**PSHE – Progression Map**

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|  | **\*Living in the Wider World****(Rights and Responsibilities, Environment, Money)** | **Relationships****(Feelings and Emotions, Healthy Relationships, Difference)** | **Health and Wellbeing****(Keeping Safe, Healthy Lifestyles, Growing and Changes)** |
| **Please check the overview of Computing for E-Safety links. E-safety should be regularly taught through both PSHE/ Computing** |
| **Year 1** | **Rights and Responsibilities****Class Expectations/ Group Expectations*** Identify why rules are important
* What do we have rules in school for?

**Everyone is unique*** How are we the same?
* How are we different?
* How do we identify these differences?

**Environment****Looking after our environment- St Paul’s*** What can we do to keep our school clean and tidy?
* What do we see on a daily basis that show us that we don’t always look after our environment?

**Looking after our environment- Garden and Grounds*** What can we do to keep our school clean and tidy?
* What do we see on a daily basis that show us that we don’t always look after our environment

**Money****Where money comes from*** How do we earn money?
* What do we use money for?

**Saving and spending money*** How can we keep our money safe?
* When is it ok to spend our money?
* What things could we save for?
 | **Feelings and Emotions****Recognising feelings in myself and others*** How to recognise how I am feeling
* What should I do when I am feeling…?

**Sharing How we feel*** Who should I talk to if I am feeling…?
* How can I recognise how I am feeling?

**Healthy Relationships****Special People in our Lives*** Identify special people in our lives and how they specifically help us
* How can we show them that we are grateful for all they do for us?

**Secrets and Keeping Safe*** Not keeping secrets that make us feel uncomfortable
* Who can we talk to if we are feeling worried?

**Valuing Difference****Identifying Difference*** How are we all difference
* Think about gender- what we like/ dislike
* Different families

**Respecting Difference*** Identify difference between us all
* Recognise the importance of respecting each other, even if we are different

**Valuing Difference*** What is bullying?
* Link to Anti-bullying week
 | **Keeping Safe****How to ask for help if I am worried** * Children should identify key adults at home and in school that they could ask to help if they were worried about something

**Keeping safe at school and at home*** Household products, including medicines, can be harmful if not used correctly
* Identify key dangers and how to remain safe
* Who gives us medicines?

**Healthy Lifestyles****What helps to keep my body healthy?*** What do our bodies need to remain healthy- physical activity, sleep, rest, healthy food
* What could happen if we don’t have enough of these things?

**Hygiene Routines*** Why is it important to remain clean and hygienic?
* Keeping clean – washing hands

**Growing and Changing****Recognising what we are all good at*** Set simple goals and targets
* These could be reviewed on a half termly basis

**Change and Loss and how this feels*** What does it mean to lose something?
* How does it make us feel if we have lost something special?

**Expect Respect -** prevention toolkit to support learning about healthy relationships for children and young people  |
| **Year 2****Year 2** | **Rights and Responsibilities****Class Expectations/ Group Expectations*** Identify why rules are important
* What do we have rules in school for?

**Everyone is unique*** How are we the same?
* How are we different?
* How do we identify these differences?

**Rights and Responsibility****Getting help from the community**Emergency services- how to get help when needed* Contact police service/ fire service/ ambulance and see if they will come in to do a talk

**Expectations when living in the wider world*** How do we behave when...
* What do we have a responsibility to look after?

**Environment****Looking after our environment at St Paul’s*** What can we do to keep our school clean and tidy?
* What do we see on a daily basis that show us that we don’t always look after our environment?

**Looking after our environment- Garden and Grounds*** What can we do to keep our school clean and tidy?
* What do we see on a daily basis that show us that we don’t always look after our environment

**Money****Keeping track of money*** Why is money important in the world?
* Show children money and get them to think about the different value
* Link with Maths

**How to spend money safely** * Show children different methods of payment. What is safe?
* What is dangerous?
 | **Feelings and Emotions****Identifying Different Behaviours*** Introduce Scaling. I am feeling a (1-10)
* I know how to feel better
* I know that I could feel worse

**Feelings can get hurt*** Show children different faces and get them to think about what their emotions are.

**Healthy Relationships****Listening to others and playing co-operatively*** Use scenarios that the children have found themselves in already.
* How can they use this to learn how to respond next time?

**Appropriate and Inappropriate behaviours- teasing and bullying*** Link with Anti-bullying week

**Valuing Difference****Identifying difference*** How are we different?
* Children to think of differences in their classes

**Valuing Difference*** Using all the information from previous lesson on identifying different- encourage children to celebrate.
 | **Keeping Safe****Keeping Safe in different situations*** Identify risk in different situations that children are likely to be in during a school day
* How they we stay safe?
* How do we get help if we need it?
* Medicines and keeping safe

**Keeping safe away from home and school*** Identify risk in different situations that children are likely to be in outside of school
* How they we stay safe?
* How do we get help if we need it?

