

PSHE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery Reception	<i>Following EYFS curriculum standards.</i>					
Year 1	Myself Pupils will explore their strengths and set goals for the year. They will discuss the importance of rules and why they need to be followed.	Relationships Pupils will explore feelings linked to friendships. They will discuss fairness and how to deal with disagreements.	Rights and responsibilities Pupils will explore ways that they can be a good member of the class. They will discuss themes such as sharing, animals rights and personal choices.	My body Pupils will explore the importance of exercise and good food choices. They will discuss the games they play at playtime and how to avoid rough play.	Family and community What do we all have in common? Pupils will explore the idea of family. They will discuss how grown-ups can keep them safe.	Money matters Pupils will explore where money comes from and discuss what they spend their money on. Mental health Pupils will explore good and not good feelings.
Year 2	Myself Pupils will explore their areas for improvement and discuss how they can get better. They will think about how to stop germs and illnesses from spreading.	Relationships Pupils will explore how to deal with keeping secrets. They will discuss what they should do if they think someone is being bullied.	My body Pupils will explore the reasons why they should eat healthily and exercise. They will discuss how to deal with problems with their friends.	Rights and responsibilities Pupils will explore the idea of rules. They will discuss their own rights and what to do if they feel unhappy about this.	Family and community Pupils will explore the differences between people in the community. They will discuss the idea of 'privacy'.	Money matters Pupils will explore where money comes from and discuss what they spend their money on. Mental health Pupils will explore how they can help others.
Year 3	Myself Pupils will explore how to get out of a negative mindset.	Relationships Pupils will explore healthy friendships and peer pressure. They will discuss ways families care for each other to create a positive environment.	My body Pupils will explore the importance of balanced meals and food labels and why we should read them. Privacy Pupils will explore the ideas of personal boundaries and when they should say, 'no'.	Money Matters Pupils will explore how to keep track of money and how to save money. Diversity What is it? Why is it good? Why have a diverse community?	Responsibilities. Pupils will explore keeping safe - identifying hazards and how to minimise/avoid them as well as how to react in an emergency situation. Pupils will discuss recycling and why it is important.	Aiming High Pupils will explore achievements, goals, jobs and skills. Mental health Pupils will discuss being aware of feelings and what they are.
Year 4	Myself Pupils will explore setting achievable personal goals for the term. They will discuss identifying and building their personal identity.	Relationships Pupils will explore how to deal with friendship issues. They will identify different types of families.	My body Pupils will explore the foods that are good for their digestive system. They will discuss how to Improve dental health. Privacy Pupils will explore the ideas of 'secrets'. What secrets should they keep and when to tell an adult.	Money Matters Pupils will explore how to plan a simple budget and how to raise money. Stereotypes Pupils will explore the idea of stereotypes, how they affect people and how we can challenge them. Focus on gender.	Responsibilities Pupils will explore how to use medicines safely and other household products. They will learn basic first aid techniques for common injuries (burns, nosebleeds).	Mental health Pupils will explore the language we use related to our check-in.
Year 5	Myself Pupils will set goals for each subject for the term. They will discuss responsibilities related to independence (walking home and mobile phones).	Relationships Pupils will explore not succumbing to trends. They will discuss online friendships vs face to face and the benefits of widening friendships. They will share ideas on how to seek help if you're feeling lonely or excluded by peers.	My body Pupils will explore how exercise and sleep affect our mental and physical health. Privacy Pupils will discuss seeking and giving permission in different situations.	Money Matters Pupils will explore how to use a bank account and how to pay for things. Stereotypes 2: Pupils will focus on wider stereotypes: Appearance (glasses, tattoos, tracksuits) Jobs (scientists, models, sports stars).	Marriage Pupils will explore the meaning of marriage in different faiths and communities as well as civil partnerships and committed relationships.	My body Pupils will explore changes in the body/mind and puberty (periods). They will identify reproductive organs in females and discuss personal hygiene related to puberty. Mental health - Pupils will explore the idea of sadness and strategies for being aware and managing this.
Year 6	Myself Pupils will set end of term goals related to weaknesses they identify. They will explore road safety awareness and responsibilities related to becoming more independent.	Relationships Pupils will explore how to resist pressure from friends in school/other places to do things that make them anxious. They will discuss how to recognise unhappy family relationships and where to seek advice.	Privacy Pupils will build on peer pressure knowledge. They will explore how to stay private online and discuss fake news and how to spot it.	Drugs and Alcohol unit. Pupils will explore the risks around cigarettes/vaping/alcohol. They will discuss the laws around drugs and why they are there. Prejudice What is it? What is discrimination? How to respond if you witness or experience it.	Money Matters Pupils will explore links between jobs and money and how to keep money safe online.	My body Pupils will learn about puberty and sex education including erections, wet dreams and personal hygiene. Mental health - Pupils will explore the impact of media and online pressures on mental health. They will discuss the emotions around transition to secondary school.

