

PSHE Progression Map

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<u>Autumn 1</u> Being Me in My World	<p>I can help others feel welcome</p> <p>I know how to try to make our school community a better place</p> <p>I think about everybody's right to learn</p> <p>I care about other people's feelings</p> <p>I can work well with others</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I understand the rights and responsibilities of being a member in my class</p> <p>I know how to make my class a safe place for everybody to learn</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I understand the rights and responsibilities of being a member in my class and school</p> <p>I can help to make my class a safe and fair space to learn</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I understand why rules are needed and how they relate to rights and responsibilities</p> <p>I value myself and know how to make someone else feel valued and welcome</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I understand how democracy and having a voice benefits the school community</p> <p>I can take on a role in a group and contribute to the overall outcome</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I understand my rights and responsibilities as a British citizen and a member of my school</p> <p>I can empathise with people in this country whose lives are different to my own</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I know that there are universal rights for all children but for many children these rights are not met</p> <p>I understand my own wants and needs and can compare these with children in different communities</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and belief
<u>Autumn 2</u>	I accept that everyone is different	I can tell you some ways I am	I can identify some ways in which my friend	I can tell you about a time when my words	I can tell you a time when my first impression	I can explain the differences between direct	I can explain ways in which difference can

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<p>Celebrating Difference</p>	<p>I can include others when working and playing</p> <p>I know how to help if someone is being bullied</p> <p>I try to solve problems</p> <p>I try to use kind words</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>different from my friends</p> <p>I understand these differences make us all special and unique</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>is different from me</p> <p>I can tell you why I value this difference about him/her</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>affected someone's feelings and what the consequences were</p> <p>I can give and receive compliments and know how this feels</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>of someone changed as I got to know them</p> <p>I can explain why it is good to accept people for who they are</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>and indirect types of bullying</p> <p>I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>be a source of conflict or a cause for celebration</p> <p>I can show empathy with people in either situation</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs
<p><u>Spring 1 Dreams and Goals</u></p>	<p>I can stay motivated when doing something challenging</p> <p>I keep trying even when it is difficult</p>	<p>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it</p>	<p>I can explain some of the ways I worked cooperatively in my group to create the end product</p>	<p>I can evaluate my own learning process and identify how it can be better next time</p>	<p>I know how to make a new plan and set new goals even if I have been disappointed</p>	<p>I can describe the dreams and goals of a young person in a culture different from mine</p>	<p>I can describe some ways in which I can work with other people to help make the world a better place</p>

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	<p>I work well with a partner or in a group</p> <p>I have a positive attitude</p> <p>I can help others to achieve their goals</p> <p>I am working hard to achieve my own dreams and goals</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I know how to store the feelings of success in my internal treasure chest</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I can express how it felt to be working as part of a group.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I am confident in sharing my success with others and know how to store my feelings of success in my internal treasure chest</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I know what it means to be resilient and to have a positive attitude</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I can reflect on how these dreams and goals relate to my own</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I can identify why I am motivated to do this</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs
<p><u>Spring 2 Healthy Me</u></p>	<p>I have made a healthy choice</p> <p>I have eaten a healthy balanced diet</p> <p>I have been physically active</p>	<p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p>	<p>I can make some healthy snacks and explain why they are good for my body</p> <p>I can express ow it feels to share</p>	<p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe,</p>	<p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to</p>	<p>I can describe the different roles food can play in people's lives and can explain how people can develop eating problems</p>	<p>I can evaluate when alcohol is being used responsibly, anti-socially or being misused</p> <p>I can tell you how I feel about</p>

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	<p>I have tried to keep myself and others safe</p> <p>I know how to be a good friend and enjoy healthy relationships.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I can recognise how being healthy helps me to feel happy</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Rule of Law • Individual Liberty • Mutual Respect 	<p>healthy food with my friends</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Rule of Law • Individual Liberty • Mutual Respect 	<p>including who to go to for help</p> <p>I can express how being anxious or scared feels</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>I can identify feelings of anxiety and fear associated with peer pressure</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>relating to body image pressures</p> <p>I respect and value my body</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>using alcohol when I'm older and my reasons for this</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs
<p><u>Summer 1 Relationships</u></p>	<p>I know how to make friends</p> <p>I try to solve friendship problems when they occur</p> <p>I help others to feel part of a group</p>	<p>I can tell you why I appreciate someone who is special to me</p> <p>I can express how I feel about someone who is special to me</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law 	<p>I can identify some of the things that cause conflict between me and my friends</p> <p>I can demonstrate how to use the positive problem-solving technique to</p>	<p>I can explain how some of the actions and work of people around the world help and influence my life</p> <p>I can show an awareness of how this could affect my choices</p>	<p>I can explain different points of view on an animal rights issue</p> <p>I can express my own opinion and feelings on this issue.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Rule of Law 	<p>I can explain how to stay safe when using technology to communicate with my friends</p> <p>I can recognise and resist pressures to use technology in ways that may be risky or cause</p>	<p>I can recognise when people are trying to gain power or control</p> <p>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying</p>

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	<p>I show respect in how I treat others</p> <p>I know how to help myself and others when they feel hurt and upset</p> <p>I know and show what makes a good relationship.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<ul style="list-style-type: none"> • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>resolve conflicts with my friends</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<ul style="list-style-type: none"> • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>harm to myself or others</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>to gain power or control</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Rule of Law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs
<p><u>Summer 2</u> A journey in love</p>	<p>I understand that everyone is unique and special</p> <p>I can express how I feel when change happens</p>	<p>I know that we are all part of a family and that we change as we grow from babies to children.</p>	<p>I know that I belong to a wider community that gives us support when we need it.</p>	<p>I know and understand the virtues essential to friendship ie: loyalty, responsibility... and experience the importance both of forgiving</p>	<p>I know and understand that we are all different and celebrate these differences as I appreciate that God's love accepts us as we</p>	<p>I know and am aware of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger</p>	<p>I have developed (in an appropriate way for their age) an understanding of sexuality and grown further in my appreciation of my dignity</p>

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	<p>I understand and respect the changes that I see in myself and other people</p> <p>I know who to ask for help if I am worried about change</p> <p>I am looking forward to change</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Rule of law • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>and being forgiven and of celebrating God's forgiveness.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>are and as we change.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Democracy • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>boredom etc. and grow further in my understanding of God's presence in my daily life.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs 	<p>and worth as a child of God.</p> <p><u>British values Covered</u></p> <ul style="list-style-type: none"> • Individual Liberty • Mutual Respect • Tolerance for different faiths and beliefs
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