

PSHE PROGRESSION



PSHE in the Early Years Including Goldcrests nursery

PSHE in the early years is taught through a variety of adult led and child-initiated activities. All activities and play based learning opportunities are guided by the interests of the individuals in the settings. PSHE forms the basic structure of the EYFS with numerous opportunities for the children to develop within each of the strands.

PSHE is taught in three main strands:

- **'Health and self-care'**

Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

- **'Making Relationships'**

Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings and form positive relationships with adults and other children.

- **'Managing Feelings and Behaviour'**

Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class and understand and follow the rules. They adjust their behaviour to different situations and take changes of routine in their stride.

Relationships	Show more confidence in new social situations. Play with one or more other children, extending and elaborating play ideas. Become more outgoing with unfamiliar people, in the safe context of their setting. Develop appropriate ways of being assertive. Talk with others to solve conflicts. Begin to understand how others might be feeling. Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider Man in the game, and suggesting other ideas.
Health and wellbeing	Develop their sense of responsibility and membership of a community. Increasingly follow rules, understanding why they are important. Do not always need an adult to remind them of a rule.
Living in the wider world	Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.

<p><u>Relationships</u> Pupils should be taught:</p> <ol style="list-style-type: none"> 1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts 2. how to recognise and manage emotions within a range of relationships 3. how to recognise risky or negative relationships including all forms of bullying and abuse 4. how to respond to risky or negative relationships and ask for help 5. how to respect equality and diversity in relationships. 	<p><u>Health and Wellbeing</u> Pupils should be taught:</p> <ol style="list-style-type: none"> 1. what is meant by a healthy lifestyle 2. how to maintain physical, mental and emotional health and wellbeing 3. how to manage risks to physical and emotional health and wellbeing 4. ways of keeping physically and emotionally safe 5. about managing change, including puberty, transition and loss 6. how to make informed choices about health and wellbeing and to recognise sources of help with this 7. how to respond in an emergency 8. to identify different influences on health and wellbeing 	<p><u>Living in the Wider World.</u> Pupils should be taught:</p> <ol style="list-style-type: none"> 1. about respect for self and others and the importance of responsible behaviours and actions 2. about rights and responsibilities as members of families, other groups and ultimately as citizens 3. about different groups and communities 4. to respect equality and to be a productive member of a diverse community 5. about the importance of respecting and protecting the environment 6. about where money comes from, keeping it safe and the importance of managing it effectively 7. how money plays an important part in people's lives 8. a basic understanding of enterprise.
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		Milestone 1 Year A Wrens & Robins	Milestone 1 Year B Wrens & Robins	Milestone 2 Year A Woodpeckers	Milestone 2 Year B Woodpeckers	Milestone 2/3 Year A Owls	Milestone 2/3 Year B Owls	Milestone 3 Year A Peregrines	Milestone 3 Year A Peregrines
RELATIONSHIPS	Families and friendships	Roles of different people; families; feeling cared for	Making friends; feeling lonely and getting help	What makes a family; features of family life	Positive friendships including online	Managing friendships and peer influence	Positive friendships including online	Managing friendships and peer influence	Attraction to other; romantic relationships; civil partnerships and marriage
	Safe relationships	Recognising privacy; staying safe; seeking permission	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Physical contact and feeling safe	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Physical contact and feeling safe	Recognising and managing pressure; consent in different situations
	Respecting ourselves and others	How behaviour affect others: being polite and respectful	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Respecting differences and similarities; discussing difference sensitively	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Respecting differences and similarities; discussing difference sensitively	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Expressing opinions and respecting others points of view, including discussing topical issues

