



Progression of Skills – PSHE

	<p>We teach these skills in PSHE so that</p> <ul style="list-style-type: none"> • Children understand how they develop both personally and socially. • Children are aware of the wider community and can become respectable citizens. • Children understand their rights and responsibilities and appreciate what it means to be a member of a diverse society. • They can become individuals with respect and understanding. 						
	Autumn 1 – Mental Health and Wellbeing	Autumn 2- Identity, Society and Equality	Spring 1- Drug and Tobacco Education	Spring 2- Physical Health and Wellbeing	Summer 1 - RSE	Summer 1- Careers, Financial and Economic	Summer 2 – Keeping Safe and Managing Risk
Year One	<p>Pupils learn about different types of feelings</p> <p>Pupils learn about managing different feelings</p> <p>Pupils learn about change or loss and how this can feel</p>	<p>Pupils learn about what makes themselves and others special</p> <p>Pupils learn about roles and responsibilities at home and school</p>	<p>Pupils learn about what can go into our bodies and how it can make people feel</p>	<p>Pupils learn about food associated with special times, in special cultures.</p> <p>Pupils learn about active playground games around the world</p> <p>Pupils learn about sun-safety and who to speak to if they are worried</p>		<p>Pupils learn about where money comes from and making choices when spending money</p> <p>Pupils learn about saving money and how to keep it safe</p> <p>Pupils learn about the different jobs people do</p>	<p>Pupils learn safety in familiar situations and bad touches can be from someone they know</p> <p>Pupils learn about personal safety</p> <p>Pupils learn about people who help keep them safe outside the home</p>
Year Two	<p>Pupils learn about the importance of special people in their lives</p>	<p>Pupils learn the importance of self-respect and how</p>	<p>Pupils learn why medicines are taken</p>	<p>Pupils learn about eating well.</p> <p>Pupils learn about the importance of</p>	<p>Pupils learn to understand and respect the differences and</p>		<p>Pupils learn about keeping safe in the home, including fire safety</p>



	<p>Pupils learn about making friends and who can help with friendships</p> <p>Pupils learn about solving problems that might arise with friendships and how to seek advice if they are struggling.</p>	<p>this links to their own happiness</p> <p>Pupils learn about being co-operative with others</p>	<p>Pupils learn where medicines come from</p> <p>Pupils learn about keeping themselves safe around medicines</p>	<p>physical activity, sleep and rest and that lack of sleep can affect weight, mood and ability to learn.</p> <p>Pupils learn about who help us to stay healthy and well and about basic hygiene routine - handwashing to prevent the spread of bacteria and virus</p> <p>Oral health – visits to the dentist</p>	<p>similarities between people</p> <p>Pupils learn about the biological differences between male and female animals and their role in the life cycle</p> <p>Pupils learn the biological differences between male and female children</p> <p>Pupils learn about growing from young to old and that they are growing and changing</p> <p>Pupils learn that everybody needs to be cared for and ways in which they care for others</p> <p>Pupils learn about different types of family and how their home-life is special</p>		<p>Pupils learn about keeping safe outside and how to respond to adults they may encounter, whom they do not know.</p> <p>Pupils learn about road safety</p>
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Year Three	<p>Pupils learn about celebrating achievements and setting personal goals</p> <p>Pupils learn about dealing with put-downs</p> <p>Pupils learn about positive ways to deal with set-backs</p>	<p>Pupils learn about valuing the similarities and differences between themselves and others</p> <p>Pupils learn about what is meant by community</p> <p>Pupils learn about belonging to groups</p>	<p>Pupils learn the definition of a drug and that drugs (including medicines) can be harmful to people</p> <p>Pupils learn about the effect and risks of smoking tobacco and second-hand smoke</p> <p>Pupils learn about the help available for people to remain some free or stop smoking.</p>	<p>Pupils learn about making healthy choices about food and drinks</p> <p>Pupils learn about how branding can affect what foods people choose to buy.</p> <p>Pupils learn about keeping active and some of the challenges of this</p>		<p>Pupils learn about what influences people's choices about spending and saving money</p> <p>Pupils learn how people can keep track of their money</p> <p>Pupils learn about the world of work</p>	<p>Pupils learn to recognise bullying and how it can make people feel</p> <p>Pupils learn about different types of bullying and how to respond to incidents of bullying</p> <p>Pupils learn about what to do if they witness bullying</p>
Year Four	<p>Pupils learn that isolation can affect children and that it is very important for to children to discuss their feelings with an adult and seek support.</p> <p>Pupils learn that bullying, including cyber bullying, has a negative and often</p>	<p>Pupils learn about Britain as a democratic society</p> <p>Pupils learn about how laws are made</p> <p>Pupils learn about the local council</p>	<p>Pupils learn that there are drugs (other than medicines) that are common in everyday life and why people choose to use them.</p> <p>Pupils learn the effects and risks of drinking alcohol.</p> <p>Pupils learn about different patterns</p>	<p>Pupils learn why people may eat or avoid certain foods (religious, moral, cultural or health reasons)</p> <p>Pupils learn about other factors that contribute to people's food choices</p> <p>Pupils learn the importance of</p>	<p>Pupils learn about the physical changes associated with puberty</p> <p>Pupils learn about menstruation and wet dreams</p> <p>Pupils learn about the impact of puberty on physical hygiene and strategies for managing this</p>		<p>Pupils learn how to be safe in their computer gaming habits</p> <p>Pupils learn about keeping safe near roads, rail, water, building sites and around fireworks</p> <p>Pupils learn about what to do in an</p>



