



PSHE progression map

		Year 3	Year 4	Year 5	Year 6
Family and relationships	Family	Learning that problems can occur in families and that there is help available if needed.	Using respectful language to discuss different families.	Identifying ways families might make children feel unhappy or unsafe.	N/A
	Friendships	Exploring ways to resolve friendship problems. Developing an understanding of the impact of bullying and what to do if bullying occurs.	Exploring physical and emotional boundaries in friendships.	Exploring the impact that bullying might have. Exploring issues which might be encountered in friendships and how these might impact the friendship.	Identifying ways to resolve conflict through negotiation and compromise.
	Respectful relationships	Identifying who I can trust. Learning about the effects of non-verbal communication. Exploring the negative impact of stereotyping.	Exploring how my actions and behaviour can affect other people.	Exploring and questioning the assumptions we make about people based on how they look. Exploring our positive attributes and being proud of these (self-respect).	Discussing how and why respect is an important part of relationships. Identifying ways to challenge stereotypes.
	Change and loss	N/A	Discussing how to help someone who has experienced a bereavement.	N/A	Exploring the process of grief and understanding that it is different for different people.

Health and	Health and prevention	Discussing why it is important to look after my teeth.	Developing independence in looking after my teeth.	Developing independence for protecting myself in the sun.	Considering ways to prevent illness. Identifying some actions to take if I am worried about my health or my friends' health.
	Physical health and wellbeing	Learning stretches which can be used for relaxation. Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.	Identifying what makes me feel calm and relaxed. Learning visualisation as a tool to aid relaxation.	Understanding the relationship between stress and relaxation. Considering calories and food groups to plan healthy meals. Developing greater responsibility for ensuring good quality sleep.	Identifying a range of relaxation strategies and situations in which they would be useful. Exploring ways to maintain good habits. Setting achievable goals for a healthy lifestyle.
	Mental wellbeing	Exploring my own identity through the groups I belong to. Identifying my strengths and exploring how I use them to help others. Being able to breakdown a problem into smaller parts to overcome it.	Exploring how my skills can be used to undertake certain jobs. Explore ways we can make ourselves feel happy or happier. Developing the ability to appreciate the emotions of others in different situations. Learning to take responsibility for my emotions by knowing that I can control some things but not others. Developing a growth mindset.	Taking responsibility for my own feelings.	Exploring my personal qualities and how to build on them. Developing strategies for being resilient in challenging situations.

Safety and the changing body	Being safe (including online)	Exploring ways to respond to cyberbullying or unkind behaviour online. Developing skills as a responsible digital citizen. Identifying things people might do near roads which are unsafe. Beginning to recognise unsafe digital content.	Discussing how to seek help if I need to. Exploring what to do if an adult makes me feel uncomfortable. Learning about the benefits and risks of sharing information online.	Developing an understanding of how to ensure relationships online are safe.	Developing an understanding about the reliability of online information. Exploring online relationships including dealing with problems.
	Drugs, alcohol and tobacco	Exploring that people and things can influence me and that I need to make the right decision for me. Exploring choices and decisions that I can make.	Discussing the benefits of being a non-smoker.	Learning to make 'for' and 'against' arguments to help with decision making.	Discussing the reasons why adults may or may not drink alcohol.
	The changing adolescent body	N/A	Discussing some physical and emotional changes during puberty.	Learning about the emotional changes during puberty. Identifying reliable sources of help with puberty.	Discussing problems which might be encountered during puberty and using knowledge to help.
	Basic first aid	Learning what to do in a medical emergency, including calling the emergency services.	Learning how to help someone who is having an asthma attack.	Learning about how to help someone who is bleeding.	Learning how to help someone who is choking. Placing an unresponsive patient into the recovery position.
		Exploring how children's rights help them and other children. Considering the responsibilities that adults and children have to maintain children's rights.	Discussing how we can help to protect human rights. Identifying ways items can be reused. Explaining why reusing items is of benefit to the environment.	Explaining why reducing the use of materials is positive for the environment. Discussing how rights and responsibilities link. Exploring the right to a freedom of expression.	Learning about environmental issues relating to food. Discussing how education and other human rights protect us. Identifying causes which are important to us.

		Discussing ways we can make a difference to recycling rates at home/school. Identifying local community groups and discussing how these support the community.	Identifying the benefits different groups bring to the local community. Discussing the positives diversity brings to a community.	Identifying the contribution people make to the community and how this is recognised. Developing an understanding of how parliament and Government work. Identifying ways people can bring about change in society.	Discussing how people can influence what happens in parliament. Discussing ways to challenge prejudice and discrimination. Identifying appropriate ways to share views and ideas with others.
Citizenship		Exploring how children's rights help them and other children. Considering the responsibilities that adults and children have to maintain children's rights. Discussing ways we can make a difference to recycling rates at home/school. Identifying local community groups and discussing how these support the community.	Discussing how we can help to protect human rights. Identifying ways items can be reused. Explaining why reusing items is of benefit to the environment. Identifying the benefits different groups bring to the local community. Discussing the positives diversity brings to a community.	Explaining why reducing the use of materials is positive for the environment. Discussing how rights and responsibilities link. Exploring the right to a freedom of expression. Identifying the contribution people make to the community and how this is recognised. Developing an understanding of how parliament and Government work. Identifying ways people can bring about change in society.	Learning about environmental issues relating to food. Discussing how education and other human rights protect us. Identifying causes which are important to us. Discussing how people can influence what happens in parliament. Discussing ways to challenge prejudice and discrimination. Identifying appropriate ways to share views and ideas with others.

Economic wellbeing		Considering pros and cons of payment methods. Contemplating budgeting benefits. Planning and calculating within a budget. Discussing attitudes and feelings about money. Developing empathy in financial situations. Handling negative financial emotions. Making ethical spending decisions. Assessing impact of spending choices. Reflecting on future job based on goals. Challenging and understanding workplace stereotypes. Ranking factors influencing job choices.	Recognising value for money. Understanding differing opinions on spending. Recognising how to track money spent and saved. Understanding reasons for using a bank. Exploring how to safeguard money effectively. Identifying influences on job choices. Understanding careers can change. Challenging workplace stereotypes.	Discussing money risks and management. Making and prioritising budgets. Discussing money's role in career choices. Assessing loan and borrowing responsibilities and suitability. Implementing money safeguarding strategies. Navigating emotional implications in financial situations. Seeking guidance for financial dilemmas. Integrating factors to inform career decisions.	Developing emotional intelligence related to financial matters. Applying coping strategies for managing financial emotions. Assessing risks in both physical and digital financial environments. Implementing safeguarding measures for money in real-world scenarios. Adapting to financial changes associated with transitioning to secondary school. Preparing personally for financial and career changes in secondary school. Identifying different forms of gambling and understanding their risks. Applying responsible gambling attitudes in real-world situations. Recognising various workplace environments and their characteristics. Identifying career options in multiple sectors. Evaluating the suitability of different career paths. Aligning career options with personal interests.
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