



Progression Document: PSHE

National Curriculum Subject Content

Key Stage One

Key Stage Two

During key stages 1 and 2, PSHE education offers both explicit and implicit learning opportunities and experiences which reflect pupils increasing independence and physical and social awareness, as they move through the primary phase. It builds on the skills that pupils acquire each year. Our curriculum aim is to develop effective relationships, assume greater personal responsibility and manage personal safety, including online. Our curriculum helps pupils manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities.

EYFS ELG

Self-Regulation

- To show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;
- To set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;
- To 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.

Managing Self

- To be confident to try new activities and show independence, resilience and perseverance in the face of challenge;
- To explain the reasons for rules, know right from wrong and try to behave accordingly;
- To manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Building Relationships

- To work and play cooperatively and take turns with others;
- To form positive attachments to adults and friendships with peers;
- To show sensitivity to their own needs and those of others.

CURRICULUM RESOURCE KEY

Talking points (TP)

Christopher winter project (CWP)

No outsiders (NO)



Breadth of Study	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Healthy lifestyles							
Physical health	To know what 'healthy' means and what things can keep me healthy	To know simple hygiene rules and how practising them will keep me healthy TP 13, 14	To know what healthy means and a range of strategies that I can use to stay healthy TP 1, 2	To know what a balanced lifestyle means and how to make healthy choices regarding my own health TP 1, 2	To know what constitutes a healthy diet, and how making these choices will keep me healthy too TP 1	To know how to create healthy habits and how to develop good personal hygiene routines CWP all lessons	To know what choices contribute to good physical health and to know the signs of physical illness TP 5, 12
Mental Health	To know the names for a range of feelings and what they might look and feel like	To know what feelings are and how to manage my own 'big' feelings TP 4, 5, 10	To know and recognise my own feelings and recognise how these feelings might affect me TP 5 NO 4 CWP all lessons	To know what mental health means and how I can express my feelings in a positive way TP 8, 9, 11 NO 3	To know what mental health means and I can recognise when I am feeling unhappy and know what to do to make myself feel better TP 2, 8 NO 1	To know what different factors affect my mental health and to know a range of strategies to help CWP all lessons TP 3, 4 NO 2	To know what factors can contribute to me sustaining a positive mental health and where to receive help if I need it TP 3, 4
Ourselves – growing and changing	To know how I have grown and changed since being little CWP lesson 2	To know what my personal preferences are and how I am unique TP 16 NO 1 CWP lesson 2	To recognise the ways in which my body has changed and use the correct terminology for my body parts TP 13, 14 CWP lesson 3	To know what personal identity is and how it can contribute to who I am and how I am different from others TP 13 CWP lesson 1	To know what can contribute to my self-worth and how gender stereotypes may affect this TP 14 CWP lesson 1, 2	To know what changes occur during puberty and how to manage and cope with these changes CWP lesson 1	To know what happens during puberty and the process of reproduction TP 10, 11 CWP lesson 1
Keeping Safe	To know that adults and the emergency services can keep me safe	To know that rules keep us safe in school and at home and what things in my home are safe TP 6, 12 NO 4	To know how to keep myself safe in person and online, and the importance of keeping my personal information private TP 1, 7, 16	To know strategies for keeping safe in the local environment and how to respond in an emergency situation TP 3, 5	To know how to manage risks in person and online and the importance of complying to regulations TP 4	I know the risk associated with sharing information online and how to report these issues TP 4	To know what information is appropriate to share in person and online and where to find support TP 7
Drugs, Alcohol and Tobacco			To know about things that people can put into their body or on their skin and how these can affect how people feel TP 3, 4	To know about the risks and effects of legal drugs common to everyday life and recognise that drug use can become a habit TP 4	To know the risks and effects associated with legal and illegal drugs TP 5	To know about the risks and effects of legal drugs common to everyday life and recognise that drug use can become a habit TP 2	To know the laws surrounding drugs and how media can contribute to the use of drugs TP 2
Relationships							
Families and close positive relationships	To know who is in my family and that there are different types of family CWP lesson 3	To know who loves and cares for me in my family and why my family are important CWP lesson 3	To know that my family unit is unique and special and that families in the wider world are different to my own	To know that family units are unique and some can be different from my own TP 16	To know and understand that families can change over time and how to manage changes that are out of my control	To know that there are different types of family structure and that relationships involve love and commitment	To know why and how relationships begin and that careful decisions have to be made when starting a family