		Milestone 1 Year A Wrens & Robins	Milestone 1 Year B Wrens & Robins	Milestone 2 Year A Woodpeckers	Milestone 2 Year B Woodpeckers	Milestone 2/3 Year A Owls	Milestone 2/3 Year B Owls	Milestone 3 Year A Peregrines	Milestone 3 Year A Peregrines
HEALTH & WELLBEING	Physical health and Mental wellbeing	Keeping healthy; food and exercise, hygiene routines; sun safety	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Health choices and habits; what affects feelings; expressing feelings	Maintaining a balanced lifestyle; oral hygiene and dental care	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Maintaining a balanced lifestyle; oral hygiene and dental care	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	What affect mental health and ways of taking care of it; managing change, loss and bereavement; managing time online
	Growing and changing	Recognising what makes them unique and special; feelings; managing when things go wrong	Growing older; naming body parts; moving class or year	Personal strengths and achievements; managing and reframing setback	Physical and emotional changes in puberty, external genitalia; personal hygiene routines; support with puberty	Personal identify; recognising individuality and different qualities; mental well being	Physical and emotional changes in puberty, external genitalia; personal hygiene routines; support with puberty	Personal identify; recognising individuality and different qualities; mental well being	Human Reproduction and birth; increasing independence; managing transition
	Keeping safe	How rules and age restrictions help us; keeping safe online	Safety in different environments; risk and safety at home; emergencies	Risks and hazards; safety in the local environment and unfamiliar places	Medicines and household products; drugs common to everyday life	Keeping safe in different situations, including responding in emergencies, first aid and FGM	Medicines and household products; drugs common to everyday life	Keeping safe in different situations, including responding in emergencies, first aid and FGM	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

		Milestone 1 Year A Wrens & Robins	Milestone 1 Year B Wrens & Robins	Milestone 2 Year A Woodpeckers	Milestone 2 Year B Woodpeckers	Milestone 2/3 Year A Owls	Milestone 2/3 Year B Owls	Milestone 3 Year A Peregrines	Milestone 3 Year A Peregrines
LIVING IN THE WIDER WORLD	Belonging to a community	What rules are; caring for others' needs; looking after the environment	Belonging to a group; roles and responsibilities; being the same and different in the community	The value of rules and laws; rights, freedoms and responsibilities	What makes a community; shared responsibility	Protecting the environment; compassion towards others	What makes a community; shared responsibility	Protecting the environment; compassion towards others	Valuing diversity; challenging discrimination and stereotypes
	Media literacy and digital resilience	Using the internet and digital devices; communicating online	The internet in everyday life; online content and information	How the internet is used; assessing information online	How data is shared	How information online is targeted; different media types, their role and impact	How data is shared	How information online is targeted; different media types, their role and impact	Evaluating media sources; sharing things online
	Money and work	Strengths and interests; jobs in the community	What money is; needs and wants; looking after money.	Different jobs and skills; job stereotypes; setting personal goals	Making decisions about money: using and keeping money safe	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Making decisions about money: using and keeping money safe	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Influences and attitudes to money; money and financial risks

Substantive and disciplinary knowledge in PSHE

Substantive knowledge in PSHE is threaded throughout.

- Relationships, changes with their bodies
- Managing money
- Staying healthy
- Staying safe
- Being an active citizen, living in the wider world.

Disciplinary knowledge in PSHE is the interpretation of themselves and how to support themselves and others through changes. They will have opportunities to make their own choices about how to do something and will be able to evaluate what they have learnt and tried and how to improve for their future. Such as:

- how to have a healthy diet
- how to respond to changes through life
- how to become an active citizen
- how to make good choices

PSHE/ BRITISH VALUES/ SMSC LONG TERM OVERVIEW

Year A Overview KS1 (Milestone 1)

	PSHE	BRITISH VALUES/SMSC	ENRICHMENT
AUTUMN 1	Families and friendships Roles of different people; families; feeling cared for	Respecting ourselves and others How behaviour affect others: being polite and respectful	Charity event
AUTUMN 2	Safe relationships Recognising privacy; staying safe; seeking permission		Anti-Bullying Week
SPRING 1	Growing and changing Recognising what makes them unique and special; feelings; managing when things go wrong	Physical health and Mental wellbeing Keeping healthy; food and exercise, hygiene routines; sun safety	SRE
SPRING 2	Keeping safe How rules and age restrictions help us; keeping safe online		E Safety Week
SUMMER 1	Media literacy and digital resilience Using the internet and digital devices; communicating online	Belonging to a community What rules are; caring for others' needs; looking after the environment	Charity event
SUMMER 2	Money and work Strengths and interests; jobs in the community		Environmental safety

Year B Overview KS1 (Milestone 1)

	PSHE	BRITISH VALUES/SMSC	ENRICHMENT
AUTUMN 1	Families and friendships Making friends; feeling lonely and getting help	Respecting ourselves and others Recognising things in common and differences; playing and working cooperatively; sharing opinions	Charity event
AUTUMN 2	Safe relationships Managing secrets; resisting pressure and getting help; recognising hurtful behaviour		Anti-Bullying Week
SPRING 1	Growing and changing Growing older; naming body parts; moving class or year	Physical health and Mental wellbeing Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	SRE
SPRING 2	Keeping safe Safety in different environments; risk and safety at home; emergencies		E Safety Week
SUMMER 1	Media literacy and digital resilience The internet in everyday life; online content and information	Belonging to a community Belonging to a group; roles and responsibilities; being the same and different in the community	Charity event
SUMMER 2	Money and work What money is; needs and wants; looking after money		Environmental safety

