



## PSHE PROGRESSION GRID

At Leadgate Primary School, PSHE is challenging, motivating, practical and interactive. In our diverse society, children need to develop an understanding of themselves, others and their community and how we can work together in harmony. They also need to know how to maintain healthy lifestyles and relationships with others. PSHE plays an integral role in children exploring these things and helps to prepare them for the community that they live in now and in the future. The PSHE education programme makes a significant contribution to pupils' spiritual, moral, social and cultural (SMSC) development, their behaviour and safety and the school's statutory responsibility to promote pupils' wellbeing. In addition, the learning provided through a comprehensive PSHE education provision is essential to safeguarding pupils.

		EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
HEALTH AND WELL-BEING	Physical health and mental wellbeing	Eats a healthy range of foods and understands need for variety in food. Describes physical changes to the body that can occur when feeling unwell, anxious, tired, angry or sad.	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	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online
	Growing and changing	Understands their own and other people's feelings, offering empathy and comfort.	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 setbacks	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Personal identity; recognising individuality and different qualities; mental wellbeing	Human reproduction and birth; increasing independence; managing transitions
	Keeping safe	Uses equipment, tools, objects, construction and malleable materials safely.	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	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media
RELATIONSHIPS	Families and relationships	Enjoys joining in with family customs and routines.	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.	Attraction to others; romantic relationships; civil partnership and marriage.
	Safe relationships	Is increasingly socially skilled and will take steps to resolve conflicts with other children by negotiating and finding a compromise; sometimes by themselves, sometimes with support.	Recognising privacy; staying safe; seeking permission	Managing secrets; resisting pressure and getting help; recognizing hurtful behavior.	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.	Recognising and managing pressure; consent in different situations.
	Respecting ourselves and others	Knows that other children do not always enjoy the same things, and is sensitive to this.	How behaviour affects others; being polite and respectful	Recognising things in common and differences; playing and working cooperatively; sharing opinions.	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite.	Respecting differences and similarities; discussing difference sensitively.	Responding respectfully to a wide range of people; recognising prejudice and discrimination.	Expressing opinions and respecting other points of view, including discussing topical issues.

LIVING IN THE WIDER WORLD	Belonging to a community	Knows about similarities and differences between themselves and others, and among families, communities, cultures and traditions.	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 responsibilities.	Protecting the environment; compassion towards others.	Valuing diversity; challenging discrimination and stereotypes.
	Media literacy and digital resilience	Uses ICT hardware to interact with age-appropriate computer software.	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 and used.	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.	Influences and attitudes to money; money and financial risks.