	long lasting impact on mental wellbeing.		of behaviour that are related to drug use.	getting enough sleep.	Pupils learn how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty Pupils learn strategies to deal with feelings in the context of relationships Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it		emergency and basic emergency first aid procedures, including dealing with head injuries.
Year Five	Pupils learn about a wide range of emotions and feelings and how these are experienced in the body Pupils learn about times of change and	Pupils learn about stereotyping, including gender stereotyping Pupils learn about prejudice and discrimination and how this can make people feel	Pupils learn about the risks associated with smoking drugs, including cigarettes, e-cigarettes shisha and cannabis Pupils learn about different influences on drug use – alcohol, tobacco	Pupils learn that messages given on food adverts can be misleading Pupils learn about role models Pupils learn about how the media can manipulate images and that these		Pupils learn that money can be borrowed but there are risks associated with this Pupils learn about enterprise Pupils learn what influences people's	Pupils learn about keeping safe online and that the same principles apply to online relationships as face-face. Pupils learn that there are ups and downs in relationships and



	<p>how this can make people feel</p> <p>Pupils learn about the feelings associated with loss, grief and bereavement</p>		<p>and nicotine products.</p> <p>Pupils learn strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol.</p>	<p>images may not reflect reality.</p>		<p>decisions about careers</p>	<p>violence within relationships is not acceptable</p> <p>Pupils learn about issues relating to happy/unsafe family relationships (high and low level issues).</p> <p>Pupils learn about problems that can occur when someone goes missing from home</p>
Year Six	<p>Pupils learn what mental health is</p> <p>Pupils learn about what can affect mental health and some ways of dealing with this</p> <p>Pupils learn about some everyday ways to look after mental health</p>	<p>Pupils learn about people who have moved from other places (including the experience of refugees)</p> <p>Pupils learn about human rights and the UN Convention on the Rights of the Child</p> <p>Pupils learn about homelessness</p>	<p>Pupils learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other illegal drugs. Pupils learn about assessing the level of risk in different situations.</p> <p>Pupils learn about ways to manage</p>	<p>Pupils learn the risks associated with an inactive lifestyle and how to recognise the early signs of physical illness; such as weight loss, or unexplained changes to the body.</p> <p>Pupils learn the facts and science relating to allergies, immunisation and vaccination.</p>			<p>Pupils learn about feelings of being out and about in the local area with increasing independence</p> <p>Pupils learn about recognising and responding to peer pressure</p> <p>Pupils learn about the consequences of anti-social behaviour (including gangs and</p>



			<p>risk in situations involving drug use.</p>	<p>Pupils learn about sun-safety, reducing the risk of sun damage, including skin cancer</p>	<p>Pupils learn what values are important to them in relationships and to appreciate the importance of <u>friendship in intimate relationships</u></p> <p>Pupils learn about human reproduction in the context of the human lifecycle</p> <p><u>Pupils learn how a baby is made and grows (conception and pregnancy)</u></p> <p>Pupils learn about roles and responsibilities of carers and parents</p> <p><u>Pupils learn to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it</u></p>		<p>gang related behaviour)</p>
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