

Progression of PSHEE

Bredbury Green Primary School



	Mental Health	Celebrating Differences	Economic Well-being	Citizenship	Safety and Relationships	Healthy Lifestyle
Early Years	What are the names of different feelings? Know that people experience different feelings such as happy, sad, angry and worried. Know that feelings can be recognised in themselves and others through words, facial expressions and behaviour. Explain how recognising and talking about feelings helps people understand and support each other. What makes people feel good? Know that different activities and experiences can make people feel good and improve their wellbeing. Know that kindness, friendship and positive experiences can support good mental health. Explain how making positive choices can help themselves and others feel good.	What makes me special and unique? Know that everyone has similarities and differences that make them unique. Know that people have different skills, talents and characteristics that should be valued. Explain why it is important to respect and celebrate differences in others. Why is Mr Tumble important? Know that Mr Tumble communicates using Makaton and supports people who communicate in different ways. Know that people express themselves in different ways and all communication should be respected. Explain how understanding different ways of communicating helps people feel included.	What are some ways we can pay for things? Know that people can pay for goods using cash or cards. Know that money is exchanged to buy goods and services. Explain how money helps people buy things they need and want. Do all things cost the same? Know that different goods and services have different prices. Know that some items cost more because they have greater value or take more effort to make. Explain why understanding price and value helps people make choices about spending money.	What are rules and why do we need them? Know that rules help keep people safe and help communities work well together. Know that following rules helps create a positive and safe school environment. Explain how rules support fairness and safety in school and society. How can we show someone we care? Know that kindness and respectful behaviour show care for others. Know that helping, listening and being friendly supports positive relationships. Explain how caring actions can make others feel safe, happy and included.	Which parts of me are private? Know that some parts of the body are private and should be kept safe. Know that NSPCC PANTS rules help children stay safe. Explain why keeping private parts private helps protect children from harm. How do I safely respond to adults I don't know? Know that not all adults are safe and that children should be cautious around strangers. Know that trusted adults can help keep them safe in difficult situations. Explain how making safe choices helps protect them from danger.	What does keeping healthy mean? Know that being healthy includes eating well, exercising and looking after the body. Know that too much sugar and unhealthy habits can affect health. Explain how healthy choices support good physical wellbeing. Which simple hygiene routines can keep us healthy? Know that washing hands and brushing teeth help prevent illness. Know that hygiene routines keep the body clean and healthy. Explain why good hygiene supports overall health.
UNCRC Links	12	13		15	16,19	24
Year 1	Does everyone feel the same things at the same time? Know that people can feel differently in the same situation. Know that emotions can affect how the body reacts. Explain why it is important to understand and respect other people's feelings. How can I manage my big feelings? Know that big feelings such as sadness and worry can be managed with support and strategies. Know that talking to trusted adults can help with difficult emotions.	What does it mean to be different? Know that people in a class can have similarities and differences. Know that not everyone likes the same things or is the same. Explain how people can be different beyond the classroom, such as age, race, gender, or hobbies. Why is Bluey important? Know that Bluey teaches important lessons about life and relationships. Know that episodes show themes and lessons we can learn from.	What does British money look like? Know the different coins and their values. Know the different banknotes and their higher values compared to coins. Explain why it is important to recognise different money values. Is having more money better? Know that some people have more money than others. Know that having more money can have advantages and challenges. Explain ways people can earn money and make choices about using it.	How can I look after the environment? Know and understand the concept of responsibility. Know some ways we can help the environment, like recycling. Explain why it is important to care for the environment. How can I be a good friend? Know examples of kind and unkind behaviour and how it affects friends. Know what makes a bad friend. Explain why being a good friend is important and how to show it.	What are the scientific names for body parts? Know that body parts have scientific names. Know the main parts of the body, including external genitalia. Explain why using scientific names is important for safety and understanding. Which situations do I need to seek help for? Know ways to keep safe at home, including fire and electrical safety. Know how to help in an emergency, including calling 999.	Which foods support good health? Know that some foods are healthy and some are unhealthy. Know examples of foods to eat in moderation. Explain how healthy eating supports our body and wellbeing. How does physical activity help to keep us healthy? Know that exercise benefits mental and physical health. Know how exercise can affect how we feel. Explain how physical activity supports maintaining a healthy weight and overall wellbeing.

