

# PSHE and Relationships Education Progression Map

	<b>Relationships</b>  <i>Pupils should be taught:</i> <ol style="list-style-type: none"> <li>1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts</li> <li>2. how to recognise and manage emotions within a range of relationships</li> <li>3. how to recognise risky or negative relationships including all forms of bullying and abuse</li> <li>4. how to respond to risky or negative relationships and ask for help</li> <li>5. how to respect equality and diversity in relationships.</li> </ol>		<b>Health and well being</b>  <i>Pupils should be taught:</i> <ol style="list-style-type: none"> <li>1. what is meant by a healthy lifestyle</li> <li>2. how to maintain physical, mental and emotional health and wellbeing</li> <li>3. how to manage risks to physical and emotional health and wellbeing</li> <li>4. ways of keeping physically and emotionally safe</li> <li>5. about managing change, including puberty, transition and loss</li> <li>6. how to make informed choices about health and wellbeing and to recognise sources of help with this</li> <li>7. how to respond in an emergency</li> <li>8. to identify different influences on health and wellbeing</li> </ol>		<b>Living in the wider world</b>  <i>Pupils should be taught:</i> <ol style="list-style-type: none"> <li>1. about respect for self and others and the importance of responsible behaviours and actions</li> <li>2. about rights and responsibilities as members of families, other groups and ultimately as citizens</li> <li>3. about different groups and communities</li> <li>4. to respect equality and to be a productive member of a diverse community</li> <li>5. about the importance of respecting and protecting the environment</li> </ol>		<b>Money Day</b>  <i>Pupils should be taught:</i> <ol style="list-style-type: none"> <li>1. about where money comes from, keeping it safe and the importance of managing it effectively</li> <li>2. how money plays an important part in people’s lives</li> <li>3. a basic understanding of enterprise.</li> </ol>
EYFS	<b>Aut 1</b>  <b>Managing Self</b> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; Explain the reasons for rules, know right from wrong and try to behave accordingly; <b>Self – Regulation</b> Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions <b>Building Relationships</b> Form positive attachments to adults and friendships with peers;	<b>Aut 2</b>  <b>Speaking</b> Express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses and making use of conjunctions, with modelling and support from their teacher. <b>Listening, Attention and Understanding</b> Listen attentively and respond to what they hear with relevant questions, comments and actions when being read to and during whole class discussions and small group interactions; Make comments about what they have heard and ask questions to clarify their understanding;	<b>Spr 1</b>  <b>Self-Regulation</b> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate <b>Managing feelings</b> Explain the reasons for rules, know right from wrong and try to behave accordingly; <b>Speaking</b> Express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses and making use of conjunctions, with	<b>Spr 2</b>  <b>The Natural World</b> Explore and begin to appreciate the natural world Begin to understand ways that we can look after the environment <b>Building Relationships</b> Form positive attachments to adults and friendships with peers Show sensitivity to their own and to others’ needs.	<b>Sum 1</b>  <b>Self-regulation</b> To control their emotions using a range of techniques To reflect/comment on progress when achieving a goal. <b>Managing Self</b> Has confidence to take on a challenge without support.	<b>Sum 2</b>  <b>Managing Self</b> Understand the importance of healthy food choices <b>Building relationships</b> Show sensitivity to their own and to others’ needs. <b>Speaking</b> Offer explanations for why things might happen, making use of recently introduced vocabulary from stories, non-fiction, rhymes and poems when appropriate. <b>People, Cultures and Communities</b> Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class. Explain some similarities and differences between	<b>Money Day</b>  <b>Mathematics Number</b> To be able to explain that money is used to pay for goods and services. <b>People, Culture and Communities</b> Describe their immediate environment using knowledge from observation, discussion, stories, non-fiction texts and maps;

	<p><b>People, Culture and Communities</b> Explain some similarities and differences between life in this country and life in other countries, drawing on knowledge from stories, non-fiction texts and – when</p>	<p><b>People, Culture and Communities</b> Be able to explain that all families are different. Be able to describe their family. Be able to explain why it is important to say sorry and to forgive.</p>	modelling and support from their teacher.			life in this country and life in other countries, drawing on knowledge from stories, non-fiction texts and (when appropriate) maps.	
