

PSHE Progression Detail by Year Groups

	Relationships	Health and Wellbeing	Living in the Wider World
Nursery	<ul style="list-style-type: none"> - To build relationships with adults and other children - To recall the names of those in their class - To begin to reflect relationships with adults and other children - To identify important and special people in our lives - To recognise and celebrate special people in our lives - To explore and understand that different emotions may be felt when parents/carers leave - To know what it means to be a good friend - To explain why we have friends - To identify the qualities of a good friend - To know that we are all unique - To celebrate similarities and differences 	<ul style="list-style-type: none"> - To understand why it is important to wash our hands - To identify basic ways to use first aid and medicine correctly - To identify, manage and express a range of emotions - To identify what makes us feel happy or sad - To explain how to manage difficult feelings 	<ul style="list-style-type: none"> - To understand how to stay safe online - To explain who to tell if you are worried or scared about what you see online - To explain what charity is - To explain why people donate to charities - To talk positively about change

	<ul style="list-style-type: none"> - To celebrate being completely unique and different to everyone else - To understand that other children may have different interests - To understand that there are different types of families - To explore gender stereotypes - To take part in NSPCC PANTS sessions 		
Reception	<ul style="list-style-type: none"> - To build relationships with adults and other children - To recall the names of those in their class - To explain the importance and role of special people in our lives - To explore and understand that different emotions may be felt when parents/carers leave - To know what it means to be a good friend - To list key qualities to look for in a friend - To identify the qualities of a good friend 	<ul style="list-style-type: none"> - To understand why it is important to keep clean - To understand how we can keep ourselves clean - To understand the need to take some responsibility for keeping ourselves clean, e.g. washing hands, brushing teeth - To identify, manage and express a range of emotions - To recognise what makes us proud - To recognise our achievements - To recognise and celebrate achievements of others 	<ul style="list-style-type: none"> - To understand how to stay safe online - To explain who to tell if you are worried or scared about what you see online - To explain what charity is - To explain why people donate to charities - To understand the terms fair and unfair, identifying situations that are fair and unfair - To talk positively about change - To reflect on prior experiences

	<ul style="list-style-type: none"> - To know that we are all unique - To know and explore the similarities and differences between those in your class and other children - To celebrate similarities and differences - To celebrate being completely unique and be able to explain who we are similar and different to - To understand that other children may have different interests - To understand that there are different types of families - To explore gender stereotypes - To take part in NSPCC PANTS sessions 		
<p>Year 1</p>	<ul style="list-style-type: none"> - To list key qualities to look for in a friend - To explain why good friends are important and explore how to make new friends - To understand what a compliment is and why it is important 	<ul style="list-style-type: none"> - To understand how food and water keeps us healthy - To understand that there are healthy and unhealthy foods - To recognise the importance of a varied diet - To understand why it is important to keep clean and healthy 	<ul style="list-style-type: none"> - To explain how to keep safe online - To identify what you would do if you were worried or scared about what you see online - To explain how to keep safe at home - To explain what charity is

	<ul style="list-style-type: none"> - To identify places and people who make us feel safe - To explain why these places and people make us feel safe - To explore different types of families - To take part in NSPCC PANTS sessions - To know what to do and who to tell if you are unhappy or unsure about something you have seen 	<ul style="list-style-type: none"> - To explain how and why it is important to keep ourselves clean - To understand why it is important to keep our teeth clean and healthy - To know why we need to use medicine safely - To recognise our achievements - To celebrate our achievements and of those around us 	<ul style="list-style-type: none"> - To explain why people donate to charities - To fundraise for a charity - To explain the difference between wants and needs - To explain what voting is - To understand why democratic voting is important - To explain the difference between good and bad - To explain what bad secrets are - To explain how we have changed since we were born - To set own goals for the future
<p>Year 2</p>	<ul style="list-style-type: none"> - To list key qualities to look for in a good friend - To understand what makes a good friend - To identify how we can be a good friend to others 	<ul style="list-style-type: none"> - To understand and explain why it is important to eat healthily - To identify healthy and unhealthy food options - To recognise and name the 5 food groups from the Eat Well Guide 	<ul style="list-style-type: none"> - To understand what personal information is - To understand who to trust online - To understand what you would do if you were worried or scared about something you saw online - To explain what charity is

