, in a variety of ways, opinions on a wide range of topics, affecting both themselves and society, justifying their views and conclusions through evidence and separating fact from opinion.
Health and hygiene	Explain and demonstrate ways of keeping clean and know it stops the spread of germs. Learn how to stay safe in the sun.	Explain why exercise and rest help us keep healthy. Know and demonstrate the importance of things like brushing their teeth. Explain that medicines can help people to stay healthy.	Explain which foods contribute towards a healthy lifestyle and the benefits of a balanced diet. Learn that regular exercise benefits physical and mental health and learn the risks of not eating a healthy diet. Explain foods support good health and the risks of eating too much sugar. Learn about the people who help us stay physically healthy. Learn about things people can put into their body or on their skin and how they affect how people feel. Recognise that bacteria and viruses can be harmful and explain and demonstrate how simple routines can help stop their spread.	Identify and take part in some factors that affect emotional health and well-being e.g. exercise, mindfulness. Learn how good quality sleep contributes to a healthy lifestyle and the effects of the lack of sleep on their ability to learn. Learn how to maintain good oral health and the impact of lifestyle choices on dental care.	Make informed choices to maintain their health and well-being and explain reasons for these choices. Learn about what good physical health means and how to recognise early signs of physical illness. Learn about the benefits of sun exposure and the risks of overexposure. Learn how and when to seek support if they are worried about their health.	Understand the changes involved in puberty and about human reproduction. State the basic facts and laws about alcohol, drugs, and smoking. Understand the risks and effects of legal drugs, why people choose to use or not use them and what a "habit" is and how it can affect health and lifestyle. Learn about organisations that can support people with drugs issues and people they can talk to if they have concerns. Learn how medicines when used responsibly, contribute to health and that some diseases can be prevented by vaccinations and immunisations
Respect	Explain ways that family and friends should care for each other and how they should treat each other. Learn how to treat themselves and others with respect; how to be polite and courteous. Recognise the ways in which they are the same and different to others.	Explain how their actions have consequences for themselves and others. Identify people that look after them. Identify who to go to if they are worried. Learn how people make friends and what makes a good friendship and how to recognise when they or someone else feels lonely and what to do. Learn some strategies to resolve arguments. Learn how people may feel if they experience hurtful behaviour or bullying.	Identify different types of relationships and show ways to maintain good ones. Judge what type of contact is acceptable and how to respond. Learn the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing.	Recognise that their actions affect themselves and others. Respond to or challenge negative behaviours such as stereotyping. Recognise what constitutes a positive healthy friendship. Learn the importance of seeking support if feeling lonely or excluded and that healthy friendships make people feel included.	Demonstrate respect and tolerance towards people different from themselves. Recognise that images and media portrayal are not always an accurate reflection of reality and can impact on people's feelings. Understand how friendships can change over time and develop strategies for recognising peer influence and a desire for peer approval; that friendships have ups and downs; strategies to resolve disputes.	Describe some of the different beliefs and values in society, demonstrating respect and tolerance towards people different from themselves. Discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with. Explore how information is presented differently in the media and online. Learn about the impact of bullying both online and offline and its consequences. Develop strategies to respond to hurtful behaviour and how to report concerns and get support.

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						Recognise the importance of self-respect and that everyone should expect to be treated politely, and with respect; strategies to improve or support courteous behaviour.
Personal safety	Identify some hazards in the home. – including household products used incorrectly. Describes ways of keeping safe. Learn about people whose job it is to keep us safe and what to do if someone is hurt -dial 999. Learn about rules and age restrictions that keep us safe. Learn that it is important to tell someone if something about their family makes them unhappy or worried.	Identify some dangerous situations like talking to strangers. Suggest ways to avoid these situations and be aware they should not be asked to keep secrets by adults that make them feel uncomfortable.	Describe ways of resisting negative peer pressure around issues such as bullying, which affect their health and well-being. Recognise ways in which a relationship can be unhealthy and who they can talk to if they need support. Learn strategies for keeping safe in the local environment.	Assess and manage risks associated with personal lifestyle and activity choices; trying new ideas, facing challenges and recognising what is dangerous	Respond to, or challenge, negative behaviours, such as bullying and aggression with increasing independence and show resistance to doing something they know is wrong.	Identify and explain how to manage the risks in different familiar situations, understanding there are different levels of risk, including when a “secret” should be shared. Learn about basic first aid techniques and how to deal with common injuries. Learn how to respond and react in an emergency.
