

## PSHE/RSE Progression in Skills Curriculum Map

|                   | Keeping/<br>Staying Safe  | Keeping/<br>Staying<br>Healthy  | Responsibilitie<br>s   | Feelings and<br>Emotions   | Computer<br>Safety   | Our World   | Relationships   |
|-------------------|---|---|--|--|--|---|---|
|                   |   |   |  |  |  | A World<br>Without<br>Judgement<br>(UKS2)   | Growing and<br>Changing<br>(UKS2)   |
| <b>Year<br/>1</b> | <ul style="list-style-type: none"> <li>•Understand what I need to keep safe from.</li> <li>•Recognise what may put others or me at risk.</li> <li>•Understand why it is important to stay safe when crossing the road.</li> <li>•Recognise a range of safe places to cross the road.</li> <li>•Know different ways to help us stay safe.</li> </ul> | <ul style="list-style-type: none"> <li>•Understand what we can do to keep healthy</li> <li>•Understand why we need to wash our hands</li> <li>•Know how germs are spread and how they can affect our health</li> <li>•Know the differences between healthy and unhealthy choices</li> </ul> | <ul style="list-style-type: none"> <li>•Understand what we are responsible for</li> <li>•Recognise how responsibilities will change as we grow</li> <li>•Know how you can help people around you</li> <li>•Understand the types of things you are responsible for</li> <li>•Know how and understand the importance of preventing accidents</li> <li>•Be able to recognise the differences between being responsible and being irresponsible</li> </ul> | <ul style="list-style-type: none"> <li>•Understand a range of emotions and how they make us feel physically and mentally</li> <li>•Be able to recognise and name emotions and their physical effects</li> <li>•Know the difference between pleasant and unpleasant emotions</li> <li>•Learn a range of skills for coping with unpleasant/uncomfortable emotions</li> <li>•Understand that feelings can be communicated with and without words</li> </ul> | <ul style="list-style-type: none"> <li>•Understand computers, the internet, and rules to keep safe</li> <li>•Understand how your online activity can affect others</li> <li>•Be able to identify the positives and negatives of using technology</li> <li>•Know who and how to ask for help</li> <li>•Be able to recognise kind and unkind comments</li> </ul> | <ul style="list-style-type: none"> <li>•Understand how we care for others</li> <li>•Understand the needs of a baby</li> <li>•Be able to recognise what you can do for yourself now you are older</li> <li>•Be able to describe the common features of family life</li> <li>•Be able to recognise the ways in which your family is special and unique</li> </ul> | <ul style="list-style-type: none"> <li>Understand different types of relationships</li> <li>•Understand how to be a good friend</li> <li>•Be able to recognise kind and thoughtful behaviours</li> <li>•Understand the importance of caring about other people’s feelings</li> <li>•Be able to see a situation from another person’s point of view</li> </ul> |

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| <p><b>Year 2</b></p> | <ul style="list-style-type: none"> <li>• Learn how to tie up laces properly.</li> <li>• Know rules to keep yourself and others safe.</li> <li>• Understand the differences between safe and risky choices.</li> </ul> | <ul style="list-style-type: none"> <li>• Know that food is needed for our bodies to be healthy and to grow</li> <li>• Understand that some foods are better for good health than others</li> <li>• Understand how to keep yourself and others healthy</li> <li>• Know the differences between healthy and unhealthy choices</li> <li>• Understand why we need to brush our teeth</li> <li>• Be able to develop strategies to help you remember to brush your teeth</li> </ul> | <ul style="list-style-type: none"> <li>• Be able to name ways you can improve in an activity</li> <li>• Understand the importance of trying hard and not giving up</li> <li>• Be able to learn ways to set goals and work to reach them</li> <li>• Be able to recognise kind and thoughtful behaviours and actions</li> <li>• Understand the risks of talking to people you don't know very well in the community</li> </ul> | <ul style="list-style-type: none"> <li>• Understand a range of emotions and how they make us feel physically and mentally</li> <li>• Be able to recognise and name emotions and their physical effects</li> <li>• Know the difference between pleasant and unpleasant emotions</li> <li>• Learn a range of skills for coping with unpleasant/uncomfortable emotions</li> <li>• Understand that feelings can be communicated with and without words</li> </ul> | <ul style="list-style-type: none"> <li>• Understand how your online actions can affect others</li> <li>• Know the risks of sharing images without permission</li> <li>• Understand the types of images that you should and should not post online</li> <li>• Understand how your online activity can affect others</li> <li>• Be able to list rules for keeping and staying safe</li> </ul> | <ul style="list-style-type: none"> <li>• Understand why we should look after living things</li> <li>• Be able to identify how we can look after living things both inside and outside of the home</li> <li>• Recognise why it is important to keep our communities and countryside clean</li> <li>• Be able to encourage others to help keep their communities and countryside clean</li> <li>• Understand different ways we can receive money</li> <li>• Know how to keep money safe</li> <li>• Be able to describe the skills you may need in a future job or career</li> </ul> | <ul style="list-style-type: none"> <li>• Be able to name a range of feelings</li> <li>• Understand why we should care about other people's feelings</li> <li>• Be able to see and understand bullying behaviours</li> <li>• Know how to cope with these bullying behaviours</li> <li>• Understand that feelings can be shown without words</li> <li>• Understand why it is important to care about other people's feelings</li> </ul> |
