



PSHE Progression Plan Years 1 – 6

Theme	Aspects	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and Relationships	Family Friendships Respectful Relationships Change and Loss	<ul style="list-style-type: none"> ·What is family? ·What are friendships? ·Family and friends help and support each other ·Making friends ·Friendship worries ·Healthy Friendships 	<ul style="list-style-type: none"> ·Families offer stability and love ·Families are all different ·Managing friendships ·Unhappy friendships ·Valuing me ·Manners and courtesy ·Loss and change 	<ul style="list-style-type: none"> ·Healthy families ·Friendships – conflicts ·Effective communication ·Learning who to trust ·Respecting differences ·Stereotyping 	<ul style="list-style-type: none"> ·Respect and manners ·Healthy friendships ·My behaviour ·Bullying ·Stereotyping ·Families in the wider world ·Loss and change 	<ul style="list-style-type: none"> ·Build a friend ·Resolving conflict ·Respecting myself ·Family life ·Bullying 	<ul style="list-style-type: none"> ·Respect ·Developing respectful relationships ·Stereotypes ·Bullying ·Being me ·Loss and change
Health and Wellbeing	Health and Prevention Physical Health and Wellbeing Mental Wellbeing	<ul style="list-style-type: none"> ·Wonderful me ·What am I like? ·Ready for bed ·Relaxation ·Hand washing and personal hygiene ·Sun safety ·Allergies ·People who help us stay healthy 	<ul style="list-style-type: none"> ·Experiencing different emotions ·Being active ·Relaxation ·Steps to success ·Growth mindset ·Healthy diet ·Dental health 	<ul style="list-style-type: none"> ·My healthy diary ·Relaxation ·Who am I? ·My superpowers ·Breaking down barriers ·Dental health 	<ul style="list-style-type: none"> ·Diet and dental health ·Visualisation ·Celebrating mistakes ·My role ·My happiness ·Emotions ·Mental health 	<ul style="list-style-type: none"> ·Relaxation ·The importance of rest ·Embracing failure ·Going for goals ·Taking responsibility for my feelings ·Healthy meals ·Sun safety 	<ul style="list-style-type: none"> ·What can I be? ·Mindfulness ·Taking responsibility for my health ·Resilience toolkit ·Immunisation ·Health concerns ·Creating habits ·The effects of technology on health
Safety and the Changing Body	Being Safe (including online) Drugs, alcohol and tobacco The changing adolescent body	<ul style="list-style-type: none"> ·Getting lost ·Making a call to emergency services ·Asking for help ·Appropriate contact ·Medication ·Safety at home 	<ul style="list-style-type: none"> ·The Internet ·Communicating online ·Secrets and surprises ·Appropriate contact ·Road safety ·Drug education 	<ul style="list-style-type: none"> ·Basic first aid ·Communicating safely online ·Online safety ·Fake emails ·Drugs, alcohol and tobacco ·Keeping safe out and about 	<ul style="list-style-type: none"> ·Online restrictions ·Share aware ·Basic first aid ·Privacy and secrecy ·Consuming information online 	<ul style="list-style-type: none"> ·Online friendships ·Identifying online dangers ·The changing adolescent body (puberty, including menstruation) 	<ul style="list-style-type: none"> ·Drugs, alcohol and tobacco ·First aid ·Critical digital consumers ·Social media ·The changing adolescent body