Year 1	<p><b>Aut 1 Relationships - Friendships</b></p> <ul style="list-style-type: none"> <li>Consider what makes a good friend</li> <li>Explain ways in which we are the same and different</li> <li>Understand that we can have different points of view and still be friends</li> </ul>	<p><b>Aut 2 Relationships - Families</b></p> <ul style="list-style-type: none"> <li>To explore different types of families</li> <li>Know there are different types of families</li> <li>Know which people we can ask for help</li> </ul>	<p><b>Spr 1 Mental Health and Well-Being</b></p> <ul style="list-style-type: none"> <li>Identifying ways to relax</li> <li>Identifying strategies to use if you feel worried</li> </ul>	<p><b>Spr 2 Relationships Education – Sex Education</b></p> <ul style="list-style-type: none"> <li>Understand that babies become children and then adults</li> <li>Know the difference between boy babies and girl babies</li> </ul>	<p><b>Sum 1 Drugs and Alcohol Education</b></p> <ul style="list-style-type: none"> <li>Know the rules about medicines</li> <li>Know what happens on a visit to hospital</li> <li>Know how to make an emergency call</li> </ul>	<p><b>Sum 2 Living in the Wider World</b></p> <ul style="list-style-type: none"> <li>Recognise how their behaviour affects other people</li> <li>To name the green cross code and to know the key elements of keeping safe on the roads</li> <li>Begin to understand the importance of respecting and protecting the environment</li> </ul>	<p><b>Money Day Financial Education</b></p> <ul style="list-style-type: none"> <li>Name different coins and notes.</li> <li>Understand that we exchange coins and notes for goods.</li> <li>Be aware of the difference between a need and a want</li> </ul>
Year 2	<p><b>Aut 1 Relationships – Friendships and emotions</b></p> <ul style="list-style-type: none"> <li>Know some ways to calm ourselves down</li> <li>Know how to make up with a friend when we have fallen out</li> <li>Explain what a habit is and that it can take time to change one</li> </ul>	<p><b>Aut 2 Relationships – Families and Anti-bullying</b></p> <ul style="list-style-type: none"> <li>Identify our special people and why they are important to us</li> <li>Understand how we might be affected by change and loss</li> <li>Know what bullying is and be able to give examples</li> <li>Know what to do if bullying</li> </ul>	<p><b>Spr 1 Relationships Education – Sex Education</b></p> <ul style="list-style-type: none"> <li>Describe the physical differences between males and females</li> <li>Name the male and female body parts</li> <li>Understand that making a new life needs a male and a female</li> </ul>	<p><b>Spr 2 Drugs and Alcohol Education</b></p> <ul style="list-style-type: none"> <li>Know what is safe and unsafe</li> <li>Know that some things we put into our bodies can harm us</li> <li>Know the role of each emergency service and how they can help us</li> </ul>	<p><b>Sum 1 Mental Health and Well-Being</b></p> <ul style="list-style-type: none"> <li>Explain that feelings can change</li> <li>Describe how big feelings can affect behaviour</li> <li>To identify words or phrases to help to manage big feelings</li> </ul>	<p><b>Sum 2 Living in the Wider World</b></p> <ul style="list-style-type: none"> <li>Describe the kinds of responsibilities they feel towards their community</li> <li>Understand the meaning of responsibility and how they can contribute</li> <li>Talk about some of the assumptions made on the basis of gender</li> </ul>	<p><b>Money Day Financial Education</b></p> <ul style="list-style-type: none"> <li>Know the different forms that money takes</li> <li>Understand that people exchange money for goods and services</li> <li>Begin to understand that cost is an important factor in deciding what to buy</li> </ul>

		happens at school					
Year 3	<b>Aut 1 Relationships – Friendships and emotions</b>	<b>Aut 2 Relationships –Anti-bullying</b>	<b>Spr 1 Mental Health and Well-Being</b>	<b>Spr 2 Relationships Education – Sex Education</b>	<b>Sum 1 Drugs and Alcohol Education</b>	<b>Sum 2 Living in the Wider World</b>	<b>Money Day Financial Education</b>