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| <p><b>Year 3</b></p> | <ul style="list-style-type: none"> <li>• Know ways to keep yourself and others safe</li> <li>• Recognise risky situations</li> <li>• Identify trusted adults around you</li> <li>• Be able to recognise a range of warning signs</li> <li>• Be able to spot the dangers we may find at home</li> <li>• Know the importance of listening to our trusted adults</li> <li>• Understand ways we can keep ourselves and others safe at home</li> </ul> | <ul style="list-style-type: none"> <li>• Know, understand, and be able to practise simple safety rules about medicine</li> <li>• Understand when it is safe to take medicine</li> <li>• Know who we can accept medicine from</li> <li>• Understand the differences between healthy and unhealthy choices</li> </ul> | <ul style="list-style-type: none"> <li>• Understand the differences between borrowing and stealing</li> <li>• Be able to describe how you might feel if something of yours is borrowed and not returned</li> <li>• Know why it is wrong to steal</li> <li>• Be able to understand the differences between being responsible and irresponsible</li> </ul> | <ul style="list-style-type: none"> <li>• Be able to recognise and name emotions and their physical effects</li> <li>• Know the difference between pleasant and unpleasant emotions</li> <li>• Learn a range of skills for coping with unpleasant/uncomfortable emotions</li> <li>• Understand that feelings can be communicated with and without words</li> </ul> | <ul style="list-style-type: none"> <li>• Be able to identify possible dangers and consequences of talking to strangers online</li> <li>• Know how to keep safe in online chatrooms</li> <li>• Be able to name the positives and negatives of using technology</li> <li>• Understand the difference between safe and risky choices online</li> </ul> | <ul style="list-style-type: none"> <li>• Be able to explain the meaning of reduce, reuse, and recycle</li> <li>• Recognise how we can help look after our planet</li> <li>• Be able to identify how to reduce the amount of water and electricity we use</li> <li>• Understand how we can reduce our carbon footprint</li> </ul> | <ul style="list-style-type: none"> <li>• Understand the difference between appropriate and inappropriate touch</li> <li>• Know why it is important to care about other people's feelings</li> <li>• Understand personal boundaries</li> <li>• Know who and how to ask for help</li> <li>• Be able to name human body parts</li> </ul> |
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| <p><b>Year 4</b></p> | <ul style="list-style-type: none"> <li>•Identify strategies we can use to keep ourselves and others safe</li> <li>•Recognise the impact and possible consequences of an accident or incident</li> <li>•Identify what is a risky choice</li> <li>•Create a set of rules for and identify ways of keeping safe</li> </ul> | <ul style="list-style-type: none"> <li>•Explain what is meant by a balanced diet and plan a balanced meal</li> <li>•Recognise how too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older</li> <li>•Understand nutritional information on packaged food and explain what it means</li> <li>•Describe different ways to maintain a healthy lifestyle</li> </ul> | <ul style="list-style-type: none"> <li>•Recognise the importance of behaving in a responsible manner in a range of situations</li> <li>•Describe a range of situations where being on time is important</li> <li>•Explain the importance of having rules in the home</li> <li>•Describe ways that behaviour can be seen to be sensible and responsible</li> </ul> | <ul style="list-style-type: none"> <li>•Recognise our thoughts, feelings, and emotions, and identify the differences between those that feel good and those that feel not so good</li> <li>•Describe how we can support others who feel lonely, jealous, or upset</li> <li>•Recognise that we can choose how we act on our emotions and understand that our choices and actions can affect ourselves and other people</li> <li>•Demonstrate a range of strategies to help control and manage unpleasant/ uncomfortable emotions, such as loneliness and jealousy</li> </ul> | <ul style="list-style-type: none"> <li>•Recognise the key values that are important in positive online relationships</li> <li>•Identify the feelings and emotions that may arise from online bullying</li> <li>•Develop coping strategies to use if we or someone we know is being bullied online</li> <li>•Identify how and who to ask for help</li> </ul> | <ul style="list-style-type: none"> <li>•Identify ways in which we can help those who look after us</li> <li>•Explain the positive impact of our actions</li> <li>•Describe the ways in which we can contribute to our home, school, and community</li> <li>•Identify the skills we may need in our future job roles</li> <li>•Recognise positive attributes in others</li> <li>•Explain why being different is okay</li> <li>•Recognise your own strengths and goals, and understand that these may be different from those around you</li> <li>•Identify some of the ways we can overcome barriers and promote equality</li> </ul> | <ul style="list-style-type: none"> <li>•Identify the different types of relationships we can have and describe how these can change as we grow</li> <li>•Explain how our families support us and how we can support our families</li> <li>•Identify how relationships can be healthy or unhealthy</li> <li>•Explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable</li> </ul> |
