

PSHE Subject Progression Map

Strand		1	2	3	4	5	6
Being Me in My World	Learning Intention	<p>To feel special and safe.</p> <p>To understand my rights and responsibilities in my class.</p> <p>To know my views are valued.</p> <p>To recognise my actions have consequences.</p>	<p>To identify my hopes and fears for the year.</p> <p>To understand my rights and responsibilities.</p> <p>To listen to others and contribute my own ideas.</p> <p>To understand how my behaviour can impact how others learn.</p>	<p>To recognise my worth</p> <p>To be able to set personal goals.</p> <p>To face new challenges positively.</p> <p>To understand why rules are needed.</p> <p>To understand that behaviour has consequences.</p> <p>To be able to make responsible choices.</p> <p>To be able to work cooperatively in a group.</p>	<p>To understand what it is to be a class team.</p> <p>To take on a role in a group and contribute to the overall outcome.</p> <p>To understand how rewards and consequences motivate people's behaviour.</p>	<p>To face new challenges positively.</p> <p>To make positive choices about my behaviour.</p> <p>To show empathy towards others whose lives are very different to mine.</p> <p>To understand how an individual's behaviour can impact on a group.</p> <p>To understand the benefits of democracy</p>	<p>I can identify my goals for this year.</p> <p>I understand my wants and needs and can compare these with children in different communities.</p> <p>To consider how my actions affect myself and others.</p> <p>To empathise with others, thinking about their feelings.</p> <p>To contribute to the group and understand how we can best function as a whole.</p> <p>To understand how our school community benefits from a democratic process.</p>
	Knowledge	<p>I know that I am important.</p> <p>I know that I belong to my class.</p> <p>I know how to make my class a safe place for everyone to learn.</p> <p>I know how it feels to be proud of an achievement.</p> <p>I know that I might have different feeling when I face certain consequences.</p>	<p>I know when I feel worries and who to ask for help</p> <p>I know how to help make my class a safe and fair place.</p> <p>I know how to work cooperatively.</p> <p>I know that following the rules will help me and others to learn.</p>	<p>I know how it feels to be happy, sad or scared and can recognise these emotions in others.</p> <p>I know how to make others feel valued.</p> <p>I know that my behaviour has consequences.</p> <p>I know how my behaviour affects others.</p>	<p>I know what a school community is and how I fit into it.</p> <p>I know how democracy works through school council.</p> <p>I know how it feels to be included in a group.</p> <p>I know how groups come together to make decisions.</p> <p>I understand how democracy and having a voice benefits the school community.</p>	<p>I know what I value most about my school.</p> <p>I know what my rights and responsibilities are as a British citizen and a member of my school.</p> <p>I know that my actions impact myself and others.</p> <p>I know how democracy benefits out school community and how to participate in this.</p>	<p>I know that there are universal rights for all children but that for many children these rights are not met.</p> <p>I know that my actions affect other people locally and globally.</p> <p>I know how rights and responsibilities relate to rewards and consequences.</p> <p>I know how an individual's behaviour can impact a group.</p> <p>I understand how democracy and having a voice benefits the school community.</p>

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Celebrating Difference	Learning Intention	<p>To identify similarities and differences between people in my class.</p> <p>To understand how bullying might feel.</p> <p>To be kind to people who are bullied.</p> <p>To be able to say some ways that I am different from my friends.</p>	<p>To understand that boys and girls are similar in many ways.</p> <p>To understand that bullying is sometimes about difference.</p> <p>To recognise right and wrong.</p> <p>To understand that difference makes us all special and unique.</p>	<p>To appreciate the people who care for me.</p> <p>To understand that differences and conflicts sometimes happen between family members.</p> <p>To understand that families can be similar or different to each other.</p> <p>To be able to explain what to do if you witness bullying.</p> <p>To consider how words affect others.</p>	<p>To accept people for who they are.