	<ul style="list-style-type: none"> <li>Know how to respond appropriately whether we agree or disagree</li> <li>Begin to see things from other people’s point of view</li> <li>Be able to contribute to resolving differences by looking at alternatives, making decisions and explaining choices</li> </ul>	<ul style="list-style-type: none"> <li>Know basic techniques for resisting pressure to do something that they feel is wrong</li> <li>Know how to make amends for things we are ashamed of</li> <li>Understand what we can do if we witness bullying</li> </ul>	<ul style="list-style-type: none"> <li>Explain how exercise can benefit mood</li> <li>Identify how to include relaxation in a daily routine</li> <li>Understand how people may feel during big life changes like moving or bereavement</li> </ul>	<ul style="list-style-type: none"> <li>Understand that each person’s body belongs to them</li> <li>Talk about ways of dealing with unwanted touch</li> <li>Understand that all families are different and have different family members</li> </ul>	<ul style="list-style-type: none"> <li>Know some of the effects of smoking on the body</li> <li>Be able to make the positive choice not to smoke</li> <li>Understand the benefits of an active lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>Understand that people have different needs</li> <li>Recognise the role of organisations that help in the community</li> <li>Know what improves and harms our local, natural and built environments, and about some of the ways people look after them</li> </ul>	<ul style="list-style-type: none"> <li>Know how to spend money within a budget</li> <li>Know about different ways to gain money, including earning it through work.</li> </ul>
Year 4	<b>Aut 1 Relationships – Friendships and emotions</b>	<b>Aut 2 Relationships –Anti-bullying and Bereavement</b>	<b>Spr 1 Mental Health and Well-Being</b>	<b>Spr 2 Relationships Education – Sex Education</b>	<b>Sum 1 Drugs and Alcohol Education</b>	<b>Sum 2 Living in the Wider World</b>	<b>Money Day Financial Education</b>
	<ul style="list-style-type: none"> <li>Know some ways to overcome personal barriers to learning</li> <li>Know some ways of dealing with the feelings that can arise from change</li> <li>Know how to set a goal to</li> </ul>	<ul style="list-style-type: none"> <li>Explore the different types of relationships at home, at school and in our community</li> <li>Understand why we sometimes fight or run away when we feel threatened</li> <li>Know why it is important to stop and think when</li> </ul>	<ul style="list-style-type: none"> <li>Explain why it is important for people to express their feelings</li> <li>Identify ways of coping with big feelings</li> <li>Recognise help and support about feelings comes from different sources</li> <li>Explain the importance of</li> </ul>	<ul style="list-style-type: none"> <li>Describe the main stages of the human life cycle</li> <li>Know some of the changes which happen to the body during puberty</li> <li>Understand that children change into adults so that they are able to reproduce</li> </ul>	<ul style="list-style-type: none"> <li>Know what alcohol is and how it affects the body</li> <li>Understand that everyone will be affected differently by alcohol</li> <li>Know some laws about drinking alcohol</li> </ul>	<ul style="list-style-type: none"> <li>Explore what ‘home’ means to them</li> <li>Explore the difference between needs and wants in housing</li> <li>Understand the difference between rights and responsibilities</li> <li>Begin to make decisions between</li> </ul>	<ul style="list-style-type: none"> <li>Understand the difference between income and costs and how they are recorded on a balance sheet</li> <li>Have an understanding of the importance of record keeping and budgeting in relation to personal spending</li> <li>Understand what charitable giving means</li> </ul>

	<p>achieve a personal best</p> <ul style="list-style-type: none"> <li>Know how we can help each other to achieve our goals</li> </ul>	<p>we feel angry or stressed</p> <ul style="list-style-type: none"> <li>Understand how most people feel when they lose someone they love or care about</li> </ul>	<p>sleep to maintain positive mental health</p>			<p>reasonable and unreasonable requests</p>	
