

Progression in PSHE

Autumn 1
Me and My
Relationships

Spring 1
Keeping Myself Safe

Summer 1
Being My Best

SCARF

Autumn 2
Valuing Differences

Spring 2
Rights and
Responsibilities

Summer 2
Growing and
Changing

Children will be made aware of different agencies available to support young children such as the NSPCC, ChildLine, as well as other Mental Health Charities such as Young Minds and The Children's Society.



St Aidan's

Church of England Primary Academy
A member of **CTDARI**

NSPCC



YOUNGMINDS
fighting for young people's mental health

Progression in PSHE: Me and My Relationships



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EYFS:

In Early Years, the children will recognise that they are unique (special) and identify their strengths. Children will learn about feelings and begin to discuss how to manage feelings as well as what causes them.

They will explore people who are special/important to them and people who can help them (**trusted adults**). Children will learn about families and that every family is different.

Children will build on their knowledge of feelings by understanding different strategies that can help them to overcome or manage their feelings. Children will understand **empathy** through recognising that feelings can affect people in different ways. Children will begin to explore the importance of teamwork (**collaboration**) and how to communicate with each other effectively. As the children explore further about bullying, children will learn about 'saying no' and being **assertive**. Children will also learn about how to handle situations in a controlled way. Children will continue to explore qualities and values of a good friend as well as learning about **respect** for peoples' opinions. They will continue to learn about healthy relationships and how to manage these effectively. Children will learn more about **bullying**: recognising bullying, supporting peers and signposting.

LKS2:

SCARF

KS1:

Children will build on their knowledge of feelings by looking at how the feelings affect the body as well as how they express their feelings. Children will learn strategies to deal with different feelings including safety. Children will learn further about seeking help (**trusted adults**) as well as begin to explore the definition of **bullying** and recognising the difference between bullying and falling out. Children will explore special qualities people have like friends and family as well as exploring how to recognise when people are being unkind and hurtful. Children will learn about healthy relationships and talking to **trusted adults** about how people are making them feel.

UKS2:

Children will build on their knowledge of feelings: recognising and managing feelings effectively as they grow up and face challenges. Children will continue to explore the importance of **assertiveness** in order to keep themselves happy and safe. They will explore the idea of **negotiation** and **compromise** in order to manage friendships and resolve arguments/disagreements. Children will have the opportunity to reflect on their behaviour attitudes and qualities in order to have healthy relationships with others. Children will learn about warning signs of unhealthy relationships and further develop their understanding of being **assertive** in order to keep themselves safe from peer pressure. Children will learn about **safe** and **unsafe touches** as part of their healthy relationship learning as well as where to seek help if they experience inappropriate or illegal touches (**trusted adults**). Children will continue to learn about **bullying** including the definition of a **bystander**.

Progression in PSHE: Valuing Difference



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EYFS:

Children will explore what is the same or different to their friends as well as **celebrate** their differences. Children will understand what is good about being different to others. Children will continue to learn about **kindness** and how to care for others and be helpful. Children will develop their **listening skills** as they will talk about families and friends and understand about being **respectful** when others share about their lives.

LKS2:

Children will build on their knowledge of similarities and differences by exploring different types of **families** and show **respect and tolerance** when learning about others. Children will think about the wider community and different groups available thinking why these are good. Children will begin to use the vocabulary **diversity** when talking about differences. They will be able to identify different origins, national, regional, ethnic and religious backgrounds. Children will continue to learn about how some forms of **bullying** can be caused by **prejudice**. Children will continue to learn about good listening skills and communication skills including eye contact. Children will explore managing **conflict** including **negotiation** and **compromise**. Children will learn about stereotypes, including those promoted in the media.

SCARF

KS1:

Children will build on their prior knowledge through identifying similarities and differences between themselves and others. Children will explore the meaning of **tolerance** through understanding that people are different to themselves. Children will discuss their families including looking at similarities and differences in their family. Children will continue to explore the importance of **kindness** including listening to others, respecting others and helping others. Children will continue to learn about **bullying** in this unit as well as strategies to help people to feel included. Children will explore what to look out for or notice and how to support their friends.

