



PSHE CURRICULUM PROGRESSION – linked to units within scheme of work

Yr	Our Happy School	Out & About	Looking Forward	Healthy Bodies, Healthy Mind	Ready, Steady, Go
6	Work well in a group Listen to and show respect for other people's views. Think about what makes a group function well so that we can learn together.	Know how to protect myself on-line. Use my skills for solving problems peacefully. Identify strategies I can use to stay safe when faced with risky situations.	Help organize an enterprise activity. Know it is up to me to get things done. Think about how money affects the way I live.	Know why I should exercise. Know what addiction means. Understand that sometimes the feeling part of my brain takes over. Know what I can do when I feel pressure.	Know there can be positive outcomes from changes that we didn't want. Look for the positives in big changes. Identify the positive aspects of moving on to secondary school.
5	Know I am valued at school. Identify my strengths and how I can contribute to a group. Understand the importance of rules.	Know that different ways of behaving are appropriate in different relationships. Protect my personal safety. Understand how stereotyping can affect people in different ways.	Know the skills and attributes of a successful learner. Explain how people manage their money. Know how to save up for an item restricting my spending.	Know alcohol is a drug. Describe a balanced diet. Stand up for what I think after listening to others. Know how to have a healthy mind/body.	Know how people might respond to difficult changes. Take responsibility for my own safety Know how to deal with difficult feelings to do with loss.
4	Know what it feels like to be unwelcome. Work with others to achieve a shared goal. Know how to develop and maintain a positive learning environment.	Use peaceful problem solving to sort out difficulties. Identify ways to manage difficult feelings.	Know what can influence how people spend or save. Understand I am responsible for my own learning and behaviour.	Understand I am responsible for taking exercise to look after my body. Able to stop and think before I act. Know how to make sensible choices.	Know ways of dealing with changes. Know different ways to keep myself safe when I am out with my friends.
3	Know something about everyone in my class. Work in a cooperative way with others. Understand that everyone has to live by rules.	Spot dangers in the home including dangers online. Thought about how to stay safe.	Know some ways I can support a charity. Understand how others can help me achieve my goals and how I can help them Understand the importance of teamwork.	Know that eating too much salt, sugar and fat is bad for me. Recognise when I find something difficult and cope with how that makes me feel. Know how to keep my body healthy.	Identify people who I can turn to for help. Understand that everybody goes through many sorts of change. Know how to keep myself safe including how to contact Childline.
2	Understand how I can help make my classroom a safe and happy place. Understand how my behaviour can affect others.	Know about 'stranger danger', including meeting strangers online. Have thought about what I should do if I meet dangerous situations.	Know that you can choose to spend or save money. Have thought about the best way to use money.	Know why I should eat 5 portions of fruit and veg a day. Know what makes me feel relaxed and what makes me worried.	Know how to cope with changes that can be exciting or worrying. Know how to overcome obstacles that might get in the way.
1	Understand why we have rules in school. Tell you how I am the same and different from my friends. Able to talk about my feelings.	Know how to be careful when walking on the pavement. Think about how to keep myself safe.	Talk about the different types of work people do. Know how I learn and how I can achieve a goal.	Know that exercise keeps me fit and healthy. Understand substances in the house can be dangerous. Thought about different ways to keep myself healthy.	Know my friends can help me and I can help them. To know that some changes are natural and "happen by themselves".
FS	<i>Know right from wrong and try to behave accordingly. Show an understanding of their own feelings and those of others. Work and play cooperatively.</i>	<i>Use talk to help work out problems and organise thinking and activities.</i>	<i>Set and work towards simple goals. Talk about the lives of people around them and their roles in society.</i>	<i>Know and talk about the different factors that support their overall health and wellbeing.</i>	<i>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</i>