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	Basic first aid	·People who help to keep us safe			·The changing adolescent body (puberty)	·First aid ·Drug education	(puberty, conception, birth)
Citizenship	Responsibility Community Democracy	<p>Responsibility</p> <ul style="list-style-type: none"> ·Rules ·Caring for others: Animals ·The needs of others <p>Community</p> <ul style="list-style-type: none"> ·Similar, yet different ·Belonging <p>Democracy</p> <ul style="list-style-type: none"> ·Democratic decisions 	<p>Responsibility</p> <ul style="list-style-type: none"> ·Rules beyond school ·Our school environment ·Our local environment <p>Community</p> <ul style="list-style-type: none"> ·Job roles in our local community ·Similar yet different; My local community <p>Democracy</p> <ul style="list-style-type: none"> ·School council ·Giving my opinion 	<p>Responsibility</p> <ul style="list-style-type: none"> ·Rights of the child ·Rights and responsibilities ·Recycling <p>Community</p> <ul style="list-style-type: none"> ·Local community groups ·Charity <p>Democracy</p> <ul style="list-style-type: none"> ·Local democracy ·Rules 	<p>Responsibility</p> <p>What are human rights?</p> <ul style="list-style-type: none"> ·Caring for the environment <p>Community</p> <ul style="list-style-type: none"> ·Community groups ·Contributing to diverse communities <p>Democracy</p> <ul style="list-style-type: none"> ·Local Councillors 	<p>Responsibility</p> <ul style="list-style-type: none"> ·Breaking the law ·Rights and responsibilities ·Protecting the planet <p>Community</p> <ul style="list-style-type: none"> ·Contributing to the community ·Pressure groups <p>Democracy</p> <ul style="list-style-type: none"> ·Parliament 	<p>Responsibility</p> <ul style="list-style-type: none"> ·Human rights ·Food choices and the environment ·Caring for others <p>Community</p> <ul style="list-style-type: none"> ·Prejudice and discrimination ·Valuing diversity <p>Democracy</p> <ul style="list-style-type: none"> ·National democracy
Economic Wellbeing	Money Career Aspirations	<p>Money</p> <ul style="list-style-type: none"> ·Introduction to money ·Looking after money ·Banks and building societies ·Saving and spending <p>Career and aspirations</p> <ul style="list-style-type: none"> ·Jobs in school 	<p>Money</p> <ul style="list-style-type: none"> ·Where money comes from ·Needs and wants ·Wants and needs ·Looking after money <p>Career and aspirations</p> <ul style="list-style-type: none"> ·Jobs 	<p>Money</p> <ul style="list-style-type: none"> ·Ways of paying ·Budgeting ·How spending affects others ·Impact of spending <p>Career and aspirations</p> <ul style="list-style-type: none"> ·Jobs and careers 	<p>Money</p> <ul style="list-style-type: none"> ·Spending choices/value for money ·Keeping track of money ·Looking after money <p>Career and aspirations</p> <ul style="list-style-type: none"> ·Influences on career choices 	<p>Money</p> <ul style="list-style-type: none"> ·Borrowing ·Income and expenditure ·Risks with money ·Prioritising spending <p>Career and aspirations</p> <ul style="list-style-type: none"> ·Stereotypes in the workplace 	<p>Money</p> <ul style="list-style-type: none"> ·Attitude to money ·Keeping money safe ·Gambling <p>Career and aspirations</p> <ul style="list-style-type: none"> ·What jobs are available

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				·Gender and careers	·Jobs for me		·Career routes
Transition (1 lesson)		·Recognising own strengths ·Understanding that change can be both positive and negative	·Understanding that change is part of life ·Recognising ways to deal with change	·Learning strategies to deal with change ·Understanding opportunities and responsibilities	·Recognising own achievements ·Understanding how to set goals	·Understanding the skills needed for roles in school ·Recognising own skills and how they can be developed	·Recognising that change can cause mixed feelings ·Understanding a greater range of strategies to deal with feelings associated with change
Identity		Purple Class	Yellow Class	Blue Class	Green Class	Year 6	
Also linked to No Outsiders		· To recognise that people are different ages · To understand that we share the world with lots of different people	· To understand what diversity is · To understand how difference can affect someone · Use strategies to help someone who feels different · To feel proud of being different	· To appreciate artistic freedom · To be who you want to be	· To promote diversity · To justify my actions · To accept people who are different from me	·Understanding what makes identity ·Recognising the difference between how we see ourselves and how others see us ·Exploring the role of gender identity ·Exploring how media might influence our identity	

This progression document should be used in conjunction with the RSE programme that we follow Love and Sex Matters, Relationships & Sex Education in a context of Christian values

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