

Progression through the PSHCE curriculum in our school

Updated 01.01.22

	Rec	Y1	Y2	Y3	Y4	Y5	Y6	Y7 (KS3)
Relationships Education								
Families and people who care for me	Family tree topic Home role play area People who help us in our community	KS1, Module 2, Unit 2, Session 1 Special People (TT)	To know about different types of families.	To explore family differences and challenge stereotyping about families. LKS2, Module 2, Unit 2, Session 1 Friends, family and others (TT)		To explore migration.		Different types of committed, stable relationships. How these relationships might contribute to human happiness. The roles and responsibilities of parents with respect to raising children.
Caring friendships	Activities to develop relationships/ making friends/ dealing with conflict/ sharing.	To identify the qualities of a good friend To explain the importance of compliments To recognise achievements To identify the qualities of a good friend	To understand conflict and explain what to do when conflict arises.	To identify the qualities of a good friend To explore ways of resolving conflict. LKS2, Module 1, Unit 3, Session 3 I am thankful (TT)		To develop a sense of belonging.	To explain what to do if someone tries to pressure or manipulate them.	The characteristics of positive and healthy friendships in all contexts.
Respectful relationships	Golden Rules and learning the rules in the school and classroom.	To recognise positive qualities in themselves. To be able to identify different behaviours which might be bullying.	To identify what bullying is and how it makes people feel. To explore gender stereotypes in careers. To explore how life is different around the world. To recognise how it feels to be proud of someone else. KS1, Module 2, Unit 2, Session 2	To learn and explore what identity is and what makes everyone unique and special.	To learn about prejudice and how discrimination can affect people. To understand how stereotypes can label people. To understand rights in a friendship. To understand responsibilities in a friendship.	To understand gender stereotypes. To explore the concept of fairness and how people decide what is fair and unfair. To know how to deal with feelings in relationships. UKS2, Module 1, Unit 3, Session 1 Body image (TT)	To learn what is meant by privilege. To learn to identify and critically evaluate current hair beauty stereotypes.	Practical steps to improve or support respectful relationships. Some types of behaviour within relationships are criminal, including violent behaviour and coercive control.

			Treat others well... (TT) KS1, Module 2, Unit 2, Session 3 ...and say sorry (TT) KS1, Module 1, Unit 2, Session 2 Girls and Boys (TT)					
Online relationships	Children use technology to explore, enhance solve problems and produce intended creative outcomes across all areas of the EYFS Curriculum.	Keeping Safe Studies	Keeping Safe Studies KS1, Module 2, Unit 3, Session 2 Good secrets and bad secrets (TT) KS1, Module 2, Unit 3, Session 3 Physical Contact (TT)	Keeping Safe Studies	Keeping Safe Studies To understand how images are manipulated online. To identify and resist pressurising and manipulative behaviour.	Keeping Safe Studies UKS2, Module 1, Unit 3, Session 4 Seeing stuff online (TT)	Keeping Safe Studies To identify different tactics someone might use to manipulate another person online. To explain what to do if someone tries to pressure or manipulate them.	Rights, responsibilities and opportunities online. Not to provide material to others that they would not want shared further and not to share personal material sent to them. The impact of viewing harmful content
Being safe	Children familiarise themselves with the name of road, town the school is located aerial view & maps	Keeping Safe Studies	Keeping Safe Studies KS1, Module 2, Unit 3, Session 2 Good secrets and bad secrets (TT) KS1, Module 2, Unit 3, Session 3 Physical Contact (TT)	Keeping Safe Studies	Keeping Safe Studies LKS2, Module 2, Unit 2, Session 2 When things feel bad (TT) KS1, Module 2, Unit 3, Session 3 Physical Contact (TT)	Keeping Safe Studies UKS2, Module 2, Unit 2, Session 1 Under pressure (TT)	Keeping Safe Studies To begin to identify risks and risky behaviour. UKS2, Module 2, Unit 2, Session 2 Do you want a piece of cake (TT)	How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn, including online.
Health Education								
Mental wellbeing	Self-Regulation-Self-help skills	To learn the importance of sleep as part of a healthy lifestyle and the	To recognise and describe different feelings in themselves and others	To learn about how feelings and emotions change and what helps people to feel good.		To learn how to talk about mental health and wellbeing, who can	To learn about mental health; what it means and how we can take care of it.	How to talk about their emotions accurately and sensitively, using