PSHE Progression of skills	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Self-Awareness & Personal Growth	Identify personal strengths. Set and explain a simple goal. Explain why rules matter.	Identify areas for improvement. Describe consequences of actions. Understand how our germs spread and how to prevent illness.	Identify our strengths and weaknesses with examples. Explain how to reframe negative thinking. Show increasing independence in everyday tasks.	Set achievable personal goals and justify them. Explain personal identity and influences. Describe how personal or religious morals guide decisions.	Set subject-specific goals. Explain personal responsibilities linked to growing independence. Understand and articulate self-worth.	Set goals linked to weaknesses that have been identified. Explain responsibilities linked to increased independence. Demonstrate self-confidence and allyship.
Relationships & Social Interaction	Explain feelings and express concerns appropriately. Identify simple friendship difficulties and solutions.	Explain worries linked to friendships and secrets. Identify bullying behaviours and seek help.	Describe characteristics of healthy friendships. Explain how peer pressure can influence choices. Recognise a range of family structures.	Apply strategies to include others and resolve conflict. Explain that friendships can change over time. Recognise features of healthy family relationships.	Evaluate respectful and disrespectful behaviour in friendships. Apply strategies to manage loneliness or exclusion. Compare online and face-to-face friendships.	Apply strategies to resist pressure and seek support. Recognise signs of unhealthy family or peer relationships. Identify early warning signs of unhealthy relationships.
Keeping Healthy & Understanding My Body	Name key body parts using correct anatomical language. Explain how exercise supports physical health.	Explain why healthy eating is important. Describe how to report worries about physical well being.	Explain what makes a balanced diet. Use food labels to make healthier choices.	Explain how digestion works. Describe how bacteria and viruses spread and how to prevent this.	Explain how sleep, exercise and diet affect mental and physical health. Identify and explain changes during puberty.	Explain physical and emotional changes during puberty in detail. Evaluate risks related to smoking/vaping/alcohol. Apply appropriate hygiene strategies.
Rights, Responsibilities & Citizenship	Recognise classroom and school rules. Explain how rules help keep people safe and happy. Demonstrate kindness towards people and animals.	Explain why rules are needed in different situations. Recognise personal responsibilities within the school community. Explain how actions can affect others.	Identify hazards and explain how to reduce risks. Explain why recycling and care for the environment matter.	Apply safe use of medicines and household products. Explain the difference between rights and responsibilities.	Explain different committed relationships. Describe marriage and civil partnerships across communities.	Explain prejudice and discrimination and their impact. Apply community safety knowledge, including basic first aid.

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Safety, Boundaries & Privacy	Recognise unsafe situations in school and at home. Identify trusted adults and know how to ask for help.	Identify unwanted touch and unsafe situations. Explain how and when to seek help from a trusted adult.	Explain personal boundaries and apply them in scenarios.	Explain safe and unsafe secrets. Demonstrate how to respond to unsafe contact.	Explain and apply concepts of consent, permission and peer pressure.	Evaluate online risks including fake news. Apply strategies to stay safe and seek appropriate support.
Money Management & Financial Literacy	Recognise that money is used to buy things. Identify where money comes from.	Explain simple spending choices. Begin to understand saving money for the future.	Explain saving and basic budgeting.	Plan and manage a simple budget. Explain enterprise and fundraising.	Explain how bank accounts and digital payments work.	Explain links between jobs, income and budgeting. Apply strategies to keep money safe, including online.
Diversity, Inclusion & Identity	Recognise similarities and differences between people. Explain that everyone should be treated with kindness and respect.	Recognise and describe differences between people. Explain why it is important to respect differences.	Define diversity. Explain why diversity strengthens communities.	Identify stereotypes and explain their impact. Apply strategies to challenge stereotypes.	Explain wider stereotypes linked to appearance, jobs and gender. Recognise gender identity and individual differences.	Explain prejudice and discrimination. Apply appropriate responses to challenge unfair behaviour.
Mental Health & Emotional Wellbeing	Identify emotions and use basic coping strategies.	Explain how to support someone experiencing loss. Demonstrate perseverance when learning feels difficult.	Recognise personal achievements and strengths. Explain how encouraging and positive thinking support wellbeing.	Explain how feelings can change in response to challenge or change. Apply strategies to manage worry, frustration or disappointment. Explain how perseverance and calming strategies support emotional wellbeing.	Recognise and explain feelings of sadness or pressure. Apply resilience strategies to setbacks. Apply resilience strategies to bereavement.	Evaluate the impact of media and online pressures on well being. Apply strategies to manage transition, worry and change.

This skills progression is delivered through the PSHE long-term plan and enhanced through assemblies, workshops, visitors and cross-curricular links.