

PSHE Progression Map



Unit	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Physical health and wellbeing:		<p>Pupils learn:</p> <ul style="list-style-type: none"> about food that is associated with special times, in different cultures about active playground games from around the world about sun-safety 	<p>Pupils learn:</p> <ul style="list-style-type: none"> about eating well about the importance of physical activity, sleep and rest about people who help us to stay healthy and well and about basic health and hygiene routines 	<p>Pupils learn:</p> <ul style="list-style-type: none"> about making healthy choices about food and drinks about how branding can affect what foods people choose to buy about keeping active and some of the challenges of this 	<p>Pupils learn:</p> <ul style="list-style-type: none"> why people may eat or avoid certain foods (religious, moral, cultural or health reasons) about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) about the importance of getting enough sleep 	<p>Pupils learn:</p> <ul style="list-style-type: none"> that messages given on food adverts can be misleading about role models about how the media can manipulate images and that these images may not reflect reality 	

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Keeping safe and managing risk:		<p>Pupils learn:</p> <ul style="list-style-type: none"> safety in familiar situations about personal safety about people who help keep them safe outside the home 	<p>Pupils learn:</p> <ul style="list-style-type: none"> about keeping safe in the home, including fire safety about keeping safe outside about road safety 	<p>Pupils learn:</p> <ul style="list-style-type: none"> to recognise bullying and how it can make people feel about different types of bullying and how to respond to incidents of bullying about what to do if they witness bullying 	<p>Pupils learn:</p> <ul style="list-style-type: none"> how to be safe in their computer gaming habits about keeping safe near roads, rail, water, building sites and around fireworks about what to do in an emergency and basic emergency first aid procedures 	<p>Pupils learn:</p> <ul style="list-style-type: none"> about keeping safe online that violence within relationships is not acceptable about problems that can occur when someone goes missing from home 	<p>Pupils learn:</p> <ul style="list-style-type: none"> about feelings of being out and about in the local area with increasing independence about recognising and responding to peer pressure about the consequences of anti-social behaviour (including gangs and gang related behaviour) <p>FGM Pupils learn:</p> <ul style="list-style-type: none"> about the importance for girls to be protected against FGM

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Identity, society and equality:		<p>Pupils learn:</p> <ul style="list-style-type: none"> about what makes themselves and others special about roles and responsibilities at home and school about being co-operative with others 		<p>Pupils learn:</p> <ul style="list-style-type: none"> Pupils learn about valuing the similarities and differences between themselves and others Pupils learn about what is meant by community Pupils learn about belonging to groups 	<p>Pupils learn:</p> <ul style="list-style-type: none"> about Britain as a democratic society about how laws are made learn about the local council 	<p>Pupils learn:</p> <ul style="list-style-type: none"> about stereotyping, including gender stereotyping workshop from Diversity Role Models or Equaliteach about prejudice and discrimination and how this can make people feel 	<p>Pupils learn:</p> <ul style="list-style-type: none"> about people who have moved to Islington from other places, (including the experience of refugees) about human rights and the UN Convention on the Rights of the Child about homelessness

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Drug, alcohol and tobacco education:		<p>Pupils learn:</p> <ul style="list-style-type: none"> about what can go into bodies and how it can make people feel about what can go on to bodies and how it can make people feel 	<p>Pupils learn:</p> <ul style="list-style-type: none"> why medicines are taken where medicines come from about keeping themselves safe around medicines <p>Asthma lesson for Year 2, 3 or 4</p> <p>that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</p>	<p>Pupils learn:</p> <ul style="list-style-type: none"> the definition of a drug and that drugs (including medicines) can be harmful to people about the effects and risks of smoking tobacco and secondhand smoke about the help available for people to remain smoke free or stop smoking <p>Asthma lesson for Year 2, 3 or 4</p> <p>that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</p>	<p>Pupils learn:</p> <ul style="list-style-type: none"> that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them about the effects and risks of drinking alcohol about different patterns of behaviour that are related to drug use <p>Asthma lesson for Year 2, 3 or 4</p> <p>that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</p>	<p>Pupils learn:</p> <ul style="list-style-type: none"> about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis about different influences on drug use – alcohol, tobacco and nicotine products strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol 	<p>Pupils learn:</p> <ul style="list-style-type: none"> about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs about assessing the level of risk in different situations involving drug use about ways to manage risk in situations involving drug use

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Mental health and emotional wellbeing:		<p>Pupils learn:</p> <ul style="list-style-type: none"> • about different types of feelings • about managing different feelings • about change or loss and how this can feel 	<p>Pupils learn:</p> <ul style="list-style-type: none"> • about the importance of special people in their lives • about making friends and who can help with friendships • about solving problems that might arise with friendships 	<p>Pupils learn:</p> <ul style="list-style-type: none"> • about celebrating achievements and setting personal goals • about dealing with put-downs • about positive ways to deal with set-backs 		<p>Pupils learn:</p> <ul style="list-style-type: none"> • about a wide range of emotions and feelings and how these are experienced in the body • about times of change and how this can make people feel • about the feelings associated with loss, grief and bereavement 	<p>Pupils learn:</p> <ul style="list-style-type: none"> • what mental health is • about what can affect mental health and some ways of dealing with this • about some everyday ways to look after mental health • about the stigma and discrimination that can surround mental health

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Careers, financial capability and economic wellbeing:		<p>Pupils learn:</p> <ul style="list-style-type: none"> • about where money comes from and making choices when spending money • about saving money and how to keep it safe • about the different jobs people do 		<p>Pupils learn:</p> <ul style="list-style-type: none"> • about what influences people's choices about spending and saving money • how people can keep track of their money • about the world of work 		<p>Pupils learn:</p> <ul style="list-style-type: none"> • that money can be borrowed but there are risks associated with this • about enterprise • what influences people's decisions about careers 	

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Sex and relationship education:		<p>Pupils learn:</p>	<ul style="list-style-type: none"> ● to understand and respect the differences and similarities between people ● about the biological differences between male and female animals and their role in the life cycle ● the biological differences between male and female children ● about growing from young to old and that they are growing and changing ● that everybody needs to be cared for and ways in which they care for others ● about different types of family and how their home-life is special 	<p>Pupils learn:</p>	<p>Pupils learn:</p> <ul style="list-style-type: none"> ● about the way we grow and change throughout the human lifecycle ● about the physical changes associated with puberty ● about menstruation and wet dreams ● about the impact of puberty in physical hygiene and strategies for managing this ● how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty ● strategies to deal with feelings in the context of relationships ● to answer each other's questions about puberty with confidence, to seek support and advice when they need it 	<p>Pupils learn:</p>	<p>Pupils learn:</p> <ul style="list-style-type: none"> ● about the changes that occur during puberty ● to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact ● what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships ● about human reproduction in the context of the human lifecycle ● how a baby is made and grows (conception and pregnancy) ● about roles and responsibilities of carers and parents ● to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it <p>Additional lessons: (schools will want to consider including these lessons, as part of SRE policy development)</p> <ul style="list-style-type: none"> ● some myths and misconceptions about HIV, who it affects and how it is transmitted ● about how the risk of HIV can be reduced ● that contraception can be used to stop a baby from being conceived