	<ul style="list-style-type: none"> - To identify different types of bullying and how it makes people feel - To explain what to do if you are being bullied or witness something which you feel uncomfortable about - To understand what conflict is - To explain what to do if a conflict escalates - To explain how to resolve a conflict - To explore gender stereotypes - To learn and understand the NSPCC PANTS rules - To explain how to keep ourselves safe - To understand the right to say no to unwanted touch - To identify the differences between males and females - To explore how the differences between males and females are part of the lifecycle 	<ul style="list-style-type: none"> - To understand the importance of eating fruits and vegetables - To explain how to stay safe around harmful substances - To identify risks associated with smoking - To name different parts of the human body - To identify differences between males and females - To understand the basic human life cycle - To know what pride is and identify what makes us proud - To explain why it is important to feel proud and acknowledge accomplishments - To explain what makes us feel proud of other people - To celebrate our achievements and of those around us 	<ul style="list-style-type: none"> - To explain why people donate to charities - To choose a charity to fundraise for - To plan a fundraising event - To hold and evaluate a fundraising event - To explain the difference between wants and needs - To explore life in different countries and situations - To explain how our lives are different to the lives of children in other countries - To understand how the UK Parliament is formed and explain why it is important to us - To explain how to keep safe around fire hazards - To explain the risks associated with fire, and explore ways to prevent fires - To set a goal for the future
--	--	---	--

	<ul style="list-style-type: none"> - To be able to name different body parts 		
Year 3	<ul style="list-style-type: none"> - To identify the qualities of a good friend - To identify what makes a healthy relationship and explain what makes a good friend - To explain the difference between unkindness and bullying - To identify different types of bullying and explain what to do if you witness something you feel uncomfortable about - To explain what conflict is and ways of resolving conflict - To understand the definition of respect and know that you can respect someone you disagree with - To know that a person has the right to say what they like and dislike - To explore different types of families and who to go to for help and support - To explore gender stereotypes 	<ul style="list-style-type: none"> - To explain which food groups make up a healthy or unhealthy meal - To understand how food choices can contribute to tooth decay - To explain what a drug is - To know that there are legal and illegal drugs - To explain the effects of passive smoking - To understand the effects of caffeine - To explore physical differences between males and females - To name parts of the human body - To understand what dementia is and how it is related to memory - To celebrate our achievements and of those around us - To explore the concept of self-talk and identify how this can help us 	<ul style="list-style-type: none"> - To explain how to keep safe online - To identify what we should do if we were worried or scared about something online - To explain what charity is - To explain why people donate to charities - To fundraise for a charity - To explain the difference between wants and needs - To explore life in different countries and situations - To explain how our lives are different from the lives of children in other countries - To define democracy and define why democracy is important - To explain how to keep safe around fire - To explain the risks associated with fire, and explore ways to prevent fires

	<ul style="list-style-type: none"> - To fully articulate the NSPCC PANTS rules - FGM link - To know you have the final say and consent over your body - To know that 'no touch' is a rite of passage 		<ul style="list-style-type: none"> - To set a goal for the future
<p>Year 4</p>	<ul style="list-style-type: none"> - To identify the qualities of a good friend - To explore rights in a friendship and explain why it is important to know these rights - To understand the responsibilities in a friendship and explain why it is important to have these responsibilities - To understand the role of the bully, bystander and victim in a bullying scenario - To identify different types of bullying and explain what to do if you witness something which you feel uncomfortable about - To understand how gender stereotypes can label people 	<ul style="list-style-type: none"> - To explain how food gives us energy - To explain why nutrients are important - To explain the risks and dangers associated with smoking - To explain the risks and dangers associated with alcohol - To explore the human life cycle - To identify some basic facts about puberty - To explore how puberty is linked to reproduction - To explore how dementia affects the whole family 	<ul style="list-style-type: none"> - To explain how to keep safe online - To identify what we would do if we were worried or scared about something online - To critically evaluate information online, including thinking critically about information, images and people who may try and talk to you online - To explain what charity is, and explain why people donate to charities - To fundraise for a charity - To explain how to save and the benefits of saving - To explore the water crisis around the world