	NO 5		NO 5 TP 8	CWP lesson 3	NO 4 TP 10	NO 1 TP 5, 11	CWP lesson 2, 3
Friendships	To know how to be kind to my friends CWP lesson 1 NO 3	To know how to make friends and what makes me a good friend to someone CWP lesson 1	To know how to be a good friend and what makes me a good friend to someone TP 6 NO 3	I know what being a good friend is and the importance of not leaving someone out TP 11 CWP lesson 2 NO 5	To know that friendships have ups and downs, and strategies to resolve and reconcile these differences TP 2, 3 CWP lesson 3	To know that all friendships have issues and how to resolve these issues. To know that people try hard to fit in TP 4, 8, 10	I know how healthy friendships are important and welcoming, and not to exclude other children TP 6 NO 6
Managing hurtful behavior and bullying	To know how to be a kind friend and that I need to say sorry if I have done something wrong CWP lesson 2 NO 4	To know why it is important to join in and how it feels to be left out and that hurtful behaviour is not acceptable TP 7, 8 NO 3	To know that bodies and feelings can be hurt by words and actions, and that people can say hurtful things online TP 15	To know what being judge mental means and I know the steps to not be judgemental. To know that there are consequences to hurtful behavior NO 1 TP 7, 10	To know that the words I use can affect others. To know about discrimination, what it means and how to challenge it. NO 1, 6 TP 9, 15	To know that it is important to accept difference, and it is not a reason to be mentally or physically hurtful TP 7 NO 4	To have strategies to respond to hurtful behaviour experienced or witnessed, offline and online, how to come to terms with it and how to get support CWP lesson 4 NO 4 TP 9, 16
Respecting self and others	To know that being unique is and what makes me special NO, 1, 2, 6	To know that it is important to like who I am and recognise my personal qualities TP 3, 9, 17 NO 2	To know that the importance of self respect and how it is important to not give up on ambitions TP 18 NO 2	To know about respecting the differences and similarities between people and recognising what they have in common with others TP 12, 17, 18 NO 4, 6	To know how to show acceptance and that respecting people's choices is important. To know that my opinion matters and the correct way to express it NO 3	To listen and respond effectively to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own NO 3 TP 13, 14	I know that prejudice is not acceptable and I know the effects of this if it is not challenged in society TP 8, 13, 14 NO 1, 2
Living in the Wider World							
Shared responsibilities	To know why we have rules and why it is important to take care of our belongings and living things	To know about what rules are, why they are needed and why different rules are needed for different situations TP 6	To know about things that they can do to help look after the environment TP 11	To know about the relationship between rights and responsibilities TP 6, 7, 8, 14	To know the importance of having compassion towards others and that we should all have care and concern for others TP 9, 13 NO 4	To know ways of carrying out shared responsibilities for protecting the environment in school and at home TP 18, 6	To know what democracy means and I know how it can affect equality TP 1, 5, 6 NO 5, 7
Communities	To know that they belong to different settings, school, families, friends and that these can be different	To recognise the ways that they are the same as and different to other people TP 3 NO 5	To about the different roles and responsibilities people have in their community TP 9, 10 NO 1, 6	To know about diversity, what it means, and the benefits of living in a diverse community TP 15 NO 3	To value the different contributions that people and groups make to the community TP 16, 17, 18	To know the importance of belonging to a community and the positive role I can have TP 17 NO 5	To know how people in my community are different and I can show respect to people who are different to me TP 15 NO 6, 3



Wynndale Primary School: Whole School Curriculum Progression Document

Media Literacy and digital resilience		To know what the internet is used for and what games are safe to play TP 11	To know about how the internet and digital devices can be used safely to find things out and to communicate with others TP, 15 17	To know and explain the rules of online safety and how to keep myself safe online TP 13	To know about some of the different ways information and data is shared and used online TP 6, 7	To know the ways in which social media and the internet can be used positively and negatively TP 7	To know what things are appropriate to share and things that should not be shared on social media, and the rules surrounding images TP 7, 16, 17
Economic wellbeing: money	To know that things cost money and how we need to look after them	To know what money is, the forms that money comes in and that money comes from different sources TP 15	To know that money needs to be looked after and the different ways of doing this TP 12	To know that the job I choose will have its own salary and that this will be used to pay for things TP 16	To know how my money can be kept safe and how to save my money TP 12	To know about risks associated with money and ways of keeping money safe TP 15, 16	To know how to budget my money and how spending can affect my feelings TP 1
Economic wellbeing: aspirations, work and career	To know what a job is and suggest what I might like to be when I grow up	To know that everyone has different strengths and that these should be celebrated TP 18 NO 6	To know and find out about the range of jobs people might decide to go TP 18	To know about some of the strengths and interests someone might need to do a range of jobs TP 17, 18	To know that there is a broad range of different jobs and careers that people can have. To know about some of the skills that will help in future career choices TP 10, 12	To know about stereotypes in the workplace and that a person's career should not be limited by them TP 12 NO 6	To know what might influence peoples decisions about a job or career TP 18