

Holy Family Curriculum progression in PSHE

Awareness Days	Autumn 1 Relate Youth Mental Health Black History Month Hygiene	Autumn 2 Engage Mindfulness British Values	Spring 1 Meet Your Brain Kindness	Spring 2 Celebrate Road safety Week Online Safety	Summer 1 Appreciate Volunteers Week Aspiration (When I grow up...)	Summer 2 Relationships Refugee week Water Safety
EYFS	Build constructive and respectful relationships.	Show resilience and perseverance in the face of challenge.	Me and my feelings.	See themselves as a valuable individual.	Me and my body.	Safety indoors and outdoors.
Year 1	How their character strengths help them get along with others and learn that it is okay that we are all different.	Identify what engage means and what types of things they can engage in.	Where their brain is in their body and what it looks like.	What character strengths are and how they make us unique and special. About the 5 Character strengths and what they mean.	What appreciate means, what types of things we appreciate, and how we show appreciation.	RHE - The cycle of life from birth to old age. How rules and age restrictions help us: keeping safe online
Year 2	How to Actively Listen and why this helps them to get along with others.	Goal setting is a good way to help us achieve what we want. If we set goals; we are more likely to achieve them.	More about what their brain looks like and that it is fully grown by age 6.	About the same 5-character strengths as Year 1, but they will be asked to think about what each strength means and some examples of the strengths in action.	What being thankful or having gratitude are other words for appreciating.	RHE - The cycle of life from birth to old age. Safety in different environments: risk and safety at home: emergencies
Year 3	To learn how the skill 'Stop, Understand and Consider' can help them with friendships.	How their feelings affect their ability to do well in something.	How to focus their mind to help them train their brain.	That scientists discovered that we all have 24 character strengths but in different amounts.	That we can forget to appreciate what is around us and that Happy Breathing can help us appreciate the little things we may forget.	RHE - Respecting our bodies, puberty and changing bodies. Risks and hazards: safety in the local environment and unfamiliar places.

Year 4	To listen to your friends and ask about their feelings and opinions to be a good friend.	To focus on feeling good and using the habits, the better we will do in all activities in and out of school.	How to train their minds to focus on whatever they want.	Why strength spotting is so powerful and how the best way to learn about strengths is by noticing them.	How they can develop an Attitude of Gratitude at home and school.	RHE - Respecting our bodies, puberty and changing bodies. Medicines and household products: drugs common to everyday life
Year 5	Identify their top 5 strengths are and which virtue they fall under.	To think about what we are engaging in, and sometimes we do it on autopilot.	The difference between their brain and mind. More detail about each part of the brain and why they work the way they do	How the 24-character strengths are organised into 6 key virtues: Wisdom, Courage, Humanity, Justice, Temperance, and Transcendence	What appreciation means and think of ways to show appreciation to others.	RHE - physical changes in girl and boys' bodies and how babies are made. Keeping safe in different situations, including responding in emergencies, first aid and FGM
Year 6	Relationship building powers i.e., how they go about making friendships today – what strengths they have here and what they can develop.	How to set goals linked to transition, which they can work toward to help them feel more comfortable with what is ahead. (Summer term too)	About a growth mindset and self-regulation techniques in times of stress.	Their top strengths are based on completing an official survey which will rank their strengths from 1-24.	How focussing on their appreciation around the strengths work they have done can remind them of what they DO have during times of stress.	RHE - Human reproduction and birth Keeping personal information safe: regulations and choices: drug use and the law, drug use. Death & Bereavement.