	<ul style="list-style-type: none"> - To explain how to break gender stereotypes - To understand aspects of discrimination - To understand that every individual, no matter what their gender, should be treated with equal respect and opportunities - FGM link 	<ul style="list-style-type: none"> - To explore how assistive technologies can help people living with dementia - To understand a growth mindset and how it can affect us 	<ul style="list-style-type: none"> - To explain how to keep safe around water - To explain the risks associated with water - To set own goals, thinking about long term aspirations
<p>Year 5</p>	<ul style="list-style-type: none"> - To understand and list the attributes of a good friend - To identify the qualities of a good friend - To consider the rights and responsibilities we have in friendships - To explain what peer pressure is and know ways to challenge it - To explain the possible repercussions of feeling excluded - To know where to turn in times of unhappiness or when witnessing something you are unsure about 	<ul style="list-style-type: none"> - To explain what makes up a healthy meal - To explain the importance of nutrients and fibre - To explain the importance of hydration - To explain the importance of portion control - To interpret and understand the information on food labels - To know that legal and illegal drugs exist - To be aware of the risks associated with drug misuse - To consider the emotional and physical changes occurring during puberty 	<ul style="list-style-type: none"> - To explain how to keep safe online - To identify what we would do if we were worried or scared about something online - To explain what charity is and explain why people donate to charities - To fundraise for a charity - To understand deductions that are taken from payslips - To explain what budgeting is and why it is important - To explain what migration is - To explain why people might need to migrate

	<ul style="list-style-type: none"> - To explain what makes a situation fair or unfair - To explain what it means to belong and explain why belonging is important - To identify places we feel we belong - To explore gender stereotypes - To explain why it is important to challenge gender stereotypes 	<ul style="list-style-type: none"> - To explore male and female changes in more detail - To consider the impact of puberty on the body and understand the importance of physical hygiene - To understand the benefits of a growth mindset and explain how we can further develop growth mindsets 	<ul style="list-style-type: none"> - To explain how to keep safe when cycling - To explain the risks associated with cycling and recognise ways to minimise these risks - To set own short and long term goals
<p>Year 6</p>	<ul style="list-style-type: none"> - To consider the rights and responsibilities we have in friendships and that we can have successful friendships - To explore physical and emotional behaviour in relationships - To explore positive and negative ways of communicating in a relationship - To recognise and explain different forms of bullying - To know where to turn in times of unhappiness or when witnessing something you are unsure about 	<ul style="list-style-type: none"> - To understand the importance of exercise and understand the effects of exercise on the body - To explain the risks associated with alcohol - To explain the associated risks of volatile substance abuse, e.g. cannabis use - To explain the link between puberty and reproduction - To explore the process of conception and pregnancy - To know the types of difficulties people with dementia may experience 	<ul style="list-style-type: none"> - To think critically about online information, knowing that some information is false - To know what to do and where to turn if you are uncomfortable about anything online, or anyone trying to talk to you online - To explain how to keep safe online - To understand the risks you may face - To understand what risky behaviours are - To explain what charity is and explain why people donate to charities - To fundraise for a charity

	<ul style="list-style-type: none"> - To understand and explain similarities and differences between different people - To understand and explain how we might disagree and respect different people - To understand the possible repercussions of feeling excluded - To challenge gender stereotypes - To know I have the right to say no 	<ul style="list-style-type: none"> - To explore ways in which communities can support people living with dementia - To understand how to develop positive self-talk 	<ul style="list-style-type: none"> - To understand that different jobs have different salaries - To explore what value for money means - To understand the reasons why some people may be homeless - To explain what hidden homelessness is - To challenge stereotypes associated with homelessness - To understand how beauty is portrayed around the world - To understand how a Parliamentary debate takes place in the House of Commons - To set own short and long term goals and aspirations for the future
--	--	---	---