



# PSHE Progression

Health & Wellbeing		Relationships	Living in the Wider World
	<p>Healthy Lifestyles Keeping Safe Growing and Changing</p>	<p>Healthy Relationships Feelings and Emotions Valuing Difference</p>	<p>Rights and Responsibilities Taking Care of the Environment Money</p>
Early Years	<ul style="list-style-type: none"> <li>Show some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health</li> <li>Show understanding of the need for safety when tackling new challenges, considers and manages some risks</li> <li><b>ELG: Understand the importance of healthy food choices</b></li> <li><b>ELG: Manage their own basic hygiene and personal needs, including dressing and going to the toilet</b></li> </ul>	<ul style="list-style-type: none"> <li>Aware of the boundaries set, and of behavioural expectations in the setting</li> <li>Begin to negotiate and solve problems without aggression</li> <li>Understand that their own actions affect other people- becomes upset or tries to comfort another child when they realise they have upset them</li> <li>Discuss their feelings and how they would act in given situations- regular circle times looking at feelings and social stories</li> <li>Children are encouraged to be respectful of the diverse views, traditions and experiences of their peers and celebrate their achievements with them</li> <li><b>ELG: Show an understanding of their own feelings and those of others, and regulate their behaviour accordingly</b></li> <li><b>ELG: Have a positive sense of self and show resilience and perseverance in the face of challenge</b></li> <li><b>ELG: Work and play cooperatively and take turns with others</b></li> <li><b>ELG: Form positive attachments and friendships</b></li> <li><b>ELG: Show sensitivities to others' needs</b></li> </ul>	<ul style="list-style-type: none"> <li>Explore ways in which we can help others- charity events, Harvest festival, Children in Need etc.</li> <li>Show care and concern for their environment by exploring the importance of recycling their food waste and paper</li> <li><b>ELG: Explain the reasons for rules and know right from wrong</b></li> </ul>

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Year 1 & 2	<ul style="list-style-type: none"> <li>Describe how to keep fit and healthy and understand basic dental hygiene.</li> <li>Share personal successes with class</li> <li>Understand how to keep themselves clean.</li> <li>Describe simple ways to stay safe in different environments</li> <li>Understand the difference between a secret and a surprise.</li> <li>Understand who they can seek help from if they are worried</li> </ul>	<ul style="list-style-type: none"> <li>Explain how others are feeling and how they show those feelings</li> <li>Use vocabulary to describe feelings.</li> <li>Understand how their actions may make others feel.</li> <li>Describe people that are special to them and what makes them special</li> <li>Describe different ways others can be teased or bullied and understand that these are wrong.</li> <li>Understand how to resist teasing or bullying and who to go to for help if they witness it.</li> </ul>	<ul style="list-style-type: none"> <li>Make a positive contribution to the classroom environment.</li> <li>Follow the classroom and school rules.</li> <li>Share, take turns and return borrowed items.</li> <li>Recognise what is fair and unfair, kind and unkind and right and wrong.</li> <li>Understand that money comes from different places</li> <li>Understand that money can be used for different purposes.</li> <li>Understand simple ways to keep money safe and the different ways they can spend it.</li> <li>Understand that there are different forms of media</li> </ul>

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<b>Year 3 &amp; 4</b>	<ul style="list-style-type: none"> <li>• Explain what can affect health positively and negatively including dental health.</li> <li>• Understand how and why they should keep themselves clean.</li> <li>• Share personal successes and describe how they achieved them.</li> </ul>	<ul style="list-style-type: none"> <li>• Use vocabulary to describe the intensity of feelings and discuss how to manage them.</li> <li>• Describe the different cultural, ethnic and religious groups that make up the world.</li> <li>• Explain and understand the need to respect the differing ideas of a range of people in society.</li> <li>• Recognise a wide range of emotions in others and know when to support them or to seek help</li> <li>• Understand that different people will respond to the same situation in different ways</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that rules and laws differ in different parts of the world.</li> <li>• Understand reasons why the media may present information in different ways.</li> <li>• Recognise what is fair/unfair, kind/unkind and right/wrong and that people's opinions may differ.</li> <li>• Show respect to people around them and, if necessary, constructively challenge their point of view.</li> <li>• Understand the nature and consequences of discrimination, teasing, bullying and aggressive behaviours</li> <li>• Recognise and challenge stereotypes.</li> </ul>
<b>Year 5 &amp; 6</b>	<ul style="list-style-type: none"> <li>• Explain how the media can have positive and negative impacts upon health including dental health.</li> <li>• Share personal successes with the class and set further goals from those achievements.</li> <li>• Understand the risks of not maintaining good levels of personal hygiene.</li> <li>• Assess risks in different situations and explain how to manage them responsibly.</li> <li>• Understand when and how to help others if they feel they are at risk.</li> <li>• Understand the importance of resisting pressure from others and who they can go to for help with this.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain when they have experienced conflicting emotions and how they dealt with the situation.</li> </ul>	<ul style="list-style-type: none"> <li>• Fulfil responsibilities at school in different contexts</li> <li>• Follow the classroom and school rules and work as a role model to younger children.</li> <li>• Basic understanding of money concepts</li> <li>• Initial understanding of how to become a critical consumer.</li> </ul>