

Subject Progression of Skills (PSHE)



Elsenham C. of E. Primary School Progression of Skills – PSHE inc. wellbeing, RSE and SEL							Extra unit – Enterprise week
	Autumn 1 – Being me in my world	Autumn 2 – Celebrating difference	Spring 1 – Dreams and goals	Spring 2 – Healthy me	Summer 1 – Relationships	Summer 2 Changing me	Economic wellbeing
EYFS	- Self-identity - Understanding feelings - Being in a classroom - Being gentle - Rights and responsibilities	- Identifying talents - Being special - Families - Where we live - Making friends - Standing up for yourself	- Challenges - Perseverance - Goal-setting - Overcoming obstacles - Seeking help - Jobs - Achieving goals	- Exercising bodies - Physical activity - Healthy food - Sleep - Keeping clean - Safety	- Family life - Friendships - Breaking friendships - Falling out - Dealing with bullying - Being a good friend	- Bodies - Respecting my body - Growing up - Growth and change - Fun and fears - Celebrations	- Awareness of money - Exchanging coins for items - Role play shops/market stalls
Year 1	- Feeling special and safe - Being part of a class - Rights and responsibilities - Rewards and feeling proud - Consequences - Owning the Learning Charter	- Similarities and differences - Understanding bullying and knowing how to deal with it - Making new friends - Celebrating the differences in everyone	- Setting goals - Identifying successes and achievements - Learning styles - Working well and celebrating achievement with a partner - Tackling new challenges - Identifying and overcoming obstacles - Feelings of success	- Keeping myself healthy - Healthier lifestyle choices - Keeping clean - Being safe - Medicine safety/safety with household items - Road safety - Linking health and happiness	- Belonging to a family - Making friends/being a good friend - Physical contact preferences - People who help us - Qualities as a friend and person - Self-acknowledgement - Being a good friend to myself - Celebrating special relationships	- Life cycles – animal and human - Changes in me - Changes since being a baby - Differences between female and male bodies (correct terminology) - Linking growing and learning - Coping with change - Transition	- Introduction to money - Looking after money - Banks and building societies - Saving and spending
Year 2	- Hopes and fears for the year - Rights and responsibilities - Rewards and consequences - Safe and fair learning environment - Valuing contributions - Choices - Recognising feelings	- Assumptions and stereotypes about gender - Understanding bullying - Standing up for self and others - Making new friends - Gender diversity - Celebrating difference and remaining friends	- Achieving realistic goals - Perseverance - Learning strengths - Learning with others - Group co-operation - Contributing to and sharing success	- Motivation - Healthier choices - Relaxation - Healthy eating and nutrition - Healthier snacks and sharing food	- Different types of family - Physical contact boundaries - Friendship and conflict - Secrets - Trust and appreciation - Expressing appreciation for special relationships	- Life cycles in nature - Growing from young to old - Increasing independence - Differences in female and male bodies (correct terminology) - Assertiveness - Preparing for transition	- Where money comes from - Needs and wants - Wants and needs - Looking after money
Year 3	- Setting personal goals - Self-identity and worth - Positivity in challenges - Rules, rights and responsibilities	- Families and their differences - Family conflict and how to manage it (child-centred) - Witnessing bullying and how to solve it - Recognising how words can be hurtful	- Difficult challenges and achieving success - Dreams and ambitions - New challenges - Motivation and enthusiasm	- Difficult challenges and achieving success - Dreams and ambitions - New challenges - Motivation and enthusiasm	- Family roles and responsibilities - Friendship and negotiation - Keeping safe online and who to go to for help - Being a global citizen	- How babies grow - Understanding a baby's needs - Outside body changes - Inside body changes - Family stereotypes	- Ways of paying - Budgeting - How spending affects others - Impacts of spending

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	- Rewards and consequences - Responsible choices - Seeing things from others' perspectives	- Giving and receiving compliments	- Recognising and trying to overcome obstacles - Evaluating learning processes - Managing feelings Simple budgeting	- Recognising and trying to overcome obstacles - Evaluating learning processes - Managing feelings - Simple budgeting - Exercise Fitness challenges - Food labelling and healthy swaps - Attitudes towards drugs - Keeping safe and why it's important online and off line scenarios - Respect for myself and others - Healthy and safe choices	- Being aware of how my choices affect others - Awareness of how other children have different lives - Expressing appreciation for family and friends	- Challenging my ideas - Preparing for transition	
Year 4	- Being part of a class team - Being a school citizen - Rights, responsibilities and democracy (school council) - Rewards and consequences - Group decision-making - Having a voice - What motivates behaviour	- Challenging assumptions - Judging by appearance - Accepting self and others - Understanding influences - Understanding bullying - Problem-solving Identifying how special and unique everyone is - First impressions	- Hopes and dreams - Overcoming disappointment - Creating new, realistic dreams - Achieving goals - Working in a group - Celebrating contributions - Resilience - Positive attitudes	- Healthier friendships - Group dynamics - Smoking - Alcohol - Assertiveness - Peer pressure - Celebrating inner strength	- Jealousy - Love and loss - Memories of loved ones - Getting on and Falling Out - Girlfriends and boyfriends - Showing appreciation to people and animals	- Being unique - Having a baby - Girls and puberty - Confidence in change - Accepting change - Preparing for transition - Environmental change	- Spending choices/value for money - Keeping track of money - Looking after money
Year 5	- Planning the forthcoming year - Being a citizen - Rights and responsibilities - Rewards and consequences - How behaviour affects groups - Democracy, having a voice, participating	- Cultural differences and how they can cause conflict - Racism - Rumours and name-calling - Types of bullying - Material wealth and happiness - Enjoying and respecting other cultures	- Future dreams - The importance of money - Jobs and careers - Dream job and how to get there - Goals in different cultures - Supporting others (charity) - Motivation	- Smoking, including vaping - Alcohol - Alcohol and anti-social behaviour - Emergency aid - Body image - Relationships with food - Healthy choices - Motivation and behaviour	- Self-recognition and self-worth - Building self-esteem - Safer online communities - Rights and responsibilities online - Online gaming and gambling - Reducing screen time - Dangers of online grooming - SMARRT internet safety rules	- Self- and body image - Influence of online and media on body image - Puberty for girls - Puberty for boys - Conception (including IVF) - Growing responsibility - Coping with change - Preparing for transition	- Borrowing - Income and expenditure - Risks with money - Prioritising spending
Year 6	- Identifying goals for the year - Global citizenship - Children's universal rights	- Perceptions of normality - Understanding disability - Power struggles - Understanding bullying - Inclusion/exclusion	- Personal learning goals, in and out of school - Success criteria - Emotions in success	- Taking personal responsibility - How substances affect the body - Exploitation, including 'county lines' and gang culture	- Mental health - Identifying mental health worries and sources of support - Love and loss - Managing feelings	- Self-image Body image - Puberty and feelings - Conception to birth - Reflections about change - Physical attraction	- Attitudes to money - Keeping money safe - Gambling

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	- Feeling welcome and valued - Choices, consequences and rewards - Group dynamics - Democracy, having a voice - Anti-social behaviour - Role-modelling	- Differences as conflict, difference as celebration - Empathy	- Making a difference in the world - Motivation - Recognising achievements - Compliments	- Emotional and mental health - Managing stress	- Power and control - Assertiveness - Technology safety - Take responsibility with technology use	- Respect and consent - Boyfriends/girlfriends - Sexting - Transition	
	Scheme of work used : Jigsaw, Picture News.						