Emotional health and well-being	Describe things that make them feel happy and sad and how feelings can affect people’s bodies and how they behave. Recognise what others might be feeling and that not everyone feels the same about things.	Explain how they like to rest and relax and that it contributes to their well-being. Know that they share responsibility for keeping themselves and others safe. Communicate and respond to their own feelings and the feelings of others. Learn different things they can do to manage big feelings and recognise when they need help and how to ask for it.	Describe situations that they find stressful and explain some ways that they can make these better, through positive thinking and talking with others. Learn about strategies and behaviours to support mental health. Recognise that feelings can change over time and range in intensity. Learn about change and loss, including death and how these can affect feelings. Learn ways of expressing and managing grief and bereavement.	Recognise strong emotions and identify ways of self-regulating them positively. Explain how things can be misinterpreted or misrepresented. Learn a varied vocabulary to use when talking about feelings and how to express them in different ways. Learn about change and loss, including death and how these can affect feelings. Learn ways of expressing and managing grief and bereavement.	Explain the benefits of being emotionally, physically and mentally healthy, and discuss what can affect this, including the media. Learn about change and loss, including death and how these can affect feelings. Learn ways of expressing and managing grief and bereavement.	Predict, assess and discuss how to manage situations that may have higher levels of risk associated with them. Respond appropriately to a wide range of feelings and emotions in themselves and others and recognise warning signs about mental health and wellbeing and how to seek support for themselves and others. Recognise that anyone can experience mental ill health and most difficulties can be resolved with help. Learn about change and loss, including death and how these can affect feelings. Learn ways of expressing and managing grief and bereavement.
Collaboration	Play and learn collaboratively in small groups. Recognise when someone makes them, or others feel sad or hurt. Begin to understand different forms of teasing and that it is wrong and what they should do about it.	Explain what it means to be a good friend. Play and learn co-operatively, developing strategies to solve simple arguments through negotiation.	Work collaboratively towards shared goals. Describe what bullying is and what to do if they are feeling bullied.	List different types of teasing, discrimination, bullying and aggressive behaviours, explaining how it can feel and who can help with these issues.	Explain the consequences of peer pressure and bullying in different situations, utilising strategies for managing persuasion and coercion. Talk about how to resolve conflict, using the strategies of compromise and negotiation.	Give quality, constructive feedback and support to benefit themselves and others when working collaboratively. Consider reasons why someone may want to bully another person and suggest ways to support them.
Diversity	Describe how they are the same or different from others and begin to be aware that everyone is equally important. Understand that there are different types of families.	Describe and respect similarities and differences between people, including those from different places, or ethnic backgrounds.	Demonstrate sensitivity and understanding of people with different values, customs and cultures and learn the benefits of living in a diverse community and about valuing diversity within communities	Explain the word discrimination.	Explain the words “culture”, “stereotype” and “racism” and give examples.	Describe how different types of rights need to be protected, supported and balanced.
