St Peter’s Catholic Primary PSHE Progression of Learning

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| Core Theme | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Health & Well Being | \* What helps us stay healthy? (Teeth & weight)  \* Who helps to keep us safe? (Right Start) | \* How do we recognise our feelings?  \* What helps us grow and stay healthy? (Teeth & weight)  \* What helps us to stay safe? (Fire safety/Right Start) | \* What keeps us safe? (Road safety)  \* Why should we keep active and sleep well?  \* Why should we eat well and look after our teeth? (weight) | \* How will we grow and change?  \* How can we manage our feelings?  \* How can we manage risks in different places? (water & road safety)  \* What strengths, skills and interests do we have? | \* What makes up a person’s identity?  \* How can we help in an accident or emergency?  \* How can drugs, common to everyday life, affect health? \*Changes- puberty | \* How can we keep healthy as we grow?  (Teeth, weight, Bikeability Road safety/Fire safety) |
| Relationships | \* What is the same and different about us?  \* Who is special to us? | \* What makes a good friend?  \* What is bullying? | \* How can we be a good friend?  \* What are families like? | \* How do we treat each other with respect? | \* How can friends communicate safely? | \* What will change as we become more independent? How do friendships change as we grow? |
| Living in the Wider World | \*What can we do with money?  \* How can we look after each other and the world? | \*What jobs do people do? | \* What makes a community? | \* How can our choices make a difference to others and the environment? | \* What decisions can people make with money?  \* What jobs would we like? | \*How can the media influence people? |