

PSHRE Progression Map

Please refer to the individual learning blocks for key vocabulary.

Year Group	TITLE/CONCEPT		
	Health and wellbeing	Relationships	Living in the wider world
EYFS (Nursery)	-I can keep myself safe in the sun. -I know who can keep me safe. -I can play nicely.	-I can share with friends. -I can be kind. -I can be empathetic.	-I can respect my toys. -I understand how to stay safe in school.
EYFS (F2)	-I can eat the right foods to keep me healthy. -I can keep my body safe. -I know who can keep me safe. -I can recognise feelings in myself.	-I can take turns. -I can be a friend. -I can share. -I can build relationships with adults. -I understand who I can trust in school to keep me happy.	-I know how to be kind to my friends. -I understand what a family is. -I can respect my friends. -I can stay safe in my environment.
Year 1	-I can keep my body healthy. -I can name the parts of my body (science). -I can name feelings. -I can recognise feelings in myself and others. -I can think differently from my friends. -I can recognise what makes me unique.	-I understand how to be fair. -I understand the right to vote. -I can explain the similarities and differences in me and my friends. -I can explain the difference in secrets and surprises. -I can identify my support unit.	-I can explain what rules are. -I understand that I have to follow the rules. -I understand where money comes from. -I can determine different risks.

Year 2	-I can recognise feelings and the reactions they cause. -I can share my feelings. -I can manage big feelings. -I understand how loss makes me feel. -I can explain what physical health is. -I can recognise healthy and unhealthy foods. -I can recognise emotional health.	-I can explain what acceptable touch is. -I understand the importance of not keeping secrets. -I can describe the differences in my friends and explain the benefits. -I can identify the people that keep me safe. -I can react appropriately to unkind friends. -I understand to ask for help.	-I understand how rules keep everyone safe. -I am responsible for my contribution to my school. -I understand how to stay safe around the road, fire and medicine. -I can recognise unsafe situations with my friends and online. -I understand that you earn money by working.
Year 3	-I can explain how being healthy effects my body. -I can explain changes in my feelings. -I can make my own boundaries.	-I can react appropriately to unkind situations. -I can control and express my emotions appropriately.	-I understand how to stay around cars, bikes and online. -I understand the term 'diet' -I can recognise hazards.
	-I can explain the term consent.	-I can explain how feelings effect my body. -I can describe my responsibility in my friendships. -I can discuss the term bullying.	-I understand basic hygiene. -I understand how to respond to basic accidents. -I know how to work with others and take on responsibility for money.
Year 4	-I can describe a wide range of emotions in myself and others. -I can understand and resolve conflict. -I understand we are all different but still deserve respect. -I can think and consider others point of view. -I can explain the term identity. -I can name the female and male body parts.	-I can take responsibility in solving minor issues with my friends. -I care and understand others feelings and reactions. -I can appropriately respond to my friend's emotions.	-I understand my self-worth and how that impacts myself and others. -I understand the risk involved with different local areas, fireworks and online. -I understand basic law and how to report crimes. -I understand there are different roles in money.

Year 5	-I can explain the factors that create an identity. -I can understand and challenge stereotypes. -I can tell you my trusted people. -I understand risk and concern. -I can explain how puberty effects my body.	-I can explain the term consent within love, marriage and the law. -I can describe what a healthy family unit looks like. -I know how to handle toxic friends and situations. -I can understand how behaviour creates actions and actions have consequences.	-I can discuss the law regarding different drugs and habits. -I can describe similarities and differences including ethnicity, gender, religion and race. -I can explain the value and risk of money. -I understand how to be a role model by following rules. -I can recognise the risks of social media -I can recognise how social media can affect my self-worth. -I know how to handle a medical crisis situation.
Year 6	-Mental health: • I can identify the early signs of struggle. • I can explain how mental health problems can grow without help. • I know who to ask and how to ask for help. • I understand different strategies to help with mental health.	Relationships: • I can describe the different kinds of relationships. • I can explain attraction towards another person. • I can discuss marriage. • I can explain how different elements of puberty changes me. • I can explain how babies are created. • I can manage changes in my friendships.	Balanced health: • I can explain how sleep is health • I can describe a healthy family • I can discuss drugs and their effects and purposes. • I can keep myself safe on social media and understand how it impacts my wellbeing. • I understand that social media isn't always what it seems. • I know how to report unsafe online content.

			☐ I understand the dangers of gambling and how to access support.
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