</p> <p>To question why I think what I do about others.</p> <p>To be able to act if I witness bullying</p> <p>To understand why a witness to bullying might choose to act, or not.</p> <p>To be able to identify what is special about me and value the ways I am unique.</p> <p>To be able to explain a time when your impression of someone has changed.</p>	<p>To understand that cultural differences can cause conflicts.</p> <p>To be aware of my attitude towards people from different races.</p> <p>To understand different behaviours that can be seen as bullying.</p> <p>To know how to discourage bullying.</p> <p>To know how to support people being bullied.</p> <p>To be respectful to my own and others' cultures.</p>	<p>To understand that there are different perceptions of what normal means.</p> <p>To consider my attitude about disabilities.</p> <p>To be able to explain how a person or group can have power over another person or group.</p> <p>To consider a range of strategies in managing my feelings in bullying situations.</p> <p>To be able to appreciate people for who they are.</p> <p>To be able to show empathy.</p>
	Knowledge	<p>I know how I am the same as and how I am different to other people.</p> <p>I know what bullying is.</p> <p>I know who to ask for help if I am bullied.</p> <p>I know how it feels to make a new friend.</p> <p>I know that differences make us all special and unique.</p>	<p>I know that boys and girls are similar in some ways but different in others and that this is OK.</p> <p>I know how it might feel to be bullied.</p> <p>I know to be kind.</p> <p>I know how it feels to have a friend.</p> <p>I know how to get help if I am being bullied.</p> <p>I know how to stand up for myself and others.</p>	<p>I know how to calm myself down.</p> <p>I know of ways to help someone who is being bullied.</p> <p>I know not to use hurtful words.</p> <p>I know how to give and receive compliments.</p> <p>I know, and accept that there are different kinds of family.</p>	<p>I know that sometimes we make assumptions based on what someone looks like.</p> <p>I know what influences me to make assumptions.</p> <p>I know how it might feel to be a witness to or a target for bullies.</p> <p>I know how to solve a bullying situation with others.</p> <p>I know that it is good to accept people for who they are.</p>	<p>I know that cultural differences sometimes cause conflict.</p> <p>I know what racism is.</p> <p>I know that rumour spreading and name calling can be bullying behaviours.</p> <p>I know that bullying can be direct or indirect.</p> <p>I know that my life is very different to those in the developing world.</p> <p>I know that it is important to be respectful of others' cultures.</p>	<p>I know that 'normal' is different for different people.</p> <p>I know how having a disability can affect someone's life.</p> <p>I know how it feels to be excluded or treated badly because of being different in some way.</p> <p>I know some of the reasons why people use bullying behaviours.</p> <p>I know that people with disabilities can lead amazing lives.</p> <p>I know that difference can be a source of conflict and a cause for celebration.</p>

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Dreams and Goals	Learning Intention	<p>To be able to set simple goals and work out how to achieve them.</p> <p>To be able to work well with a partner.</p> <p>To tackle new challenges and understand this might stretch my learning.</p> <p>To identify obstacles that make it more difficult to achieve my new challenge and work out how to overcome them.</p> <p>To be able to explain how I feel when I succeed at a new challenge.</p>	<p>To be able to choose a realistic goal and think about how to achieve it.</p> <p>To keep trying even when I find tasks difficult.</p> <p>To recognise people who I find easy to work with and those who I find difficult to work with.</p> <p>To be able to work in a group to create and end product.</p> <p>To be able to explain how I work cooperatively.</p> <p>To be able to share and celebrate success.</p>	<p>To recognise challenges and successes of others.</p> <p>To identify my own dreams/ambitions.</p> <p>To break down a goal into small steps.</p> <p>To be motivated and enthusiastic about challenges.</p> <p>To recognise obstacles that might hinder my achievement and to take steps to overcome them.</p> <p>To understand what I did well and how I could improve next time.</p>	<p>To be able to explain some of my hopes and dreams.