

PSHE Language Continuum Progression:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
R	Myself Feelings Being gentle Rights Responsibilities	Talents Families Home Friends Standing up for myself	Challenges Perseverance Jobs Help	Exercise Healthy food Physical activity Sleep Clean	Family life Friendship Falling out	Bodies Respecting my body Fun Fears Growth
1	Special Safe Community Consequences Rewards	Similarities Differences Bullying Celebrating	Success Achievement Learning styles Overcoming obstacles	Medicine Medication Road safety	Belonging Physical contact Preferences Celebration	Life cycles (animal/human) Male Female Changes
2	Hope Fear Fair Valuing Contributions Choices	Assumptions Stereotypes Gender Gender diversity	Realistic Strengths cooperation Contributing	Relaxation Nutrition Lifestyle	Boundaries Secrets Trust Appreciation	Life cycles (plants) Young Old Independence
3	Goals self-worth Positivity Challenges Perspectives	Diverse families Family conflict Child-centred Compliments Witness Solutions	Ambitions Enthusiasm Managing feelings Budgeting	Food labelling Healthy choices Online safety Offline safety	Roles Negotiation Diverse lives Impact	Internal External Needs
4	Democracy Motivation	Judgment Appearance	Disappointment Overcoming	Healthy friendships	Jealousy Love/loss	Being unique Body changes

	Class Citizen Voice Peer pressure	Acceptance Influences Impressions	Resilience Positive attitude	Smoking Alcohol Inner strength Assertiveness	Memories Compromise Boyfriend/girlfriend	Transition Accepting change Having a baby
5	Aspirations National citizenship Conflict Vote Participation	Cultural diversity Racism Rumours Material wealth Respecting culture	Financial success Long-term Charity	Vaping Emergency aid Body image Relationships with food Healthy choices	Self-recognition Self-esteem Online communities Gaming Gambling Grooming	Self-image Media influence Puberty Conception IVF
6	Global citizenship Children's Universal Rights Group dynamics Role-modelling Anti-social behaviour	Perceptions of normality Disability Empathy Inclusion Exclusion	Success criteria Recognition Evaluating	Personal responsibility Substances Exploitation County Lines/Gangs Managing stress	Mental health Sources of support Control Power	Body image Physical attraction Consent Sexting