Year 5	<p><b>Aut 1 Relationships – Friendships and emotions</b></p> <ul style="list-style-type: none"> <li>Know that we are all valued as individuals</li> <li>Appreciate that a good team requires members with different skills</li> <li>Know how to make people feel good about themselves</li> <li>Know some things to do when someone is feeling embarrassed that will not make things woPSHE</li> </ul>	<p><b>Aut 2 Relationships – Families and Anti-bullying</b></p> <ul style="list-style-type: none"> <li>Explore why people might want to keep information about themselves secret (confidential)</li> <li>Understand what marriage is</li> <li>Consider if you have to be married to be a family</li> <li>Understand rights and relationships in forced marriages</li> <li>Understand civil partnerships</li> </ul>	<p><b>Spr 1 Mental Health and Well-Being</b></p> <ul style="list-style-type: none"> <li>Explain what 'mental health' is</li> <li>Explain how we can take care of our mental health</li> <li>To know how to get help if ourselves or others are struggling with mental health</li> </ul>	<p><b>Spr 2 Relationships Education – Sex Education</b></p> <ul style="list-style-type: none"> <li>Explain the main physical and emotional changes that happen during puberty</li> <li>Explain how to stay clean during puberty</li> <li>Know how to get help and support during puberty</li> <li>Consider the role of the media and advertising in affecting our perception of body image</li> </ul>	<p><b>Sum 1 Drugs and Alcohol Education</b></p> <ul style="list-style-type: none"> <li>Understand that vaccines help prevent a range of infections, including the flu</li> <li>Understand that there are not vaccines for all infection</li> <li>Have some understanding of the effects and risks of illegal drugs</li> <li>Know a range of skills to resist peer pressure</li> <li>Consider the relationship between risk and 'dare'</li> <li>Understand that taking risks can have positive or negative consequences</li> </ul>	<p><b>Sum 2 Living in the Wider World</b></p> <ul style="list-style-type: none"> <li>Have the opportunity to get to know children in schools in other countries</li> <li>Explore the way that the media can influence us</li> <li>Explore how the media presents information</li> </ul>	<p><b>Money Day Financial Education</b></p> <ul style="list-style-type: none"> <li>Be able to convert foreign currencies into Sterling</li> <li>Be able to make comparisons between prices to decide what is 'best value'</li> <li>Understand that they may need to save up for something if there isn't enough money for everything they want or have to buy.</li> </ul>
Year 6	<p><b>Aut 1 Relationships – Friendships and emotions</b></p>	<p><b>Aut 2 Relationships – Families and Anti-bullying</b></p>	<p><b>Spr 1 Mental Health and Well-Being</b></p>	<p><b>Spr 2 Mental Health and Well-Being</b></p>	<p><b>Sum 1 Living in the Wider World</b></p>	<p><b>Sum 2 Relationships Education – Sex Education</b></p>	<p><b>Money Day Financial Education</b></p>

	<ul style="list-style-type: none"> <li>• Be able to make a long-term plan and break it down into smaller, achievable goals</li> <li>• Be able to see a situation from another person's perspective</li> <li>• Understand the importance of respecting each other's opinions</li> </ul>	<ul style="list-style-type: none"> <li>• Know the difference between positive, assertive and aggressive</li> <li>• Know that other's families, sometimes look different from their family, but that the differences should be respected</li> <li>• Consider when it is appropriate to share personal/private information in a relationship</li> <li>• Know how and where to get support if an online relationship goes wrong</li> </ul>	<ul style="list-style-type: none"> <li>• Know strategies for reducing and managing stress</li> <li>• To know some relaxation techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Describe the feelings and anxieties faced when moving to secondary school</li> <li>• Explain what actions to take if you feel worried.</li> </ul>	<ul style="list-style-type: none"> <li>• Plan their journey to their new school</li> <li>• Know the best and safest route to school</li> <li>• To make safe choices while travelling independently.</li> </ul>	<ul style="list-style-type: none"> <li>• Talk about puberty and reproduction with confidence</li> <li>• Describe the decisions that have to be made before having a baby</li> <li>• Know some basic facts about conception and pregnancy</li> <li>• Learn the importance of consent in relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that their financial decisions could make a difference in improving the quality of life of others and protecting the environment</li> <li>• Explain the difference between credit, debt, borrowing and saving</li> <li>• Know the difference between manageable and unmanageable debt</li> </ul>
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