| Key Stage 1 PSHE Progression: Being a mentally and physically healthy, responsible citizen. | |
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| Year 1 (Following on from the ELG’S-personal, social and emotional development/Health and self-care) | Year 2 |
| **TERM’s 1 and 2-CORE VALUE-Relationships (Taught alongside Anti-bullying/Safer Internet week)** | |
| I know how to recognise and manage emotions within a range of relationships  I show respect for other people (BV)  I know how to recognise risky or negative relationships including all forms of bullying and abuse.  I know that each other’s body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.  I know the conventions of courtesy and manners towards others.  I know that families are important to me and that they can give love, security and stability | I confidently recognise and manage emotions within a range of relationships  I know how to recognise risky or negative relationships including all forms of bullying and abuse and how to report feelings of being unsafe or feeling bad about any adult.  I understand the characteristics of healthy family life; commitment to each other including in times of difficulty, protection and care of each other, spending time together and sharing each other’s lives.  I know how important friendships are in making me feel happy and secure and how people choose and make friends.  I know that in school and the wider society I should be treated with respect by others, and that I should show respect to others, including those in authority. |
| **TERM’s 3 and 4-CORE VALUE-Living in the wider world (Economic wellbeing and being a responsible citizen) Taught alongside R.E. and including ‘British values’ –Democracy/The Rule of law/Individual liberty/mutual respect for and tolerance of those with different faiths and beliefs and those without faith.** | |
| I know about different groups and communities  I appreciate and respect my own and other cultures (BV)  I have self-knowledge, good self-esteem and self-confidence (BV)  I understand the part that money plays in people’s lives. | I know about respect for self and others and the importance of responsible behaviours and actions (BV)  I know about different groups and communities  I appreciate and respect my own and other cultures (BV)  I understand and can show the part that money plays in people’s lives. |
| **TERM’s 5 and 6-CORE VALUE- Physical Health and Mental Wellbeing (taught alongside Science, P.E and SRE)** | |
| I know what is meant by a healthy lifestyle  I know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.  I know how to share worries.  I can judge how I am feeling and how I am.  I recognise how I might change over time. | I know how to maintain physical, mental and emotional health and wellbeing  I know how to recognise and talk about emotions, including using a varied vocabulary of words to use about my own and others feelings.  I know about personal hygiene and germs including bacteria, viruses, how they are spread and treated and the importance of handwashing.  I understand the facts and science relating to allergies, immunisation and vaccination.  I understand how to share worries and concerns.  I can self-reflect about how to keep myself and others safe.  I can make sensible, informed choices, including what constitutes a healthy diet (including calories and nutritional content) |

| Key Stage 2 PSHE Progression: Being a mentally and physically healthy, responsible citizen. | | | |
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| Year 3 | Year 4 | Year 5 | Year 6 |
| **TERM’s 1 and 2-CORE VALUE-Relationships (Taught alongside Anti-bullying/Safer Internet week)** | | | |
| I know how to develop and maintain a variety of healthy relation-ships, within a range of social/cultural contexts  I know the characteristics of friendship includes mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties.  I know that other families in school or in the world sometimes look different from my own family but that I should respect those differences and know that other children’s families are also characterised by love and care.  I know the importance of respecting others even when they are very different to me (physically, in character or personality, in background, choices, preferences or beliefs)  I know how to respond safely and appropriately to adults I may encounter (including online), whom I do not know.  I know how to ask for advice or help for myself or others and to keep trying until I am heard. | I know practical ways I can take in a range of different contexts to improve or support respectful relationships.  I know that healthy friendships are positive and welcoming towards others, and do not make others feel excluded or lonely.  I know that stable caring relationships, which may be of different types, are at the heart of happy families and are important to make feel children feel secure as they grow up.  I show respect equality and diversity in relation-ships.  I understand how to respond to risky or negative relation-ships, including all types of bullying, the impact of bullying, responsibilities of bystanders and how to get help with bullying.  I know how to report concerns or abuse, and the vocabulary and confidence needed to do so. | I know how to develop and maintain a variety of healthy relation-ships, within a range of social/cultural contexts  I know how to respect equality and diversity in relation-ships  I know that most friendships have ups and downs, and that these can be worked through so that the friendship is repaired or strengthened and that resorting to violence is never right.  I know how to recognise if family or other relationships are making me feel unhappy or unsafe and how to seek help or advice from others if needed.  I know what sorts of boundaries are appropriate in friendships with peers and others (including digital contexts).  I understand the importance of self-respect and how this links to my own happiness. | I confidently develop and maintain a variety of healthy relation-ships, within a range of social/cultural contexts  I show respect and understand equality and diversity in relation-ships  I know what a stereotype is, and how stereotypes can be unfair, negative or destructive.  I know that marriage and civil partnership represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.  I know how to recognise who to trust and who not to trust, how to judge when a relationship is making me feel unhappy or uncomfortable, manage conflict, how to manage these situations and ow to seek advice or help if needed.  I know about the concept of privacy and the implications of it for myself and adults; including it is not always right to keep secrets if they relate to being safe.  I know the importance of permission-seeking and giving in relationships with friends, peers and adults. |