	Explain how strategies like talking, breathing and sharing feelings support mental health.	Explain the positive qualities of Bluey and his family and what we can learn from them			Explain when and how to ask for adult help	
UNCRC Links	12,39	13		15	19,24	24
Year 2	Which words can I use to share my feelings? Know that there are words to describe feelings such as happy, sad, frustrated or excited. Know that expressing feelings with words helps others understand us. Explain how using appropriate words to share feelings helps manage emotions and relationships. How can feelings affect your body and when should I ask for help? Know that feelings like anger or anxiety can cause physical reactions such as a fast heartbeat or tense muscles. Know that it is important to ask a trusted adult for help when feelings become overwhelming. Explain why recognising physical and emotional signals helps people seek support.	Who lives in our community? Know that communities are made up of people from different backgrounds and roles. Know that everyone contributes in different ways to make a community work. Explain how understanding our community helps build respect and cooperation. UNCRC Links: Articles 2, 13, 15, 23 Why is Ellie Simmonds powerful? Know that Ellie Simmonds overcame challenges and achieved success in swimming. Know that people with disabilities can have strength, influence, and impact on society. Explain how recognising achievements of people like Ellie Simmonds encourages respect and inclusion.	How do I know how much I am owed? Know that money has value and can be counted to determine amounts owed. Know that addition and subtraction help calculate totals and change correctly. Explain how understanding money helps make correct spending and saving decisions. Where does money come from? Know that money is produced by the Royal Mint and used to buy goods and services. Know that people earn money through work, and use it to meet their needs. Explain how knowing the source and use of money helps people make informed choices.	What are rules and laws and why do we need them? Know that rules and laws help keep people safe and society fair. Know that everyone has responsibilities to follow rules to protect themselves and others. Explain how understanding rules and laws helps people behave responsibly. How does voting help my voice be heard? Know that voting is a way for people to express their choice and opinion. Know that adults use voting to make decisions in schools, communities, and government. Explain how participating in voting helps people influence decisions and feel included.	Why is it important to take a break from time online? Know that too much screen time can affect sleep, concentration, and physical health. Know that balancing online and offline activities keeps the mind and body healthy. Explain how taking breaks from screens protects wellbeing. What's the difference between a secret and a surprise? Know that some information is private and should not be shared, while surprises are temporary secrets with positive outcomes. Know when it is safe to keep a secret and when to tell a trusted adult. Explain how understanding the difference protects children and respects their rights.	Why is sleep important? Know that sleep helps the body rest, recover, and stay healthy. Know that lack of sleep can affect mood, focus, and physical health. Explain how maintaining a good sleep routine supports wellbeing. How should I keep safe in the sun? Know that exposure to sunlight can be harmful without protection. Know that using sunscreen, hats, and protective clothing reduces risk. Explain how sun safety helps maintain long-term health.
UNCRC Links	12	2,13,15,23		12,13,14	16,17,19	24
End Points	Mental Health & Wellbeing - Know that people experience different feelings, and that feelings can be recognised in themselves and others through words, facial expressions, and behaviour. - Know that positive activities, kindness, and friendship support mental health and overall wellbeing. - Explain how recognising, expressing, and managing feelings helps themselves and others feel included, supported, and understood. Citizenship & Relationships - Know that people and communities have similarities and differences, and that everyone has skills, talents, and characteristics that should be valued. - Know that rules, laws, and voting help keep people safe, ensure fairness, and give everyone a voice. - Explain how showing care, respecting differences, and understanding roles in communities support positive relationships and social responsibility. Economic & Physical Wellbeing - Know the value of money, how it is earned, and how to make choices about spending and saving. - Know that healthy routines, including sleep, hygiene, physical activity, and sun safety, support physical and mental wellbeing. - Explain how making safe, healthy, and informed choices helps maintain wellbeing and protects themselves from harm.					
