

PSHE Progression Document – Based on Kapow Scheme of Learning

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and Relationships	<ul style="list-style-type: none"> • Work and play co-operatively and take turns with others. • Form positive attachments to adults and friendships with peers. • Show sensitivity to their own and to others’ needs 	<ul style="list-style-type: none"> • Understanding that families can include a range of people and how different members of a family are related to each other. • To begin to understand the characteristics of positive friendships. • Learning that friendships can have problems but that these can be overcome. • Exploring friendly behaviour. • Learning to recognise how other people show their feelings and how to care for others • Exploring the ability to successfully work with different people • Understanding ways to help other 	<ul style="list-style-type: none"> • Learning that families can be made up of different people. • Understanding that families offer care, love and support. • Understanding difficulties in friendships and action that can be taken. • Learning how other people show their feelings and how to respond to them. • Exploring the conventions of manners in different situations. • Developing an understanding of self-respect. <p>Exploring how loss and change can affect us.</p>	<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 occur. • Understanding what trust is and identifying who I can trust. • Learning about the effects of non-verbal communication. • Developing listening skills. • Exploring stereotyping. 	<ul style="list-style-type: none"> • Understanding that families are varied, in the UK and across the world and having respect for these differences. • Exploring physical and emotional boundaries in friendships. • Exploring different roles related to bullying including victim, bully and bystander. • Understanding expected courtesy and manners in a range of scenarios. • Understanding how my actions and behaviour affects others. • Understanding stereotyping • Learning what bereavement is and how to help someone who has experienced bereavement. 	<ul style="list-style-type: none"> • Understanding that we all have different positive attributes and we should be proud of these. • Learning what marriage is and that it is a choice that people make. • Learning that sometimes families can make children feel unhappy or unsafe and that there is help available. • Understanding that friendships will encounter issues but that this may strengthen them. • Understanding the impact of bullying and what might influence the behaviour of a bully. • Learning how stereotypes can be unfair, negative and destructive. 	<ul style="list-style-type: none"> • Learning that friendships can experience conflict, and ways in which to resolve conflict, through negotiation and compromise. • Learning what respect is and that it is part of a relationship. • Understanding that everyone deserves to be respected but that respect can be lost. • Understanding stereotyping and bullying linked to it. • Understanding grief and the associated emotions. • To explore the process and emotions relating to grief.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Health and Wellbeing</p>	<ul style="list-style-type: none"> • Know and talk about the different factors which support their overall health and wellbeing: - regular physical activity, healthy eating, tooth brushing, sensible amounts of screen time, having a good sleep routine. • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. 	<ul style="list-style-type: none"> • Understanding the importance of hand hygiene. • Understanding the risks of sun exposure and how to stay safe in the sun. • Developing an understanding of allergies and what to do if someone has an allergic reaction. • Exploring health related jobs and people who help to keep us healthy. • Understanding the importance of sleep and positive sleep habits. • Exploring two different methods of relaxation: progressive muscle relaxation and laughter. • Understanding my strengths and qualities. • Understanding and describing feelings and emotion. 	<ul style="list-style-type: none"> • Developing an understanding of how to look after my teeth. Understanding the importance of exercise and its effect on the body. • Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation. • Recognising an increasing range of feelings and some strategies for managing different emotions. • Developing empathy. • Identifying personal goals and how to work towards them. • Exploring the need for perseverance and developing a growth mindset. 	<ul style="list-style-type: none"> • Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest. • Understanding the positive impact of relaxation on the body and learning relaxation stretches. • Understanding what a balanced diet is and the effects upon mental and physical health. • Exploring my identity through the groups I belong to. • Identifying my strengths and exploring how I use them to help others. • Understanding how to overcome problems by breaking them into smaller, achievable steps. 	<ul style="list-style-type: none"> • Developing independence in looking after my teeth. • Identifying what makes me feel calm and relaxed and learning visualization as a tool to aid relaxation. • Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles. • Understanding that it is normal to experience a range of emotions. • Developing the ability to appreciate the emotions of others in different situations • Learning to take responsibility for my emotions and that I can control some things but not others. • Developing an understanding of mental health including experiencing problems. • Developing a growth mindset, acknowledging that mistakes are useful to learning. 	<ul style="list-style-type: none"> • Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun. • Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep. • Understanding the relationship between stress and relaxation and exploring yoga as a technique for relaxation. • Understanding what can cause stress and how to deal with it. • Exploring ways to achieve a goal, setting short-term, medium-term and long-term targets. • Developing the ability to take responsibility for and manage my feelings. • Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success. 	<ul style="list-style-type: none"> • Understanding ways of preventing illness and the benefits of immunization. • Developing an understanding of possible signs of illness and some actions I can take. • Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation. • Understanding the factors which contribute to my physical and mental health. • Identifying a range of relaxation strategies and situations in which they would be useful. • Learning about the affects technology can have on mental health. • Exploring my personal qualities and how to build on them. • Learning the importance of resilience and developing strategies for being resilient in challenging situations. • Identifying long-term goals and developing a plan as to how to achieve them.
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Citizenship	<ul style="list-style-type: none"> • Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. • Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. 	<ul style="list-style-type: none"> • Understanding rules in school. • Recognising why rules are necessary. • Understanding the needs of different animals and how to meet these. • Understanding the needs of younger children and how these change. • Understanding how voting can be used to make decision. • Understanding differences between people. • Recognising the groups we belong to 	<ul style="list-style-type: none"> • Understanding rules in the community. • Understanding how rules are made. • Recognising the importance of looking after the school environment. • Identifying ways to help look after the school environment. • Understanding the jobs people do to look after the environment in school and the local community. • Understanding how democracy works in school through the School Council. • Understanding that everyone is unique. • Recognising the contribution people make to the local community. 	<ul style="list-style-type: none"> • Developing an understanding of children's rights and how they help children. • Considering the responsibilities adults and children have to maintain children's rights. • Understand how recycling can have a positive impact on the environment. • Developing an understanding of how democracy works at a local level. • Understanding the need for rules and the consequences of breaking these. • Developing an understanding of groups within the local community and how these support the local community. 	<ul style="list-style-type: none"> • Understanding that human rights apply to everyone and who protects these. • Understanding how reusing items is of benefit to the environment. • Understanding the role of local government. • Understanding the groups which make up a community and the benefits they bring. • Understanding the positives diversity brings to a community. 	<ul style="list-style-type: none"> • Understanding the law and what happens when someone breaks it. • Understanding how rights and responsibilities link. • Developing an understanding of freedom of expression. • Understanding why reducing use of materials is positive for the environment. • Developing an understanding of how parliament and Government work. • Understanding the contribution people make to the community and how this is recognised. • Developing an understanding of pressure groups. 	<ul style="list-style-type: none"> • Understanding how human rights protect people. • Developing an understanding of the importance of education. • Developing an understanding of environmental issues relating to food. • Developing an understanding of causes which are important personally. • Understanding how government works. • Understanding what prejudice and discrimination are. • Understanding how prejudice and discrimination can be overcome.