| **TERM’s 3 and 4-CORE VALUE-Living in the wider world (Economic wellbeing and being a responsible citizen) Taught alongside R.E. and including ‘British values’ –Democracy/The Rule of law/Individual liberty/mutual respect for and tolerance of those with different faiths and beliefs and those without faith.** | | | |
| I know about rights and responsibilities as members of families, other groups and ultimately as citizens  I appreciate and respect my own and other cultures (BV)  I know the difference between right and wrong, in relation to school rules and the laws of Britain (BV)  I know about where money comes from, keeping it safe and the importance of managing it effectively (personal budgets) | I know about rights and responsibilities as members of families, other groups and ultimately as citizens  I appreciate and respect my own and other cultures (BV)  I know about and respect public institutions and services in Britain (BV)  I know about where money comes from, keeping it safe and the importance of managing it effectively | I know about the importance of respecting and protecting the environment  I have a basic understanding of enterprise  I know how to respect diversity and equality and how to be a productive member of a diverse community  I appreciate and respect my own and other cultures (BV) | I have a good understanding of enterprise  I show respect regarding diversity and equality and know how to be a productive member of a diverse community  I appreciate and respect my own and other cultures (BV)  I understand how I can contribute positively to the lives of those living and working in the locality of the school and to society more widely (BV) |
| **TERM’s 5 and 6-CORE VALUE- Physical Health and Mental Wellbeing (taught alongside Science, P.E and SRE)** | | | |
| I can identify different influences on health and wellbeing; including knowing bullying (including cyberbullying), has a negative and often lasting impact on mental wellbeing.  I understand the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and the ability to learn.  I know there is a normal range of emotions (e.g. happy/sad/anger/fear/surprise/nervous), that all humans experience in relation to different experiences and situations.  I know how to make a clear and efficient call to the emergency services if necessary.  I know the concepts of basic first-aid, for example dealing with common injuries, including head injuries.  I know how to find help, and understand decision making.  I understand many ways to keep myself safe, including about safe/unsafe exposure to the sun, and how to reduce the risk of sun damage including skin cancer. | I know ways of keeping physically and emotionally safe and healthy, including how to recognise early signs of physical illness, such as weight loss or unexplained changes to the body.  I know that mental wellbeing is a normal part of daily life in the same way as physical health.  I know how isolation and loneliness can affect children and that it is important to discuss feelings with an adult and get support.  I understand about choice and risk.  I understand how to calm myself and manage difficult feelings.  I know key facts about puberty and my changing body, including physical and emotional changes.  I know about menstrual wellbeing including key facts about the menstrual cycle. | I know how to make informed choices about health and wellbeing, including the characteristics and mental and physical benefits of an active lifestyle  I know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.  I know the characteristics of a poor diet and risks associated with unhealthy eating (obesity/tooth decay), and other behaviours (e.g. the impact of alcohol on diet/health)  I know where and how to seek support (including recognising the triggers to seek support), including who I can speak to in school if I am worried about my own or someone else’s mental wellbeing, physical health or ability to control emotions (including issues arising online).  I know key facts about puberty and my changing body, including physical and emotional changes, transition and loss.  I know about menstrual wellbeing including key facts about the menstrual cycle. | I know the importance of building regular exercise into daily and weekly routines and how to achieve this e.g. walking/cycling/daily mile or other regular, vigorous exercise.  I know how to manage risks to physical and emotional health and wellbeing, including the risk associated with an inactive lifestyle (including obesity)  I know the principles of planning and preparing a range of healthy meals.  I know the facts about legal and illegal substances and associated risks, including smoking, alcohol use and drug-taking.  I know it is common for people to experience mental ill health, and that the problems can be resolved if the right support is made available and accessed early enough.  I know simple self-care techniques, including rest, time spent with family and friends, and the benefits of hobbies and interests.  I know key facts about puberty and my changing body, including physical and emotional changes, transition and loss.  I know about menstrual wellbeing including key facts about the menstrual cycle. |