Year 3	Which strategies can I use to support my mental health? Know age-appropriate words to describe feelings and strategies to self-regulate.	What is prejudice and stereotyping? Know the definitions of prejudice and stereotyping. Know that prejudice and stereotypes can negatively	What is money and how should I look after it? Know why money is important in society.	What are human rights? Know the difference between rules, rights, responsibilities, and laws.	What is marriage? Know that marriage and civil partnership are legal commitments between adults. Know that people of same or different genders can legally	What are the elements of a balanced, healthy lifestyle? Know that daily choices can affect health. Know what a balanced diet is and which foods should be

	Know activities that can help calm you down or make you feel better. Explain how personal strengths and goals can support mental health. How can I express my feelings in different ways and with different words? Know that body language and facial expressions show different feelings. Know that tone of voice and volume can affect how people respond. Explain how the way you use your body, face, and voice can impact others.	influence behaviour and attitudes. Explain safe strategies for challenging stereotypes. Why is Nelson Mandela significant? Know the meaning of civil rights, prejudice, inequality, and apartheid. Know why Mandela went to prison and the impact of his release. Explain how Mandela's actions influenced South Africa and the wider world.	Know ways to keep money safe, including saving and using bank accounts. Explain how to recognise and calculate money, including giving change. What are the different ways of paying for things? Know the differences between cash, debit, and credit cards. Know the concept of debt and its risks and benefits. Explain how borrowing money can affect personal finances.	Know what the UN Convention is and how it protects children's rights. Explain which human rights are most important and why. What is bullying? Know that bullying can take different forms and is intentional. Know what to do if someone is being bullied and how schools respond. Explain how bullying affects people and why it is important not to bully.	marry in the UK, but laws vary globally. Explain why some people choose to marry and some do not. How do families look different? Know that positive family life is about caring relationships, not specific family members. Know that families can have different structures. Explain how all types of families can provide love, security, and stability.	eaten regularly or occasionally. Explain how diet and exercise help the immune system and overall health. What does good physical health look like? Know how hygiene routines like brushing teeth and handwashing affect health. Know how medicines and vaccinations support physical health. Explain how exercise and healthy routines contribute to good physical health.
UNCRC Links	12	12,12,14,15,30		42	2,15,20,21,22,23	24
Year 4	Are mental and physical health different? Know strategies to support both mental and physical health that work for them. Know how to manage feelings appropriately and proportionately, and what this might look like. Explain the similarities and differences between mental and physical health. How can I talk about grief, change, and loss? Know who trusted adults are at school and at home for support. Know that resources like Winston's Wish KS2 activities can help discuss grief. Explain how talking to trusted adults can help when experiencing grief, change, or loss.	What are our responsibilities for looking after the environment? Know that caring for the environment is a shared responsibility. Know the meaning of recycling, conservation, and greenhouse gases. Explain how they can personally take care of the environment. How did Malala Yousafzai influence others? Know key events from Malala's life. Know how Malala's actions and choices were significant to the world and influenced others. Explain connections between Malala's personality traits and their own.	What influences people's decisions about saving and spending money? Know circumstances that can affect financial decisions, such as age, family, career, or housing. Know the benefits and risks of saving and spending money. Explain connections between saving, spending, and healthy or unhealthy debt. How do people's spending decisions affect others? Know that spending decisions are based on priorities, needs, and wants. Know that people have different financial priorities. Explain the concept of ethical spending, including charity and environmental choices.	What is democracy? Know the definition of democracy. Know how democracy works in the UK, including elections, MPs, councillors, and voting. Explain why democracy is important and how it applies to school and society. What do I want to be when I am older? Know the importance of education and different routes into careers, such as apprenticeships, college, or university. Know potential jobs they may want and reasons for choosing them. Explain how to plan and find routes to reach career goals.	Why is it important to manage your screen time? Know the benefits and risks of using the internet and screens. Know physical implications of overexposure, such as eye strain, sleep problems, and less relaxation. Explain the pros and cons of screen time and how to balance it. When should I seek and give permission? (including online) Know situations where permission is needed, such as leaving the classroom or sharing personal information. Know the importance of asking permission from responsible adults. Explain how to safely react if someone tries to coerce you, especially online.	Why is dental care important? Know the different types of teeth and their functions. Know how to brush teeth properly. Explain why visiting the dentist and maintaining good oral hygiene is essential. What are the benefits and risks of sun exposure? Know the benefits of spending time in the sun. Know the dangers of overexposure, including skin damage and cancer. Explain how to stay sun safe and how to share this knowledge with others.