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| <p><b>Year 5</b></p> | <ul style="list-style-type: none"> <li>• identify strategies we can use to keep ourselves and others safe</li> <li>•Recognise ways to manage peer pressure</li> <li>•Explain the potential outcomes that may happen when we take risks</li> <li>•Recognise the impact and possible consequences of an accident or incident</li> </ul> | <ul style="list-style-type: none"> <li>•Explain some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc.</li> <li>•Describe how smoking can affect your immediate and future health and wellbeing</li> <li>•Give reasons why someone might start and continue to smoke</li> <li>•Identify and use skills and strategies to resist any pressure to smoke</li> </ul> | <ul style="list-style-type: none"> <li>•Recognise why we should take action when someone is being unkind</li> <li>•Describe caring and considerate behaviour, including the importance of looking out for others</li> <li>•Demonstrate why it is important to behave in an appropriate and responsible way</li> <li>•Identify how making some choices can impact others' lives in a negative way</li> </ul> | <ul style="list-style-type: none"> <li>•Recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant</li> <li>•Explain how feelings can be communicated with or without words</li> <li>•Recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people</li> <li>•Demonstrate a range of strategies to help control and manage unpleasant/ uncomfortable emotions, such as anger</li> </ul> | <ul style="list-style-type: none"> <li>•List reasons for sharing images online</li> <li>•Identify rules to follow when sharing images online</li> <li>•Describe the positive and negative consequences of sharing images online</li> <li>•Recognise possible influences and pressures to share images online</li> </ul> | <ul style="list-style-type: none"> <li>•Understand and explain why people might want to save money</li> <li>•Identify ways in which you can help out at home</li> <li>•Budget for items you would like to buy</li> <li>•Recognise ways to make money and the early stages of enterprise</li> <li>•Identify some of the ways in which we are different and unique</li> <li>•Explain some of the elements which help us to have a diverse community</li> <li>•Describe strategies to overcome barriers and promote diversity and inclusion</li> </ul> | <ul style="list-style-type: none"> <li>•Explain what puberty means</li> <li>•Describe the changes that boys and girls may go through during puberty</li> <li>•Identify why our bodies go through puberty</li> <li>•Develop coping strategies to help with the different stages of puberty</li> <li>•Identify who and what can help us during puberty</li> </ul> |
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| <p><b>Year 6</b></p> | <ul style="list-style-type: none"> <li>•Identify a range of danger signs</li> <li>•Develop and name strategies that can help keep ourselves and others safe</li> <li>•Recognise the impact and possible consequences of an accident or incident</li> </ul> | <p>Identify what is a risky choice</p> <ul style="list-style-type: none"> <li>•Identify the risks associated with alcohol (+ drugs - extension)</li> <li>•Describe how alcohol can affect your immediate and future health</li> <li>•Develop and recognise skills and strategies to keep safe</li> </ul> | <ul style="list-style-type: none"> <li>•Explain what consent means</li> <li>•Recognise the importance of being honest and not stealing</li> <li>•Explain why it is important to have a trusting relationship between friends and family</li> <li>•Identify how choices can impact others' lives in a negative way</li> </ul> | <ul style="list-style-type: none"> <li>•Recognise our thoughts, feelings, and emotions</li> <li>•Identify how we can reduce our feeling of worry</li> <li>•Explain how we can support others who feel worried</li> <li>•Recognise that we can choose how we act on our emotions and that our choices and actions can affect ourselves and other people</li> </ul> | <ul style="list-style-type: none"> <li>•List the key applications that we may use now and in the future</li> <li>•Know and understand why some applications have age restrictions</li> <li>•Identify ways to keep yourself and others safe in a range of situations online and offline</li> <li>recognise that people may not always be who they say they are online</li> </ul> | <ul style="list-style-type: none"> <li>•Know and understand various money-related terms</li> <li>•Recognise some of the ways in which we can spend money via technology</li> <li>•Describe the potential impact of spending money without permission</li> <li>•Identify strategies to save money</li> <li>•Understand that there are a wide range of religions and beliefs in the UK</li> <li>•Explain each of the British values</li> <li>•Create a range of values for your educational setting</li> <li>•Explain how all religions can live in cohesion</li> </ul> | <ul style="list-style-type: none"> <li>•Explain the terms 'conception' and 'reproduction'</li> <li>•Describe the function of the female and male reproductive systems</li> <li>•Identify the various ways adults can have a child</li> <li>•Explain various different stages of pregnancy</li> <li>•Identify the laws around consent</li> </ul> |
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