**Healthy Lifestyles****Making Healthy Choices*** Look at nutritional plates
* Think about the importance of fruit and vegetables and exercise

**Managing Feelings**What do I do if I am feeling…**Growing and Changing****Setting goals and recognising what we are good at*** What do we want to achieve during year 2?
* How can we make sure that we achieve our goals?
* What happens if we don’t manage to get there?

**Naming body parts (including external Genitals)*** RSE letter to be sent home
* Children introduced to scientific body parts

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| **Year 3****Year 3** | **Rights and Responsibilities****Identify what is meant by ‘a moral citizen’*** Opportunity to debate different opinions.
* Explore language- what is morality? What is a citizen?

**How can you be involved in the community?*** What opportunities are there for me to be a moral citizen?
* Think about Brinnington community in particular

**Money****What is an enterprise? What does it mean?*** Project Opportunity?
* Link to summer fair?

**Online Fraud*** What is fraud?
* Understand that children might be targeted

**Environment****How can we look after our planet?*** What is our responsibility when looking after the planet?
* How can we make sure that we look after our environment?

**What effects are we having on our planet?*** Show children clips from blue planet/ planet earth
* Recognise the impact of the way that we live our live
* Find out more online about environmental issues
 | **Feelings and Emotions****Recognising feelings in others*** How can I appropriately respond when someone is clearly feeling a different way to me?
* Link to work with restorative approaches

**Responding appropriately to people’s feelings*** How to recognise how people are feeling?
* When it is appropriate to respond
* How to respond when…

**Healthy Relationships****Describe positive relationships and friendships** * Encourage the children to recognise when a relationship is healthy and unhealthy
* Focus on bullying in particular

**How actions affect ourselves and others*** Treating all children with respect in school
* Recognising and appreciating our different qualities

**Valuing Difference****Recognising what bullying is*** What is the difference between bullying and an isolated incident
* Link with Anti-bullying week

**How to respond when you think that someone is being bullied*** Childline/Bullying UK/Anti-bullying alliance
* Recognise key adults who can help
 | **Healthy Lifestyles****What makes a balanced diet?*** Identify the impact of a healthy diet on the body

**Opportunities for making our own choices*** How can others influence our choice and how do we make sure we are making the right choices to be healthy and active?

**Keeping Safe*** Medicines are drugs – know the difference!
* Positive and negative effects of drugs
* Tobacco

**Who helps us feel safe and healthy?*** Identify key people in our lives who support our development

**How to respond if someone needs help*** Show children different scenarios and encourage them to think about how they would access help

**Growing and Changing****Setting goals and recognising what we are good at*** What do we want to achieve during our time in year 3?
* How can we make sure that we are successful?

**Describe feelings- conflicting feelings and how to manage them*** When I am…, I feel…
* How can I manage how I am feeling?
* Touching – a right to say no
* Who can I talk to?

**Naming body parts (including external Genitals)*** RSE letter to be sent home
* Relationships
* Stages of life

**What is a family?*** Diverse nature of families and different relationships

**Expect Respect -** prevention toolkit to support learning about healthy relationships for children and young people  |
| **Year 4****Year 4** | **Rights and Responsibilities****Recognise and manage risk in our local area*** What could happen in our local area that could be unsafe?

**Recognise and manage risk in the world*** As we get older, what risks do we see in the world outside of school?
* What can we do to ensure that we manage the risk and stay safe?
* What do we do when we recognise this?

**Money****How to effectively manage money*** Saving and budgeting

**What are loans and what is interest?*** When would we need to ask for a loan?
* Understand that loans often come with interest
* Is it a good idea to have lots of loans?

**Environment****What does it mean to be sustainable?*** How can we live sustainably?
* Link to sustainable housing project

**How can we be sustainable?*** What could we do in school to be more sustainable?
* What is the importance of it?
 | **Feelings and Emotions****When is it appropriate to keep a secret?*** Encourage children to talk about times when they have been asked to keep a secret
* How did it make them feel?

**Listening to other’s point of view*** Go through the concept of Restorative Approach
* Identify the importance of listening to each other

**Healthy Relationships****Acceptable and Unacceptable physical contact*** Think about it in school.
* Children to appreciate the need to respect personal space

**Solving disputes and conflicts amongst friends*** Go through the concept of Restorative Approach
* Identify the importance of listening to each other

**Valuing Difference****Listening to others- Link to RA*** Go through the concept of Restorative Approach
* Identify the importance of listening to each other

**Recognising difference and diversity*** Recognise the difference between each other in the classroom
* What can we do to celebrate difference?

**Recognising what bullying is*** What is the difference between bullying and an isolated incident
* Link with Anti-bullying week
 | **Healthy Lifestyles****What makes a balanced lifestyle?*** Children to think about an active lifestyle
* Link to sporting events and what the children can get involved in throughout the year
* Swimming

**Drugs that are common to our everyday life*** Introduce children to the concept that drugs are not always negative and can help us to feel better
* Alcohol and tobacco

**Keeping Safe****How to stay safe in our local area*** What dangers are there outside of school?
* Peer pressure
* How can we ensure that we stay safe?

