

PHSE PROGRESSION MAP

YEAR GROUP	RELATIONSHIPS	HEALTH AND WELLBEING	CITIZENSHIP	ECONOMIC WELLBEING	SAFETY AND CHANGING BODY
1	Explore how families are different from each other. (Please bare in mind your class and what is appropriate – it may be you do a lesson just on who is important to me or who lives with me) Explore friendships and how overcome problems. How friends behave. Recognise how others show their feelings. Identify how we care for others when they are sad. Exploring how to work successfully with others.	To understand I can stop germs spreading by washing my hands. To know how to stay safe in the sun. To know certain foods and other things can cause allergic reactions in people. To know sleep helps my body and how. To know strengths are things we are good at. To know that qualities describe what we are like. To know some words to describe some emotions.	To know the rules in school. To know that different pets have different needs. To understand the needs of younger children and that these change over time. To know that voting is a fair way to make a decision. To understand that all people are different and that is a good thing.	To know that people use money to buy things. To know that coins and notes are types of money and have different values. To know that notes are higher in value than coins. To know that it is wrong to steal money. To know money is valuable and should be stored in a safe place like a bank. To know they should not show or give money to strangers.	To know that some type of physical contact are never appropriate. To know wat to do if I get lost. To know a hazard is something which could cause accident or injury. To know that somethings are unsafe to put onto our body or into my body and to ask an adult if I'm not sure. To know what an emergency is.

				To know adults have jobs to help others and earn money. To know skills are things we do well and that everyone has different skills. To know that different jobs need different skills.	To know who the emergency services are.
2	To know that families may be different to my family. (Please bare in mind your class and what is appropriate – it may be you do a lesson just on who is important to me or who lives with me and then share with each other) To know some problems which might happen and to understand some problems in friendships might be more serious and need addressing.	To know that sugar is bad for our teeth. To explain why exercise is healthy. To understand the balance of foods we need. (These objectives are also covered in DT) To know that breathing technique can be useful strategy to relax.	To know some of the different places where rules apply. To know that some rules are made to be followed by everyone and are known as 'laws'. To know that some of the jobs people do to look after the environment in school and the local community.	To know that many adults earn money by having a job. To know some basic needs for survival, such as food, water and shelter. To know that a bank account card is like a special key that unlocks a bank account. To know what saving money is.	To know the PANTS rule. To know that I should tell an adult if I see something that makes me uncomfortable. To understand the difference between secrets and surprises. To know the rules for crossing the road safely.

	To understand some ways people show their feelings. To understand what good manners are. To understand some stereotypes related to jobs.	To know we can feel more than one emotion at a time. To know that growth mindset means being positive about challenges and finding ways to overcome them.	To understand how democracy works in school through the school council. Recognising the contribution people make to the local community.	To know that workplaces have lots of different people in them with different skills.	To know that medicine can help us when we are ill. To understand that we should only take medicines when a trusted adult says we can. To know the names of parts of my body including private parts.
3	To know what trust is and how its important in relationships. To know the signs of a good listener.To know how to listen carefully and why listening is important. To understand similarities and differences between people.	To understand ways to prevent tooth decay. To understand how relation has a positive impact on our body. To know the different food groups and how much of each of them we should have to have a balanced diet. (These objectives are also covered in DT)	To understand the UN convention on the Rights of the Child. To understand how recycling can have a positive impact on the environment. To know that the local council is responsible for	To know how we pay for things. To know spending should be based on a budget. To know money can cause us to have positive and negative feelings. To know how spending money	To understand that cyberbullying is bullying online. To know the signs that an email might be fake. To know the rules for being safe near roads. To understand other people can