Year A Overview WOODPECKERS KS2- Years 3&4 (Milestone 2)

	PSHE	BRITISH VALUES/SMSC	ENRICHMENT
AUTUMN 1	Families and Friendships What makes a family; features of family life	Respecting ourselves and others Recognising things in common and differences; playing and working cooperatively; sharing opinions	Charity event
AUTUMN 2	Safe relationships Personal boundaries; safely responding to others; the impact of hurtful behaviour		Anti-Bullying Week
SPRING 1	Growing and changing Personal strengths and achievements; managing and reframing setbacks	Physical health and Mental wellbeing Health choices and habits; what affects feelings; expressing feelings	SRE
SPRING 2	Keeping safe Risks and hazards; safety in the local environment and unfamiliar places		E Safety Week
SUMMER 1	Media literacy and digital resilience How the internet is used; assessing information online	Belonging to a community The value of rules and laws; rights, freedoms and responsibilities	Charity event
SUMMER 2	Money and work Different jobs and skills; job stereotypes; setting personal goals		Environmental safety

Year B Overview WOODPECKERS KS2- Years 3&4 (Milestone 2) / OWLS KS2- Years 4&5 (Milestone 2/3)

	PSHE	BRITISH VALUES/SMSC	ENRICHMENT
AUTUMN 1	Families and friendships Positive friendships including online	Respecting ourselves and others Respecting differences and similarities; discussing difference sensitively	Charity event
AUTUMN 2	Safe relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online		Anti-Bullying Week
SPRING 1	Growing and changing Physical and emotional changes in puberty, external genitalia; personal hygiene routines; support with puberty	Physical health and Mental wellbeing Maintaining a balanced lifestyle; oral hygiene and dental care	SRE
SPRING 2	Keeping safe Medicines and household products; drugs common to everyday life		E Safety Week
SUMMER 1	Media literacy and digital resilience How data is shared	Belonging to a community What makes a community; shared responsibility	Charity event
SUMMER 2	Money and work Making decisions about money: using and keeping money safe		Environmental safety

Year A Overview OWLS KS2- Years 4&5 (Milestone 2/3) / PEREGRINES KS2- Years 5&6 (Milestone 3)

	PSHE	BRITISH VALUES/SMSC	ENRICHMENT
AUTUMN 1	Families and friendships Managing friendships and peer influence	Respecting ourselves and others Responding respectfully to a wide range of people; recognising prejudice and discrimination	Charity event
AUTUMN 2	Safe relationships Physical contact and feeling safe		Anti-Bullying Week
SPRING 1	Growing and changing Personal identify; recognising individuality and different qualities; mental well being	Physical health and Mental wellbeing Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	SRE
SPRING 2	Keeping safe Keeping safe in different situations, including responding in emergencies, first aid and FGM		E Safety Week
SUMMER 1	Media literacy and digital resilience How information online is targeted; different media types, their role and impact	Belonging to a community Protecting the environment; compassion towards others	Charity event
SUMMER 2	Money and work Identifying job interests and aspirations; what influences career choices; workplace stereotypes		Environmental safety

Year B Overview PEREGRINES KS2- Years 5&6 (Milestone 3)

	PSHE	BRITISH VALUES/SMSC	ENRICHMENT
AUTUMN 1	Families & friendships Attraction to other; romantic relationships; civil partnerships and marriage	Respecting ourselves and others Expressing opinions and respecting others points of view, including discussing topical issues	Charity event
AUTUMN 2	Safe relationships Recognising and managing pressure; consent in different situations		Anti-Bullying Week
SPRING 1	Growing & changing Human Reproduction and birth; increasing independence; managing transition	Physical health and Mental wellbeing What affect mental health and ways of taking care of it; managing change, loss and bereavement; managing time online	SRE
SPRING 2	Keeping safe Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media		E Safety Week
SUMMER 1	Media literacy & digital resilience Evaluating media sources; sharing things online	Belonging to a community valuing diversity; challenging discrimination and stereotypes	Charity event
SUMMER 2	Money & work Influences and attitudes to money; money and financial risks		Environmental safety