

PSHE Progression Map

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Key Stage 1		Lower Key Stage 2	Upper Key Stage 2
Being Me in My World Cycle B			
Pa/1	Explain why my class is a happy and safe place to learn.	Explain how my behaviour can affect how others feel and behave.	Compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.
Pa/2	Give different examples where I or others make my class happy and safe.	Explain why it is important to have rules and how that helps me and others in my class learn. Explain why it is important to feel valued	Explain how the actions of one person can affect another and can give examples of this from school and a wider community context.
Being Me in My World Cycle A			
Pb/3	Explain why my behaviour can impact on other people in my class.	Explain why being listened to and listening to others is important in my school community.	Explain how my choices can have an impact on people in my immediate community and globally.
Pb/4	Compare my own and my friends' choices and express why some choices are better than others.	Explain why being democratic is important and can help me and others feel valued.	Empathise with others in my community and globally and explain how this can influence the choices I make.
Celebrating Differences Cycle B			
Pa/5	Says some ways that I am different and similar to other people in my class, and why this makes us all special.	Describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. .	Explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.
Pa/6	Explain what bullying is and how being bullied might make somebody feel.	Tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g Solve It Together or asking for help	Explain why racism and other forms of discrimination are unkind. Express how I feel about discriminatory behaviour.
Celebrating Differences Cycle A			
Pb/7	Explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.	Says a time when my first impression of someone changed as I got to know them.	Explain ways in which difference can be a source of conflict or a cause for celebration.

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Pb/8	Explain how it feels to have a friend and be a friend and explain why it is OK to be different from my friends	Explain why bullying might be difficult to spot and what to do about it if I'm not sure.	Show empathy with people in situations where their difference is a source of conflict or a cause for celebration.
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Pb/8b		Explain why it is good to accept myself and others for who we are.	
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Dreams and Goals Cycle B

Pa/9	Explain how I feel when I am successful and how this can be celebrated positively.	Explain the different ways that help me learn and what I need to do to improve.	Compare my hopes and dreams with those of young people from different cultures.
Pa/10	Say why my internal treasure chest is an important place to store positive feelings.	Feel confident and positive when I share my success with others. Explain how these feelings can be stored in my internal treasure chest and why this is important.	Reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.

Dreams and Goals Cycle A

Pb/11	Explain how I played my part in a group and the parts other people played to create an end product. Explain how our skills complemented each other	Plan and set new goals even after a disappointment.	Explain different ways to work with others to help make the world a better place.
Pb/12	Explain how it felt to be part of a group and can identify a range of feelings about group work.	Explain what it means to be resilient and to have a positive attitude.	Explain what motivates me to make the world a better place.

Healthy Me Cycle B

Pa/13	Explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.	Identify things, people and places that I need to keep safe from, and I know some strategies for keeping myself safe and healthy including who to go to for help.	Explain different roles that food and substances can play in people's lives.
Pa/14	Give examples of when being healthy can help me feel happy	Express how being anxious/ scared and unwell feels.	Explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.
Pa/14b			Summarise different ways that I respect and value my body.

Healthy Me Cycle A

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Pb15	Explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices.	Recognise when people are putting me under pressure and can explain ways to resist this when I want to.	Explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.
Pb/16	Compare my own and my friends' choices and express how it feels to make healthy and safe choices.	Identify feelings of anxiety and fear associated with peer pressure.	Identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.

Relationships Cycle B

Pa/17	Explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. Explain how my qualities help these relationships.	Explain how my life is influenced positively by people I know and also by people from other countries. –	Compare different types of friendships and the feelings associated with them.
Pa/18	Give examples of behaviour in other people that I appreciate and behaviours that I don't like.	Explain why my choices might affect my family, friendships and people around the world who I don't know.	Explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.
Pa/18b			Apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.

Relationships Cycle A

Pb/19	Explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.	Recognise how people are feeling when they miss a special person or animal.	Identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.
Pb/20	Give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.	Give ways that might help me manage my feelings when missing a special person or animal.	Explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. Offer strategies to help me manage these feelings and situations.

Changing Me Cycle B

Pa/21	Compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older.	Explain how boys' and girls' bodies change during the growing up process	Know that becoming a teenager involves various changes and also brings growing responsibility
Pa/22	Use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.	Recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.	Know what perception means and that perceptions can be right or wrong

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Pa/22b	Explain why some changes I might experience might feel better than others.		
Changing Me Cycle A			
Pb/23	Explain why some changes I might experience might feel better than others.	Know that change can bring about a range of different emotions	Know how being physically attracted to someone changes the nature of the relationship
Pb/24	Explain why some types of touches feel OK and others don't	Explain some of the choices I might make in the future and some of the choices that I have no control over. Offer some suggestions about how I might manage my feelings when changes happen.	Know the importance of self-esteem and what they can do to develop it
Pb/24b	Tell you what I like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to me		Recognise how I feel when I reflect on becoming a teenager