**How to stay safe online*** Follow children’s interests at that minute (e.g. Fortnite, Call of Duty)
* Introduce the concept that not everything is as it seems on the internet and they need to be aware of dangers that could be around

**Growing and Changing****Changes at Puberty Boys and Girls*** RSE letter to be sent home
* Introduce hormones and body change
* Puberty and menstruation
* A new life begins – How a baby is made
* Conception and birth

**Changes that happen in life and feelings that are associated with change*** When this happens… I feel like…

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| **Year 5** | **Rights and Responsibilities****Rules and Laws*** What is meant by a rule?
* What is a law?
* What are our rights and responsibilities as moral citizens?

**Anti-social behaviour*** What is anti-social behaviour?
* What is the problem with anti-social behaviour?
1. **Money**

**The Importance of finance in our lives*** Saving and budgeting
* What do we use money for?
* How can we make sure that we invest sensibly?

**Looking after money- debt management*** When we have money- what do we do to protect it?

**Environment****How are our actions affecting the oceans?*** Explore Blue Planet and look at the impact that our lifestyle has on marine life
* What will happen if this continues?

**How are our actions affecting the climate?** **Global Warming*** Look at planet Earth- children to explore the impact of our lifestyle on the planet
* What will the consequences be if this continues?
 | **Feelings and Emotions****How to recognise how someone is feeling*** How do you recognise how someone is feeling
* Link to restorative approaches

**Responding when someone feels…*** What do you do when someone is feeling…?

**Healthy Relationships****Listening to others and learning from others*** What can we offer each other?
* What can we learn from each other?
* What are we good at?

**Negotiation and Compromise- seeing all views and opinions*** Looking at how other people see things- different perspectives

**Valuing Difference****Recognising what children are good at and that we are all good at different things*** Children to write down what they are good at on their backs

**Raising concern and challenging something when you don’t believe that it is right*** Encourage children to have the confidence to do the right thing.

**Recognising what bullying is*** What is the difference between bullying and an isolated incident
* Link with Anti-bullying week
 | **Healthy Lifestyles****What positively and negatively affects health and wellbeing?*** The impact of social media on children’s health and wellbeing
* St John’s Ambulance visit

**Making informed choices*** Effects on the body of taking legal and illegal drugs
* Risk taking

**Keeping Safe****Strategies for managing personal safety*** How to keep safe when children are outside of school

**How to stay safe online*** Link to Computing
* How do we stay safe online?

**Growing and Changing****Personal Hygiene*** Children to think about their changing body
* What could happen with their personal hygiene
* Menstruation
* Who to talk to?

**Changes at Puberty Boys and Girls*** RSE letter to be sent
* Puberty – preparation for sexual maturity
* How do boys and girls bodies change?
* Name male and female reproductive organs and know their different functions
* Children to be given the opportunity to ask questions

**Expect Respect -** prevention toolkit to support learning about healthy relationships for children and young people  |
| **Year 6** | **Rights and Responsibilities****The rights of a child- cultural practice and British Law** * Link to British values- What are their rights as a child?
* What could change these?

**Being critical of what is in the media- what children pass on to others*** Introduce the concept of fake news- What can children believe?

**Money****KS2 Enterprise project*** Grow a pound

**Environment****How resources are allocated to the world*** Identify fair trade
* How are the worlds resources allocated to countries?

**Difference between fair trade. How does it affect others?*** Saving and budgeting
* What is the impact of buying fair trade?
 | **Feelings and Emotions****Who can you trust?*** Who can you trust and not trust?
* What do you expect from people?

**How to make new friends*** Preparing for high school
* What should you look for in a new friend?

**Healthy Relationships****Recognising when relationships are unhealthy*** What describes an unhealthy friendship?
* How would you expect to feel?

**Personal boundaries and the right to privacy*** The importance of protecting peoples personal space

**Valuing Difference****What makes people the same? What makes people different?*** Identifying difference and celebrating it
* How can we make everyone feel comfortable with who they are?

**Recognising and challenging stereotypes*** What is a stereotype?
* What can we do to challenge stereotypes?

**Recognising what bullying is*** What is the difference between bullying and an isolated incident
* Link with Anti-bullying week
 | **Healthy Lifestyles****Risk and effects of drugs*** What are the positive and negative effects of taking drugs?

**Images in the media- how does this affect our wellbeing?*** How do the media distort the truth?
* Obsession over social media attention and ‘likes’ ‘dislikes’
* Grooming Online
* Live Streaming

**Keeping Safe****Resisting pressure- how to protect our body and speak out when something is wrong*** Puberty changes – keeping safe
* Transmission of disease
* Who to talk to?
* St John’s Ambulance visit

**Growing and Changing****Changes at Puberty Boys and Girls*** RSE letter to be sent home
* Sexual intercourse
* Conception and birth
* Responsibilities of having a baby
* Contraception – information choices to respect and protect own body

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\*Living in the Wider World (Rights and Responsibilities, Environment, Money): School is currently working upon the development of this strand.