</p> <p>To understand that sometimes hopes and dreams do not come true, and that this hurts.</p> <p>To be able to reflect on positive and happy experiences to help me cope with disappointment.</p> <p>To be resilient.</p> <p>To be able to work in a group towards a challenge.</p> <p>To be able to identify contributions made by myself and others.</p>	<p>To identify what I would like my life to be like.</p> <p>To appreciate the contributions made by people in different jobs.</p> <p>To appreciate the opportunities that education and learning are giving me and understand how this will build my future.</p> <p>To reflect on the dreams and goals of others and compare them to my own.</p> <p>To appreciate the differences and similarities in aspirations between myself and young people from a different culture.</p>	<p>To be able to set myself challenging but realistic goals.</p> <p>To be able to work out the learning steps I need to take to reach my goal.</p> <p>To be able to identify problems that concern me.</p> <p>To be able to work with others to make the world a better place.</p> <p>To empathise with people who are in difficult situations.</p> <p>To be able to describe how I can work with others to make the world a better place.</p> <p>To be able to give praise or compliments to other people to recognise their achievements.</p>
	Knowledge	<p>I know what I have done well.</p> <p>I know how to tackle a new challenge.</p> <p>I know how I feel when I see obstacles and how I feel when I overcome them.</p> <p>I know that working at a goal and achieving success makes me feel good.</p>	<p>I know what I do well and why I feel proud.</p> <p>I know my strengths as a learner.</p> <p>I know how I feel about my part in group work and be able to explain.</p> <p>I know what pride feels like.</p>	<p>I know of people who have faced challenges and achieved their goals.</p> <p>I know how it feels to achieve a goal.</p> <p>I know what to do to achieve a goal.</p> <p>I know that I am responsible for my own learning</p> <p>I know how to manage feelings of frustration.</p> <p>I know how to share my success with others.</p>	<p>I know how it feels to have hopes and dreams.</p> <p>I know how disappointment feels and can identify when I feel that way.</p> <p>I know what resilience is and how to have a positive attitude.</p> <p>I know how to work out the steps to achieve a goal and can do it successfully as part of a group.</p> <p>I know what my own</p>	<p>I know that I need money to help me achieve some of my dreams.</p> <p>I know that people I know do a range of jobs and what they are likely to earn.</p> <p>I know what I need to do to get the job I would like.</p> <p>I know that we can learn from other cultures.</p>	<p>I know why it is important to stretch my current learning.</p> <p>I know that others might be suffering in difficult situations.</p> <p>I know what people in my class like and admire in me.</p>

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					contribution is, as well as that of others.		
Healthy Me	Learning Intention	<p>To understand some ways of being healthy and unhealthy.</p> <p>To be able to keep myself safe.</p> <p>To be able to ask for help when I need it.</p> <p>To understand how to keep my body safe and healthy.</p>	<p>To be able to make healthy lifestyle choices.</p> <p>To understand what makes me stressed and what makes me relaxed.</p> <p>To be able to keep my body healthy and safe.</p> <p>To be able to sort food into the correct food groups.</p> <p>To be able to make healthy food choices.</p>	<p>To be able to explain how exercise affects my body, particularly my heart and lungs.</p> <p>I know that the amount of sugar, fat and calories I put into my body will affect my health.</p> <p>To consider what drugs are and what my opinions about them are.</p> <p>To be able to identify what feels safe and unsafe.</p>	<p>To recognise how friendship groups are formed, and how I fit into them.</p> <p>To recognise changing dynamics between people.</p> <p>To know that doing something because of peer pressure can mean you feel guilty or ashamed.</p> <p>To relate feelings of guilt and shame to acting assertively to resist pressure from others.</p> <p>To identify feelings of anxiety and fear associated with peer pressure.</p> <p>To know how to tap into inner strength and be assertive.</p>	<p>To be able to make an informed decision about whether I choose to smoke or drink alcohol and know how to resist pressure.