UKS2:

Children will continue to learn about **diversity** including different faith and cultures where they will show **mutual respect** towards other beliefs. Children will develop an understanding of **discrimination** and **injustice**, including racism. Children will continue to learn about the term **prejudice** and **stereotypes**. Children will begin to learn about social media and the information on there is not always true, including what people post. They will use **empathy** to explore why people might post certain information. Children will be reflective in the behaviour of themselves and others and the impact this can have on people. Children will continue to learn about **bullying** and the different forms, particularly focusing on social media. They will explore **bystanders**; both passive and active. Throughout their learning children will continue to show **respect and tolerance** and understand the importance of

Progression in PSHE: Keeping Myself Safe



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EYFS:

Children will learn about who to go to if they need help or feel **unsafe**. Children will think about how they can ask for help. Children will learn about different dangers and be able to recognise danger. Children will be able to explain what is safe and unsafe to touch or use. Children will explore how to be **safe** around medicines and think about what is **safe** and **unsafe** both inside and outside. Children will learn about what their bodies need in order to stay healthy.

LKS2:

Children will build on their knowledge on **keeping safe** where they will identify **risk factors** and think about what they can do to make situations less risky or not risky at all. Children will learn about strategies for dealing with dangers and risks. Children will think about what influences may lead someone to taking risks. They will learn about the affects on people and dangers this can lead to children will begin learning about the term '**drug**' and understand that alcohol and nicotine are both drugs. They will learn about the affects of this on the body. Children will begin exploring the importance of **online safety** where they will explore how to be safe, what information they should share/not share (including images) and how to behave appropriately online.

SCARF

KS1:

Children will build on their prior knowledge and explore the requirements in order to keep healthy: sleep, exercise and healthy foods. They will continue to learn about the **safety** of medicines and what can be harmful. They will explore how to stay safe around medicines. **Children will learn about the PANTS rule (NSPCC)** where they will know that their private parts are to be kept private. They will learn about saying no to unwanted touch and who to speak to. Children will continue this learning by discussing safe and unsafe secrets (including surprises). This learning will include discussing **trusted adults**. Children will learn about inappropriate touch and how it can make people feel

UKS2:

Children will build on their knowledge through reflection on people's actions when faced with **risk** or **danger**. Children will learn about categorisation of **drugs** and risks associated with medicines as well as facts and information about drugs and medicines. Children will be able to explain the uses of drugs and medicines and begin thinking about **social norms** and influences on others. Children will continue to learn about the importance of being **safe online** where they will recognise the dangers of not keeping personal information private. They will continue to learn about how to behave online, including being safe, respectful and responsible on Social Media Children will learn about sharing images and how easy an image can be shared/spread online. They will continue to learn about **bullying**, particularly online (cyber) and what to do in that situation. Children will learn about **emotional needs**: how they can be met, making decision about emotional needs and independence. They will learn about the term **conflicting**

Progression in PSHE: Rights and Responsibilities



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EYFS:

Children will begin learning about taking **responsibility for themselves**. They will think about the ways that they can **help** themselves and others (including friends and family). Children will learn the importance of **looking after** their environment (home, school and the natural world). Children will explore kindness when thinking about their responsibility of others and their environments. Children will think about their impact on the world around them.

LKS2:

Children will explore **trusted adults** and different people available to support them. They will think about ways in which they can look after the **environment** and the rights and responsibilities they have (such as recycling). Children will learn about looking after others. There will be a link to **bullying** in this unit where children will learn about **bystanders** and how they can support others when dealing with disagreements. Children will learn the difference between facts and opinions and recognise these. They will learn about influences that can affect **facts and opinions**. Children will continue their learning on **money**; identifying times and needs for spending money: exploring how people can earn money, peoples' financial responsibility; and their responsibility of money.

SCARF

KS1:

Children will build on their prior knowledge and learn about, identify and demonstrate how to look after themselves, others and the environment, including health and hygiene. Children will think about how they can help when somebody is injured. When learning about others, children will explore **cooperation** and how to get on well with others. They will reflect on their own feelings including how to **manage** them (self-regulation) and develop strategies for different feelings. There will be a link to **staying safe online** and speaking to **trusted adults**. Children will begin thinking about **money** and name items that money is spent on where they will begin to think about the value of money. They will continue this by thinking about the importance of **saving money** and how to **spend money** correctly.

UKS2:

Children will build on their knowledge of **facts and opinions** and begin exploring the term **bias**. They will link this to learning about information shared in the media as well as individual Social Media accounts. Children will think about what people share: is it always true? Children will explore the terms **rights, responsibilities and duties**. They will use their knowledge to identify their own **rights, responsibilities and duties** as well as think about their future. Children will continue their learning on money: how money is earned, identifying ways to save money responsibly, the need for borrowing money and finance in the community (such as public services and tax). Children will learn about **voluntary pressure groups** and their impact on the community (environment). They will discuss ways to change or help the environment. Children will explore the theme of **democracy** and learn about how laws are made, why they are important and how they keep us safe.

