



PSHE and RSE Skills and Knowledge Progression Map

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Myself and My Relationships	<p>To understand who I am and how I fit in with others.</p> <p>To help make the classroom feel safer and happier.</p> <p>To value difference and diversity in my friends and family.</p> <p>To identify and manage emotions.</p>	<p>To understand why friendships change.</p> <p>To identify and manage change in myself and others.</p> <p>To understand simple ways that make me feel safe and happy in the classroom.</p> <p>To respect differences in others and create an anti-bullying ethos.</p>	<p>To identify and name emotions I may experience and how to cope with them.</p> <p>To develop skills I need to make and develop positive friendships.</p> <p>To understand bullying and the impact on physical, mental and emotional wellbeing.</p> <p>To use problem solving strategies in relationships.</p>	<p>To identify my role in making school a safe place to learn</p> <p>To reflect on the changes, they have currently experienced with their peers.</p> <p>To take responsibility for choices made and how you can plan for new changes.</p> <p>To identify the key characteristics of different types of bullying</p>	<p>To identify a healthy friendship and developing trust is essential.</p> <p>To understand the difference between online and offline relationships.</p> <p>To explain how family members make you feel safe and secure.</p> <p>To understand the difference between falling out and bullying.</p> <p>To accept and feel proud of who we are.</p>	<p>To understand my responsibility in building relationships throughout the school.</p> <p>To define the characteristics and different forms of bullying and how to prevent and manage these.</p> <p>To demonstrate a range of changes people might experience and how they can affect people in a variety of ways.</p>	<p>To identify the characteristics of healthy friendships on and offline.</p> <p>To explain the differences between friendship difficulties and bullying.</p> <p>To make mental well-being a normal part of daily life.</p>
Citizenship	<p>To identify similarities, differences and diversity in culture and religion.</p> <p>To respect and value others and their beliefs.</p> <p>To identify the way I live and my role in my world.</p>	<p>To recognise strengths in working together.</p> <p>To identify strengths in my self and others and how I would like to develop new skills.</p> <p>To understand rights, rules and responsibilities.</p>	<p>To explain how rules and conventions help me feel happy and safe.</p>	<p>To recognise the importance of working together.</p> <p>To identify similarities and differences of people living in the local community.</p>	<p>To understand why we need rules and conventions at home and at school.</p> <p>To demonstrate respect to others and know what it means to be treated with respect.</p>	<p>To recognise personal strengths and skills and how are they seen by others</p> <p>To understand how people's perceptions, views and stereotypes influence my sense of identity.</p>	<p>To understand the conventions of courtesy, respect and manners and how these vary.</p> <p>To recognise that behaviour online affects others.</p>



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<p>Healthy and Safer Lifestyles</p>	<p>To value my body and other people's similarities and differences.</p> <p>Identify and demonstrate self-care skills.</p> <p>To identify what is safe and unsafe.</p> <p>Identify healthy choices that are good for us.</p>	<p>To understand that physical activity, sleeping and healthy eating are positive choices in leading a healthy lifestyle.</p>	<p>To understand safety and risk.</p> <p>To learn strategies to be safe both inside and outside the classroom.</p> <p>To understand medicines, injections and keeping safe.</p>	<p>To understand that being active and eating a balanced diet contribute to a healthy lifestyle.</p> <p>To prepare simple, healthy meals safely.</p> <p>To make healthy and safe decisions online.</p>	<p>To manage emotions and make the right decisions in risky situations.</p> <p>To understand medical and legal drugs and their purpose.</p>	<p>To understand the benefits of physical activity and the risks of not engaging in it.</p> <p>To understand what male and female sex parts are called and what are their functions.</p>	<p>To take personal responsibility for their safety and how I can keep others safe.</p> <p>To understand different ways babies are conceived and born.</p> <p>To identify the effect puberty has on people's emotions.</p> <p>To explain medicines, alcohol, smoking, solvents and illegal drugs.</p>
<p>Economic Wellbeing</p>			<p>To understand money in different and familiar contexts.</p> <p>To understand the uses of money in saving or spending.</p> <p>To understand how emotions can be related to money.</p>		<p>To develop an awareness of financial capability.</p> <p>To understand that their financial choices affect people around them.</p>		<p>To understand different ways there are to gain money.</p>