</p> <p>To be able to put into practise basic first aid procedures (including recovery position) and know how to get help in emergency situations.</p> <p>To be able to reflect on my own body image and accept and respect myself for who I am.</p> <p>To be able to describe the different roles food can play in people's lives and can explain how people can develop eating disorders relating to body image pressures.</p>	<p>To be motivated to take responsibility for my own health and well-being.</p> <p>To be able to explain the impact on food on the body.</p> <p>To evaluate why drug and alcohol are used.</p> <p>To consider responsible and healthy behaviours.</p> <p>To explain what I think about alcohol.</p> <p>To understand what it means to be emotionally well and to explore people's attitudes to mental health/illness.</p> <p>To understand that some people can be exploited and made to do things that are against the law.</p> <p>To recognise triggers for stress and understand that stress can cause drug and alcohol misuse.</p>
	Knowledge	<p>I know some ways to keep healthy.</p> <p>I know how to make good lifestyle choices.</p> <p>I know how to keep myself clean and healthy.</p> <p>I know that germs cause disease and illness.</p>	<p>I know when I am relaxed or stressed.</p> <p>I know how medicines work in my body and that it is important to use them safely.</p> <p>I know which foods are healthy and which foods my body needs.</p>	<p>I know how exercise affects my body.</p> <p>I know why my heart and lungs are important.</p> <p>I know how to express my feelings about drugs.</p> <p>I know how to express</p>	<p>I know when others actions make me feel embarrassed.</p> <p>I know who I want to be friends with.</p> <p>I know the facts about smoking, its impact on health and also some of the reasons why people</p>	<p>I know the health risks of smoking and be able to explain how tobacco affects the lungs, liver and heart.</p> <p>I know some of the risks with misusing alcohol, including antisocial behaviour, and how it</p>	<p>I know that food gives energy, comfort and can alter moods.</p> <p>I know about different types of drugs and their uses, and the effects on the body, particularly the liver and heart.</p> <p>I know when alcohol is</p>

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		<p>I know that medicines can help me if I feel poorly and to know how to use them safely.</p> <p>I know that all household products including medicines can be harmful if not used properly.</p> <p>I know how to stay safe when crossing a road.</p> <p>I know who I can ask for help.</p>	<p>I know which foods are most nutritious for my body.</p> <p>I know how to make some healthy snacks</p>	<p>my feelings of anxiety.</p> <p>I know who I can ask for help.</p> <p>I know there are things, people and places I need to stay safe from.</p> <p>I know that I have responsibility for keeping myself and others safe.</p>	<p>smoke.</p> <p>I know the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons why people drink alcohol.</p> <p>I know when people are putting pressure on me, and how to resist peer pressure.</p> <p>I know myself well enough to have a clear picture of what I think is right and wrong.</p>	<p>affects the liver and heart.</p> <p>I know how to keep calm in emergencies.</p> <p>I know practise basic first aid procedures (including recovery position) and know how to get help in emergency situations.</p> <p>I know that the media and celebrity culture promote certain body types.</p> <p>I know what makes a healthy lifestyle, including healthy eating and the choices I need to make to keep myself healthy and happy.</p>	<p>being used responsibly, anti-socially or being misused.</p> <p>I know why some people join gangs and the risk that this involves.</p> <p>I know how to help myself feel emotionally well and recognise when I need help.</p>