UNCRC Links	12,13,14	19,22,28,29,38,42		42	2,15,20,21,22,23	24
End Points	Mental Health & Wellbeing - Know age-appropriate strategies and activities to support mental and physical health, including managing feelings and self-regulation. - Know that body language, facial expressions, and tone of voice affect how feelings are communicated and received. - Explain how recognising, expressing, and managing emotions helps themselves and others, including during grief, change, or loss. Citizenship & Relationships - Know that people and communities have similarities, differences, and protected rights, and that prejudice and bullying can negatively affect others. - Know that rules, laws, democracy, and voting protect rights and support fairness and social responsibility. - Explain how positive relationships, respect for diversity, and responsible actions, including environmental stewardship, strengthen communities.					

	Economic & Physical Wellbeing - Know how money is earned, spent, saved, and protected, including the impact of financial decisions on themselves, others, and society. - Know that daily choices, including diet, exercise, hygiene, sleep, dental care, and sun safety, support mental and physical health. - Explain how making safe, ethical, and healthy choices helps maintain wellbeing, supports long-term health, and encourages responsible citizenship.					
Year 5	What are the warning signs for poor mental health? Know that mental illness can affect anyone. Know the warning signs that may indicate poor mental health. Explain that some warning signs do not always mean someone is unwell but may be a symptom to watch. Where can I seek support? Know where support can be found online, at school, and through medical services. Know that most difficulties can be managed with help and support. Explain how to identify and reach out to trusted adults at school and home for support.	What are protected characteristics? Know what the protected characteristics are. Know that some protected characteristics can result in prejudice. Explain adaptations that can support people with different protected characteristics, e.g., ramps or accessible signs. Why might people appreciate Helen Keller? Know that Helen Keller’s disabilities were not a barrier to her achievements. Know some of the challenges Helen Keller overcame. Explain how her successes impacted the world and inspired others.	What are the different ways that money can be lost and won? Know that money can be lost or won through gambling activities. Know the impact gambling can have on health, wellbeing, and future goals. Explain why positive feelings from gambling are not guaranteed and can be inconsistent. How can I keep my money safe? Know strategies to protect your money, such as using trusted resources like NatWest Money Sense. Know how to recognise scams and risks in financial transactions. Explain how understanding scammers and safe financial practices supports personal rights and safety.	Do some jobs deserve to be paid more than others? Know that some jobs earn more money than others. Know examples of high-paid and low-paid jobs. Explain your opinion about whether some jobs should be paid more and why. What makes a good citizen? Know examples of good citizenship and behaviours. Know how your actions can impact your community. Explain how knowledge of rights, responsibilities, and the UNCRC helps you be a good citizen.	When is it right to break a confidence? Know situations where it is right or wrong to break a confidence, e.g., abuse vs a surprise party. Know when you should agree to keep a confidence and when you shouldn’t. Explain strategies for handling pressure to break a confidence. What happens during puberty? Know when and why puberty happens. Know the physical and emotional changes that occur during puberty. Explain how puberty differs depending on biological sex and how this affects routines and health.	How does exercise benefit mental and physical health? Know that exercise releases “feel good” chemicals like serotonin and endorphins. Know the impact of exercise on the body. Explain how physical activity supports a healthy mind, body, and self-esteem. How does sleep contribute to a healthy lifestyle? Know that sleep supports brain function and overall health. Know the risks of minimal or poor-quality sleep. Explain the emotional and physical effects of poor sleep patterns and how good sleep supports wellbeing.