		impact device use can have on sleep. To be able to identify different behaviours which might be bullying.	To learn that feelings change and that not everyone experiences the same feeling in the same situation. Learn about 'big' feelings and how to manage them.	To learn about getting help, advice and support with feelings and emotions. To develop an awareness and definition of bullying and unkindness. LKS2, Module 1, Unit 3, Session 1 What am I feeling? (TT)		help us and how to ask for help. To explore how and why people are excluded. To know the difference between big and small feelings.	To learn about how feelings and emotions are affected and can be managed at changing, challenging or difficult times.	appropriate vocabulary. Happiness is linked to being connected to others. How to recognise the early signs of mental wellbeing concerns. Common types of mental ill health (e.g. anxiety and depression)
Internet safety and harms	Online safety- Smartie the penguin	Keeping Safe Studies	Keeping Safe Studies	Keeping Safe Studies	Keeping Safe Studies	Keeping Safe Studies	Keeping Safe Studies	The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online, how people may curate a specific image of their life online and over-reliance on online relationships
Physical health and fitness	Develop overall body strength coordination, balance and agility.	To learn about how germs are spread, how we can prevent them spreading and people who help us stay healthy and well		LKS2, Module 1, Unit 3, Session 2 What am I looking at? (TT)		UKS2, Module 1, Unit 3, Session 1 Body image (TT)	To recap how to keep ourselves healthy. To explain some of the health benefits of being active.	The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress

Healthy Eating	Children supported at lunchtimes to support eating & healthy choices Cooking for a Celebration Topic on growing our own vegetables	To understand the importance of food	To understand the benefits of eating at least 5 portions of fruit and vegetables	To understand what food groups make up meals. To explain how food choices can contribute to tooth decay.	To understand that food gives us energy.	To explain the functions of nutrients and fibre. To explain the reasons it is important to keep hydrated. To identify and interpret information on food labels.		How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.
Drugs, alcohol and tobacco	Doctor's surgery role play area	To learn about what can go into our bodies and how it can make people feel	To learn why medicines are taken; To learn where medicines come from	To learn the definition of a drug and that drugs (including medicines) can be harmful to people. To learn about the effects and risks of smoking tobacco and second-hand smoke.	To learn about the effects and risks of drinking alcohol.		To learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs.	The law relating to the supply and possession of illegal substances. The physical and psychological consequences of addiction, including alcohol dependency.
Health and prevention	Visit from the school nurse around personal and oral hygiene.	To understand some basic hygiene principles KS1, Module 1, Unit 2, Session 3 & 4 Clean and Healthy (Slides 9-12 only) (TT) To learn the importance of sleep as part of a healthy lifestyle and the impact device use can have on sleep		To learn the definition of a vaccination, how the immune system functions and how they work to keep us healthy.	To learn that medicines can be used to manage and treat medical conditions such as asthma. To understand that infection can be spread through unclean hands and that handwashing can prevent the spread of infection. To learn that infection can spread through sneezing and coughing and how to prevent this spread.	To understand that most common infections get better on their own through time, bed rest, liquid intake and healthy living.	To learn about the different sources of health information and how we make informed decisions. To learn the importance of good sleep.	The facts and science relating to immunisation and vaccination. To know about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.

					To understand the importance of personal hygiene.			
Basic first aid	Keeping Safe Studies	Keeping Safe Studies	Keeping Safe Studies	Keeping Safe Studies	Keeping Safe Studies	Keeping Safe Studies	Keeping Safe Studies	Basic treatment for common injuries. Life-saving skills, including how to administer CPR.
Changing adolescent body					LKS2, Module 1, Unit 2, Session 3 What is puberty? (TT) LKS2, Module 1, Unit 2, Session 4 Changing bodies (TT)	UKS2, Module 1, Unit 3, Session 3 Emotional changes (TT) UKS2, Module 1, Unit 4, Session 3 Menstruation (TT)	UKS2, Module 1, Unit 2, Session 2 Girls' bodies (TT) UKS2, Module 1, Unit 2, Session 3 Boys' bodies (TT) UKS2, Module 1, Unit 4, Session 1 Making babies (part 1) (TT) UKS2, Module 1, Unit 4, Session 2 Making babies (part 2) (TT)	Key facts about puberty, the changing adolescent body and menstrual wellbeing. The main changes which take place in males and females, and the implications for emotional and physical health.