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Relationships	Learning Intention	<p>To identify members of my family and to understand that there are lots of different types of family.</p> <p>To understand what being a good friend means.</p> <p>To understand appropriate physical contact.</p> <p>To understand who I can ask for help.</p> <p>To understand what is good about me and other people</p>	<p>To accept that everyone's family is different and understand that most people value their family.</p> <p>To be able to explain which types of physical contact I like and which I don't.</p> <p>To be able to demonstrate how to use a positive problem solving technique.</p> <p>To be able to recognise when a secret is good and when it might be bad.</p> <p>To recognise and appreciate people who</p>	<p>To considers the roles and responsibilities of each member of my family.</p> <p>To be able to explain some of the skills of friendship.</p> <p>To consider how to keep myself safe.</p> <p>To be able to use strategies for keeping safe online.</p> <p>To be able to explain how some of the actions and work of people around the world help and influence my life.</p> <p>To be able to empathise with others whose lives</p>	<p>To identify the relationships I am a part of.</p> <p>To be able to recognise situations which cause jealousy in relationships.</p> <p>To identify someone I love and can express why they are special to me.</p> <p>To be able to articulate memories of someone I no longer see.</p> <p>To be able to recognise that relationships can change.</p> <p>To understand what having a girlfriend/boyfriend</p>	<p>To be able to describe myself accurately in terms of my characteristics and personal qualities.</p> <p>To be able to recognise when an online community feels unsafe or uncomfortable.</p> <p>T recognise and resist pressures to use technology in ways that are risky or might cause harm to others.</p>	<p>To understand that people can get problems with their mental health and that it is nothing to be ashamed of.</p> <p>To be able to help myself and others when worried about a mental health problem.</p> <p>To understand that there are different stages of grief and there are different types of loss that cause people to grieve.</p> <p>To recognise when I am feeling those emotions and have strategies to manage them.</p>

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			can help me.	might be very different from mine. To appreciate my friends and family.	might mean and that it is a special relationship for when I am older. To understand how to show love and affection to people or animals that I care for.		To be able to recognise when people are trying to gain power and control. To be able to resist pressure to do something online that might hurt myself or others. To be able to take responsibility for my own safety and well-being.
	Knowledge	I know how it feels to belong to a family and to care for others. I know how to make a new friend. I know which forms of physical contact are appropriate and inappropriate. I know when I need help and who to ask for it. I know how to praise myself. I know how to express how I feel about people who are close to me.	I know the different members of my family and why it is important to share and cooperate. I know which types of physical contact I don't like and can talk about it. I know how to resolve conflict with my friends. I know how it feels to keep a secret and know who to talk to if I am not happy about it. I know what it feels like to trust someone. I know how to accept praise.	I know how taking responsibility feels. I know how to negotiate successfully. I know who to ask for help if I am worried or concerned. I know how to stay safe online. I know how others might affect my choices. I know that others are different and to think about how I might learn from them. I know what it feels like to be part of a family and friendship group.	I know how it feels to be part of a range of different relationships and can identify hat I contribute to them. I know how people feel when they lose someone or something they love. I know that we remember people even if we no longer see them. I know how to express my opinions and feelings. I know that it can be helpful to mark loss by celebrating life.	I know how to keep building my own self esteem. I know when an online community is helpful or unhelpful to me. I know when an online game is becoming unhelpful or unsafe. I know when I am spending too much time using devices. (screen time) I know how to stay safe when using technology to communicate with my friends.	I know that it is important to take care of my mental health. I know how to take care of my mental health. I know the feelings we have when someone dies or leaves. I know that there are different stages of grief and that there are different types of loss that cause people to grieve. I know when people are trying to gain power or control. I know that technology can be used to try and get power or control and to know some strategies to prevent this from happening. I know how to use technology safely.