Progression in PSHE: Being My Best



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EYFS:

Children will learn about healthy choices, including healthy snacks, sleep and activities. Children will begin to explore key values such as resilience and think about the importance of trying. They will think about different ways to try something to overcome its challenge. Children will further develop their knowledge of feelings and emotions. Children will develop and demonstrate social skills: listening to friends and taking turns.

LKS2:

Children will build on their knowledge from EYFS and KS1 through exploring foods that can make a balanced meal. They will begin to plan a healthy balanced meal. Children will explore how to look after their **mental and physical wellbeing**, given examples of different strategies. Children will learn more about their bodies: internal organs that allow food, water and infections. Children will think about goal setting and making choices for themselves. They will reflect on their skills and think about what new skills they want to learn. Children will explore how they are **unique** as well as their friends. In LKS2, children will continue to learn about the environment where they will think about how they can contribute in looking after the environment and making the world a better place.

SCARF

KS1:

Children will build on their knowledge of healthy foods by learning the different food groups and thinking about a healthy meal choice. Children will learn about the importance of good hygiene: hands and dental care. Children will learn about parts of the body that process food and create energy. They will learn about what their body needs to stay healthy. Children will continue to learn about **resilience** and the importance of persevering through challenges. They will be able to name other ways of trying something, if they find something difficult. Children will learn about the stages of the learning process. They will think about goal setting and the steps needed to achieve their goals. Children will continue to learn about **friendships** and overcoming challenges such as falling out. They will explore different strategies to resolve conflict.

UKS2:

Children will continue to build on their knowledge of a healthy body by exploring the functions of the internal organs. They will learn about choices that can affect a person's health including smoking and drinking alcohol. Children will **explore mental and physical wellbeing** further by learning about the **5 Ways to Wellbeing**. Children will continue to explore goal setting including what skills and qualities they have that make them successful in achieving their best. Children will think about strategies to improve certain skills they have as well as how to learn new skills. They will explore the term **aspiration** as they begin to think about their futures. Children will think about resolving problems as well as the positive and negative aspects of **risk taking**. They will think about the level of risk involved in certain situations and how risks can be reduced. Their learning will be linked to Social Media as they reflect on what information is portrayed in the media and how this is not always true.

Progression in PSHE: Growing and Changing



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EYFS:

Children will begin in Reception by exploring the changes around them: the seasons. They will then think about how babies and animals grow. In Reception, they will explore life cycles of animals. Children will learn how a baby grows into an adult and what they need. Children will explore how boys and girls are different or the same. Children will begin to learn about the body parts and name them. They will be able to recognise how to keep themselves safe.

LKS2:

Children will build on their knowledge from previous years through learning about puberty. Children will learn about emotions and how they can be affected by change both positively and negatively. They will learn about feelings affected by puberty and growing up. Girls in year 4 will learn about **periods** (menstruation cycle). Children will learn more about people who are there to help **them (trusted adults)** both in school and outside of school. Children will explore different types of relationships, their purposes and qualities. They will be able to identify what makes both a positive and negative relationship. They will learn about **personal space** (body space) and how it makes them feel when somebody is too close to them. Children will think about and discuss why a person would want to be married or live together or have a civil ceremony. They will understand that marriage should be entered freely.

SCARF

KS1:

Children will learn about what a baby needs to stay healthy and happy. They will reflect on how they have grown up since being a baby: what they can do that they could not do before. They will learn about the stages of growth as well as their future. Children will be able to identify body parts, including those that are private. They will explore further about privacy and keeping private parts private. Children will learn more about people who are there to help them (**trusted adults**) both in school and outside of school. Children will learn about friendships: how to support friends, their own feelings and friends' feelings' and how to manage feelings,

UKS2:

Children will learn more about managing emotions, how emotions change as well as developing **resilience**. They will think about how emotions can be affected by change both positively and negatively, including dealing with **conflict**. Children will learn about what strategies they can use to cope with loss and change and support them in managing feelings. Children will learn more about people who are there to help them (**trusted adults**) both in school and outside of school. Children will learn about **periods** (menstruation cycle) and be able to use the correct vocabulary to describe it. They will learn about products people might need during puberty to keep clean and hygienic. There will be a link to Social Media and fame and how this can affect body image including the reference to what is posted on Social Media is not always a true reflection. Children will be reminded about the importance of internet safety and sharing of images. **In Year 6, children will learn about conception. (Making Babies).**