UNCRC Links	12,13,14	2,6,23,28,29	31,17,36	12,28,29,42	12,24,34	24
Year 6	What independent strategies do I have to support my mental health? Know that people have different strategies, and the strategies that work for you are personal. Know that feelings can change over time and vary in intensity. Explain how to cope with conflicting or changing feelings. How does mental health impact myself and others? Know that anyone can experience mental ill health, but how we respond matters. Know that transitions, such as moving to a new school, can affect mental health. Explain how mental ill health can impact the people around you.	Should we help people who are different to us? Know that people with protected characteristics may be treated differently. Know ways to safely challenge discrimination and its impact. Explain whether it is our moral responsibility to help people who are different. How did structures allow Alan Turing to be important? Know the impact Alan Turing had during the war, including breaking the Enigma code. Know that Turing was sentenced for homosexual acts, which was considered legal at the time.	How does money impact people’s feelings and emotions? Know the concept of the “cost of living” and its effect on people. Know how having or not having money might make someone feel. Explain the concept of debt, how it occurs, and ways to avoid it. How can I effectively budget my money? Know what budgeting is and how it can help manage money. Know how to apply budgeting in real-life situations.	Is democracy the only way to run a country? Know the concepts of democracy, tyranny, monarchy, and dictatorship. Know how the UK might be different without democracy. Explain the differences between government structures in the UK and other countries, such as the USA. What route can I take to get into my chosen career? Know possible career paths and how to reach them. Know reasons for choosing specific career paths. Explain that careers differ in salary, hours, and routes to entry.	What is consent? Know the concept of consent in various situations, including intimacy. Know strategies to manage peer influence and the desire for approval. Explain how actions can make someone feel safe or uncomfortable. Why do some people behave differently in different situations? (including online) Know the importance of self-respect and how it affects thoughts and feelings. Know where to seek advice and report concerns about personal safety.	Are drugs always bad? Know the risks and effects of legal drugs such as alcohol and tobacco. Know the laws surrounding legal and illegal drugs and their effects. Explain that medicines are also drugs and can be helpful when prescribed. Where can I turn if I need support with mental and physical health? Know that there are people whose role is to support mental and physical health. Know which ways of seeking help feel best for you.

		Explain how Turing’s contributions affected the world we live in today.	Explain the benefits and challenges of budgeting.		Explain the different reasons behind people’s behaviours.	Explain how to identify and reach out to a trusted adult for support.
UNCRC Links	12,13	2,37,42	27,42	2,12,14,28,29	15,34	12,24,33,37,42
End Points	Mental Health & Wellbeing • Know how to recognise warning signs of poor mental health, personal strategies to self-regulate, and ways to cope with changing or conflicting feelings. • Know that mental ill health can affect anyone, and that transitions, grief, and challenges can impact emotions and wellbeing. • Explain how identifying, expressing, and managing emotions supports personal wellbeing and positively affects others. Citizenship & Relationships • Know that people have protected characteristics and rights, and that prejudice, discrimination, and bullying negatively affect others. • Know the importance of consent, safe relationships, and the responsibilities of good citizenship in communities and online. • Explain how understanding human rights, challenging unfair treatment, and showing moral responsibility strengthen communities and society. Economic & Physical Wellbeing • Know how money is earned, spent, saved, budgeted, and protected, including the effects of gambling, debt, and ethical financial decisions. • Know how daily choices—exercise, sleep, hygiene, diet, drugs, and sun safety—support mental and physical health. • Explain how making safe, ethical, and healthy choices supports wellbeing, self-esteem, and long-term health.					