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Changing Me	Learning Intention	<p>To understand that changes happen as we grow. To know what has changed for me and what has stayed the same. To know how my body has changed since I was a baby. To identify the parts of the body that are different in boys and girls and can use the correct names for these. To be able to explain about changes that have happened in my life.</p>	<p>To recognise cycles of life in nature. To be able to explain the natural process of growing from young to old and understand that this is not in my control. To be able to explain how my body has changed and how it will in future. To recognise physical differences between boys and girls and be able to use the correct names. To understand that there are different types of touch and to say which I like and don't like. To be able to say what I like/dislike about being a boy/girl. To be able to say what I am looking forward to in year 3.</p>	<p>To understand how babies grow. To understand that boys' and girls' bodies need to change so when they grow up them can make babies. To understand how boys and girls change on the outside and on the inside. To recognise stereotypical ideas I might have about parenting roles. To be able to express how I might feel if I had a new baby in my family. To recognise how I feel about these changes happening to me and think about how I might cope with them. To express how I feel when my ideas are challenged and might change my mind sometimes. To identify what I am looking forward to about year 4.</p>	<p>To appreciate that I am unique. To understand that having a baby is personal choice and can express how I feel about having a baby when I am an adult. To have strategies to help me cope with the physical and emotional changes of puberty. To be able to make changes that are helpful to me. To be able to express fears and concerns about changes that are outside of my control that I have learnt to accept. To be able to reflect on changes I would like to make when I go into year 5 and can describe how to go about this.</p>	<p>To understand how to develop my self-esteem. To understand that puberty is a natural process that happens to everyone. To be able to explain how I feel about changes in puberty. To appreciate how amazing the human body is to reproduce. To be confident that I can cope with the changes that growing up will bring. To think about the changes that I will make moving up into year 6.</p>	<p>To have a positive self image. To be able to express how I feel about my self-image. To be able to express how I feel about puberty changes. To be able to ask questions about changes in puberty. To recognise how I feel and when I reflect on the development and birth of a baby. To be emotionally prepared for secondary school.</p>
	Knowledge	<p>I am starting to understand the life cycles of animals and humans. I know that changes happen as we grow. I know that growing is natural and everyone grows at different rates.</p>	<p>I know how humans change from young to old. I know that I cannot control how my body changes. I know the physical differences between boys and girls.</p>	<p>I know that there are lots of changes between conception and growing up. I know that in humans and in most animals, the female gives birth to young. I know how babies grow</p>	<p>I know that some of my personal characteristics come from my birth parents and that this happens because I am made from the joining of their egg and sperm. I can correctly label the internal and external</p>	<p>I know how to develop my own self esteem. I know how girls and boys change during puberty and I know the importance of looking after yourself physically and mentally. I know that sexual</p>	<p>I know that it is important to have positive self-esteem and know how to develop it. I know how boys and girls bodies change during puberty and know that it is important to look after</p>

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		I know which parts of the body are private. I know the parts of the body that make boys and girls different and be able to use the correct names –penis, vaginal, vulva, anus. I know some ways to cope with changes.	I know the physical differences between girls and boys and can name parts of the body including penis, anus, testicles, vulva and vagina. I know that some parts of the body are private.	and develop in the mother’s uterus. I know what a baby needs to live and grow. I know how boys and girls bodies change on the outside and inside to prepare for making a baby in the future.	parts of male and female bodies that are necessary for making a baby. I know how a girl’s body changes in order for her to be able to have babies when she is an adult and that menstruation is a natural part of this. I know how the circle of change words and can apply it to change I want to make in my life. I can identify changes that might be out of my control.	intercourse can lead to conception and that is how babies are usually made. I understand that sometimes people need IVF to help them have a baby. I know that I will have greater responsibilities as I grow up (age of consent)	yourself physically and emotionally. I know how a baby develops from conception through the nine months of pregnancy and how it is born. I know that being physically attracted to someone changes the nature of the relationship. I know how to prepare for secondary school emotionally.
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	Key Vocabulary	Similar, different, bullying, goals, challenges, obstacles, achieve, success, healthy, safe, choice, medicines, physical, (in)appropriate, changes, private, penis, vagina, testicles.	As Y1 Plus Co-operate, resolve conflicts, value, nutritious, relaxed, stressed	As Y1,2 plus Worth, consequences, responsible, emotions, appreciate, witness, compliment, ambition, frustration, drugs, opinions, exercise, heart, lungs, anxiety, empathy, negotiate, stereotype, uterus.	As Y1,2, 3 plus Community, democracy, rights, responsibilities, citizen, race/racism, support, cultural, conflict, assumption, resilient, peer pressure, assertive, inner strength, alcohol, smoking, egg, sperm	As Y1,2,3,4 plus Rumour, direct, indirect, developing world, opportunities, aspirations, informed decisions, reflect, body image, eating disorder, antisocial behaviour, liver, misuse, emergency, risky, self-esteem, compromise, puberty, menstruation, reproduce, physical, mental, IVF, consent.	As Y 1,2,3,4,5 plus Democratic process, universal rights, globally, disabilities, normal, excluded, grief, pregnancy.