<p style="text-align: center;">Economic Wellbeing</p>	<ul style="list-style-type: none"> • Recognises the different of jobs people do and the skills people need to do these. 	<ul style="list-style-type: none"> • Developing an understanding of the value of money and how to keep it safe. • Understanding where money comes from. • Developing an understanding of how banks work. • Recognising the range of jobs available in school and the skills people need to do these. 	<ul style="list-style-type: none"> • Understanding the value of money and where it comes from. • Developing an understanding of wants and needs. • Recognising that people make choices about how to spend money. • Developing an understanding of how to select a bank account. • Beginning to understand how people select the job they want to do. 	<ul style="list-style-type: none"> • Understanding that there are different ways to pay for things. • Developing an understanding of budgeting. • Understanding that money can cause a range of feelings. • Understanding that people have different attitudes to money. • Growing understanding of the range of jobs available. • Understanding the stereotypes which can exist around jobs but that these should not affect people's choices. 	<ul style="list-style-type: none"> • Understanding the factors which affect whether something is value for money. • Understand the importance of tracking money. • Understanding the impact of losing money. • Developing an understanding of what might influence job choices. • Understanding how work can change over time. 	<ul style="list-style-type: none"> • Understand how to create a budget based on priorities. • Developing an understanding of borrowing money. • Beginning to understand income and expenditure. • Developing an understanding about risks associated with money. • Understand stereotypes in work and how these can be overcome. • Understanding the role of money in selecting a job. 	<ul style="list-style-type: none"> • Recognising differences in how people deal with money and the role of emotions in this. • Understanding how to keep bank accounts safe. • Developing an understanding of gambling • Developing an understanding of gambling. • Understanding the routes into different jobs. • Recognising that people change jobs for a number of reasons.
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Safety and Changing Body</p>	<p>Understand how to stay safe online and have sensible screen time. Understand how to be a safe pedestrian. Safely use and explore a range of materials, tools and techniques.</p>	<ul style="list-style-type: none"> • Understanding how to respond appropriately to adults in a range of settings. • Understanding what to do if I get lost. • Exploring potential hazards in the home and how to avoid these. • Understanding the roles people have within the local community to help keep me safe. • Developing an understanding of appropriate physical contact. • Exploring what is and isn't safe to put in or on my body. • Understanding what classes as an emergency and how to make a call to the emergency services. 	<ul style="list-style-type: none"> • Developing an understanding of being safe near roads and learning how to cross roads safely. • Understanding the safe use of medicines. • Beginning to understand the importance of staying safe online. • Understanding the difference between secrets and surprises. • Understanding the concept of privacy and naming the private parts of my body. • Learning how to be safe around medicines. • Knowing the names of parts of my body. 	<ul style="list-style-type: none"> • Understanding ways to keep safe when crossing and near roads. • Developing skills as a responsible digital citizen. • Recognising and responding to cyberbullying. • Beginning to recognise unsafe digital contents. • Exploring that people and things can influence me and I need to make the right decision for me. • Exploring choices and decisions that I can make. • Knowing how to call the emergency services. • Knowing how to respond to bites and stings. 	<ul style="list-style-type: none"> • Developing an understanding of being safe online. • Understanding how to seek help if I need to. • Exploring the difference between private and public. • Understanding that age restrictions are designed to protect me. • Learning about the benefits and risks of sharing information online. • Understanding the risks associated with tobacco. • Developing an understanding of physical and emotional changes as I grow up. • Knowing how to help someone with asthma. 	<ul style="list-style-type: none"> • Developing an understanding of how to ensure relationships online are safe. • Recognising an increasing number of online risks and ways to stay safe online. • Understanding the influence others can have on me. • Learning strategies I can use to overcome pressure from others. • Understanding the physical changes from childhood to adulthood. • Developing an understanding of the main aspects of puberty, including menstruation. • Learning about the emotional changes during puberty. • Knowing how to help someone who is bleeding. 	<ul style="list-style-type: none"> • Developing an understanding about the reliability of online information. • Exploring online relationships including dealing with problems. • Understanding that online relationships should be treated in the same way as face to face relationships. • Knowing where to get help with any online problems. • Understanding the risks associated with alcohol. • Knowing the changes experienced during puberty • Understanding how a baby is conceived and develops. • Knowing how to help someone who is choking. • Knowing how to help someone who is unresponsive.
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