	To understand stereotypes related to age. To know who to talk to-trusted adults/childline if I have any worries. To know that bullying can be physical and verbal. To know bullying is repeated and not a one off event. To know that violence is never the right way to solve a friendship problem.	To understand the importance of belonging. To understand that being lonely is different to being alone. To understand what a problem or barrier is and that these can be overcome.	looking after the local area. To know that elections are held where adults can vote for local councillors. To understand some of the consequences of breaking rules. To understand the role of charities on the community.	can affect other people. To know how different jobs contribute to our society. To know about stereotypes about jobs based on race, gender or other characteristics. To know its important to consider what they are good at and enjoy doing when choosing future careers. To know they can aim for any career they are interested in regardless of stereotypes or other peoples expectations.	influence our choices. To know that bites or stings can sometimes cause allergic reactions. To know that is it important to maintain the safety of myself and others, before giving first aid.
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4	To know families are varied in the UK and across the world. (Please bare in mind your class and what is appropriate) To understand the different roles related to bullying – victim, bully and bystander. To understand the manners which are expected in different scenarios. To understand some stereotypes related to disability.	To know key facts about my dental health. To know that visualisation means creating an image in out heads. To know that some job roles need different skills and so some roles may suit me more than others. To know that it is normal to experience a range of emotions. To know that mental health refers to our emotional wellbeing rather than physical. To understand mistakes help us learn. To know who can help if we are worried about our own or other people's mental health.	To know that human rights are specific rights that apply to all people. To know some of the people who protect our human rights such as police, judges and politicians. To know that reusing items is of benefit to the environment. To understand that councillors have to balance looking after local residents and the needs of the council. To know that there are a number of groups which make up the local community.	To know that getting value for money involves considering the cost, usefulness and quality of items. To know that purchases can be influenced by needs, wants, peer pressure and advertising. To know what interest is and that people often earn interest when they keep savings in a bank account. To know people can change their jobs and careers throughout their lives. To know that stereotypes can be made on age, gender, culture,	To understand that there are risks to sharing things online. To know the difference between private and public. To understand the risks of smoking tobacco. To understand the physical changes to both male and female bodies as people grow from children to adults. To know that asthma is a condition which causes the airways to narrow.
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				ability, interests and hobbies.	
5	To know marriage is a legal commitment and is a choice. To know if I have a problem I can call childline. To know what attributes and skills make a good friend. To understand what might lead to someone bullying others. To know what action a bystander can take when they see bullying. To know stereotypes can be unfair, negative and destructive. To know discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex or disability.	To understand the risks of sun exposure. To know that relaxation stretches can help us relax and de-stress. To know that calories are the unit we use to measure the amount of energy certain foods give us. To know what we do before bed can affect our sleep quality. To understand what can cause stress. To understand failure is an important part of success.	To know what happens when someone breaks the law. To understand waste hierarchy. To know that parliament is made up of the house of commons, the house of lords and the monarch. To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.	To know what being in debt or having debt is. To know the difference between money earned and money spent. To know that when you borrow money you have to pay it back with interest. To know they should be cautious about sharing financial information. To know that money can cause a range of financial information. To know educational choices and personal interests can play a role in	To know the steps to take before sending a message online. To know some of the possible risks online. To know some strategies I can use to overcome pressure from others and make my own decisions. To know that puberty happens at different ages for different people.

				determining their career options. To know its important to challenge work related stereotypes.	
6	To know that a conflict is a disagreement or argument and can occur in friendships. To understand the concepts of negotiation and compromise. To understand what respect is, that everyone deserves respect but it can be lost. Understand that stereotypes can lead to bullying and discrimination.	To understand that vaccinations can give us protection against disease. To know that change in the body could be signs of illness. To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation and dental health) To know that habit is a behaviour that we often do without thinking and we can have good and bad habits.	To know that education is an important human right. To know that our food choices can affect the environment. To know that the prime minister appoints ministers who have responsibility for different areas, such as healthcare and education. To know that prejudice is making assumptions about someone based on	To know that our emotions can be linked to money. To be aware of online scams and what they are. To know that a secure password should have a combination of letters and numbers and special symbols and be kept secret. To know at secondary school they may have to manage different types of expenses like lunches, tael, school material etc	To understand that online relationships should be treated in the same way as face to face relationships. To know where to get help with online problems. To understand the risk of drinking alcohol. To understand the process of the menstrual. (if needed this can be addressed earlier) To know the names of the external

			certain information. To know that discrimination is treating someone differently because of certain factors.	To know what gambling is and it can cause you to lose a lot of money and it can become addictive. To know that a career route is the path you take to have a particular career and the qualifications and experience you have to gain along the way.	sexual parts of the body and the internal reproductive organs. To understand how a baby is conceived and develops. To know how to conduct a primary survey (using DRSABC)
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GRIEF and LOSS play a huge part in our children's lives from loss of schools, friends, pets to a loss of a parent or carer therefore grief and loss will be addressed by the teacher that takes into account their class needs both as a group and individually. The class teacher can seek support from SLT and the school play therapist to support.

BRITISH VALUES

SCIENCE

DT

ICT

MATHS