



Subject: PSHE & RSE

Curriculum Skills and Progression Map

Skill Area	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topics covered	?	Term 1 Citizenship Term 2 Family & relationships Terms 3 & 4 Safety & the changing body Term 5 Economic wellbeing Term 6 Health & wellbeing	Term 1 Citizenship Term 2 Family & relationships Terms 3 & 4 Safety & the changing body Term 5 Economic wellbeing Term 6 Health & wellbeing	Term 1 Family & relationships Term 2 Safety & the changing body Term 3 Citizenship Term 4 Health & wellbeing Term 5 Economic wellbeing Term 6 Transition	Term 1 Family & relationships Term 2 Safety & the changing body Term 3 Health & wellbeing Term 4 Citizenship Term 5 Economic wellbeing Term 6 Transition	Term 1 Economic wellbeing Term 2 Citizenship Term 3 Family & relationships Term 4 Safety & the changing body Term 5 Health & wellbeing Term 6 Safety & the changing body Transition	Term 1 Citizenship Term 2 Health & wellbeing Term 3 Safety & the changing body Term 4 Economic wellbeing Term 5 Family & relationships Term 6 Safety & the changing body Transition
Families & relationships <i>*Family</i> <i>*Friendships</i> <i>*Respectful relationships</i> <i>*Change and loss</i>	<ul style="list-style-type: none"> -Talking about people that hold a special place in my life. -Developing strategies to help when sharing with others. -Exploring what makes a good friend. -Thinking about what it means to be a valued person. -Exploring the differences between us that make each person unique. -Considering the perspectives and feelings of others. -Learning to work as a member of a team. 	<ul style="list-style-type: none"> -Exploring how families are different to each other. -Exploring how friendship problems can be overcome. -Exploring friendly behaviours. 	<ul style="list-style-type: none"> -Understanding ways to show respect for different families. -Understanding difficulties in friendships and discussing action that can be taken. -Exploring the conventions of manners in different situations. 	<ul style="list-style-type: none"> -Learning that problems can occur in families and that there is help available if needed. -Exploring ways to resolve friendship problems. -Developing an understanding of the impact of bullying and what to do if bullying occurs. -Identifying who I can trust. -Exploring the negative impact of stereotyping. 	<ul style="list-style-type: none"> -Exploring physical and emotional boundaries in friendships. -Discussing how to help someone who has experienced a bereavement. 	<ul style="list-style-type: none"> -Identifying ways families might make children feel unhappy or unsafe. -Exploring the impact that bullying might have. -Exploring issues which might be encountered in friendships and how these might impact the friendship. -Exploring and questioning the assumptions we make about people based on how they look. 	<ul style="list-style-type: none"> -Identifying ways to resolve conflict through negotiation and compromise. -Discussing how and why respect is an important part of relationships. -Identifying ways to challenge stereotypes. -Exploring the process of grief and understanding that it is different for different people.

Health & wellbeing <i>*Health and prevention</i> <i>*Physical health and wellbeing</i> <i>*Mental wellbeing</i>	<ul style="list-style-type: none"> -Discussing ways that we can take care of ourselves. -Exploring how exercise affects different parts of the body. -Identifying how characters within a story may be feeling. -Identifying and expressing my own feelings. -Exploring coping strategies to help regulate emotions. -Exploring different facial expressions and identifying the different feelings they can represent. -Exploring ways to moderate behaviour, socially and emotionally. -Coping with challenge when problem solving. 	<ul style="list-style-type: none"> -Learning how to wash hands properly. -Learning how to deal with an allergic reaction. -Exploring positive sleep habits. -Identifying different ways to manage feelings. 	<ul style="list-style-type: none"> -Exploring the effect that food and drink can have on my teeth. -Exploring some of the benefits of a healthy balanced diet. -Suggesting how to improve an unbalanced meal. -Exploring strategies to manage different emotions. -Developing empathy. -Exploring the need for perseverance and developing a growth mindset. 	<ul style="list-style-type: none"> -Understanding why it is important to look after my teeth. -Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest. -Being able to breakdown a problem into smaller parts to overcome it. 	<ul style="list-style-type: none"> -Developing independence in looking after my teeth. -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. 	<ul style="list-style-type: none"> -Developing independence for protecting myself in the sun. -Considering calories and food groups to plan healthy meals. -Developing greater responsibility for ensuring good quality sleep. -Taking responsibility for my own feelings. 	<ul style="list-style-type: none"> -Discussing ways to prevent illness. -Identifying some actions to take if I am worried about my health or my friends' health. -Setting achievable goals for a healthy lifestyle. -Developing strategies for being resilient in challenging situations.
Safety & the changing body <i>*Being safe (including online)</i> <i>*Drugs, alcohol and tobacco</i> <i>*The changing adolescent body</i> <i>*Basic first aid</i>	<ul style="list-style-type: none"> -Considering why it is important to follow rules. -Exploring what it means to be a safe pedestrian. 	<ul style="list-style-type: none"> -Learning what is and is not safe to put in or on our bodies. -Practising making an emergency phone call. 	<ul style="list-style-type: none"> -Discussing the concept of privacy. -Exploring ways to stay safe online. -Exploring what people can do to feel better when they are ill. -Learning how to be safe around medicines. 	<ul style="list-style-type: none"> -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. -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. -Learning what to do in a medical emergency, including calling the emergency services. 	<ul style="list-style-type: none"> -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. -Discussing the benefits of being a non-smoker. -Discussing some physical and emotional changes during puberty. 	<ul style="list-style-type: none"> -Developing an understanding of how to ensure relationships online are safe. -Learning to make 'for' and 'against' arguments to help with decision making. -Identifying reliable sources of help with puberty. -Learning about how to help someone who is bleeding. 	<ul style="list-style-type: none"> -Exploring online relationships including dealing with problems. -Discussing the reasons why adults may or may not drink alcohol. -Discussing problems which might be encountered during puberty and using knowledge to help. -Placing an unresponsive patient into the recovery position.

Citizenship	<ul style="list-style-type: none"> -Beginning to understand why rules are important in school. 	<ul style="list-style-type: none"> - Recognising why rules are necessary. -Exploring the differences between people. 	<ul style="list-style-type: none"> -Explaining why rules are in place. -Learning how to discuss issues of concern to me. 	<ul style="list-style-type: none"> -Exploring how children's rights help them and other children. -Considering the responsibilities that adults and children have to maintain children's rights. 	<ul style="list-style-type: none"> -Discussing how we can help to protect human rights. -Identifying the benefits different groups bring to the local community. -Discussing the positives diversity brings to a community. 	<ul style="list-style-type: none"> -Developing an understanding of how parliament and Government work. 	<ul style="list-style-type: none"> -Discussing how education and other human rights protect 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		<ul style="list-style-type: none"> -Discussing what to do if we find money. -Exploring choices people make about money. 	<ul style="list-style-type: none"> -Identifying whether something is a want or need. -Recognising that people make choices about how to spend money. 	<ul style="list-style-type: none"> -Considering the advantages and disadvantages of different payment methods. 	<ul style="list-style-type: none"> -Identifying negative and positive influences that can affect our career choices. 	<ul style="list-style-type: none"> -Discussing risks associated with money. 	<ul style="list-style-type: none"> -Identifying jobs which might be suitable for them.
Identity							<ul style="list-style-type: none"> -Exploring how the media might influence our identity.