Citizenship	Think of ways they could make a positive contribution to their class, school or community. Be able to explain how they belong to different groups and be involved in developing rules. Begin to take part in fundraising activities to help others.	Identify and describe characteristics that make a good citizen. Identify how their local environment can be harmed or improved. Act upon their ideas and take part in fundraising activities.	Explain the school rules and basic emergency procedures. Recognise reasons for rules and laws and the consequences for not adhering to them. Ask and answer questions, giving a view on a local or world issue.	Explain how they might make a positive contribution to a world issue, such as global warming. Recognise the role of voluntary and community groups. Be involved in organising activities such as fundraising to support local initiatives and contribute to world issues.	Critically enquire about citizenship issues and give an opinion on them. Explain how rules and laws protect them and others and how they can play a	Explore a controversial or emotive issue, considering both sides of an argument before forming a personal view or opinion. Explain how they can make a positive contribution to society, now and

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			Be involved in fundraising activities and other activities to help the local community.	Recognise there are human rights that they are there to protect everyone.	part in developing or changing rules. Begin to understand the meaning of "democracy". With some support, organise and take part in activities to fundraise and support others in need. Learn the importance of having compassion towards others; shared responsibilities we all have for caring for others and living things and how to show care and concern for others.	in the future. Independently, organise and take part in activities to fundraise and support others in need. Understand the meaning of "democracy" and its significance to their lives and the lives of others.
Financial understanding	Explain where money comes from and what it is used for. Know the terms "spend" and "save."	Begin to demonstrate a realistic idea of how much everyday items cost and begin to demonstrate how to manage their money. Learn about the difference between needs and wants; that people may not always be able to have the things they want. Learn that money needs to be looked after and there are different ways to do this.	Describe different ways people earn money and begin to understand how people manage their personal finances. Learn about the different ways to pay for things and the choice people have about this.	List some ways of saving money and have some understanding of the role of banks and building societies. Discuss ways of making money and suggest events to do so. Know about the risks associated with money and the ways of keeping it safe.	Have some understanding of issues around Fair Trade and why it is important to different people and the environment.	Talk about a range of jobs and how they will develop skills to work in the future. Begin to develop an understanding of terms such as "savings", "interest", "tax" and "debt". Learn about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations.
Goals and dreams	Talk about their gifts and talents. Identify simple goals for themselves. Learn that jobs help people earn money to pay for things.	Talk about things they are good at and things that they find difficult. Identify a simple goal and talk about how they could achieve it. Support others and give constructive feedback. Learn about some of the strengths and interests someone might need to do different jobs.	Recognise things they are good at and identify simple goals. Respond to the need for positive affirmation for themselves and others. Learn that there is a broad range of different jobs/careers that people can have and that people often have more than one job/career.	Talk about their achievements and plan how to work towards new goals, making use of constructive feedback. Learn about stereotyping and that it should not limit people's aspirations.	Appreciate their personal, academic and non-academic strengths and show perseverance and resilience in working towards their goals. Learn about what might influence people's decisions about a job and that some are paid more than others and that people may choose to do voluntary work.	Identify positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals. Develop self-organising and time management skills. Identify what type of job they might like to do in their future and that there are a variety of routes into careers.

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Relationship, sex and health	Key Stage 1 Years 1 and 2	Key stage 2 Year 3 - 6																																											
<p>At Mottram Church of England Primary School we follow the guidance from the DfE and the materials we use are in a context of Christian Values. We use Love and Sex Matters – Relationships and sex education in a context of Christian Values.</p>	<table border="1"> <thead> <tr> <th data-bbox="257 327 459 351">Lesson</th> <th data-bbox="459 327 963 351">Summary</th> </tr> </thead> <tbody> <tr> <td data-bbox="257 359 459 406">1. Loving me</td> <td data-bbox="459 359 963 406">This lesson will help children lay the foundations for healthy self-esteem.</td> </tr> <tr> <td data-bbox="257 414 459 462">2. Loving you</td> <td data-bbox="459 414 963 462">In this lesson, pupils will think about friendship.</td> </tr> <tr> <td data-bbox="257 470 459 550">3. Our wonderful bodies</td> <td data-bbox="459 470 963 550">In this lesson, pupils appreciate how amazing their bodies are.</td> </tr> <tr> <td data-bbox="257 558 459 638">4. 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