



St. Michael's RC Primary School

PSHE Progression Document

(see E-Safety progression document for objectives)



Year F	Autumn Health and Wellbeing		Spring Relationships		Summer 1 Living in the Wider World	Summer 2 Journey in Love
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	
	<u>All About Me</u> That I am living and growing Name similarities and differences between myself and others Keep clean by washing and drying my hands E-safety - Self-image and Identify, Health, wellbeing and Lifestyle	<u>Me and My Feelings</u> What I am good at What I like and dislike Say how I feel at different times School specific – Resilience (myself) E-Safety - Online Reputation	<u>What are relationships?</u> That I belong to a family and can name my family members When people are being unkind to me and others and how be respond Children's Mental Health Week Activities E-safety – Online Relationships, Cyberbullying, Safer Internet Day	<u>Being a good friend</u> Say sorry Show care for others Be patient when I do not always get what I want straight away Show friendly behaviour towards others E-Safety (– Manage Online Information	<u>Who can help me?</u> Know who can help me in school Ask questions about the wider world E-safety – Privacy and Security	See Journey in Love overview E-safety – Copyright and Ownership

Year 1	Autumn Health and Wellbeing		Spring Relationships		Summer 1 Living in the Wider World	Summer 2 Journey in Love
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	
	<u>My Feelings and Actions</u> School specific – Resilience (myself) Give thanks for the good things in my life Recognise what makes people special Look after myself Be honest, able to tell the truth about my actions Describe the similarities and differences between different people E-safety - Self-image and Identify, Health, wellbeing and Lifestyle	<u>Keeping Safe</u> Say what I should do to keep my body healthy Describe how to keep safe in the sun Who to go to if I am worried or need help Get adult help if someone is hurt Rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety E-Safety - Online Reputation	<u>Building Good Relationships</u> Be forgiving, able to say sorry to mend relationships Be caring, aware of the needs of others Children’s Mental Health Week Activities E-safety – Online Relationships, Cyberbullying, Safer Internet Day	<u>Behaviours</u> School specific – Resilience (with others) How my behaviour affects other people and that there are appropriate and inappropriate behaviours Child-led relationships topic – cohort responsive E-Safety – Manage Online Information	<u>Communities</u> School specific – Resilience (in the wider world) Recognise that I belong to a variety of communities locally Show awareness of differences between my life and others in the wider world What improves and harms their local, natural and built environments and develop strategies and skills needed to care for these E-safety – Privacy and Security	See Journey in Love overview E-safety – Copyright and Ownership

Year 2	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>
	<p><u>My Feelings and Actions</u></p> <p>School specific – Resilience (myself)</p> <p>About change and loss and the associated feelings (including moving home, losing toys, pets or friends)</p> <p>That how I act can have consequences</p> <p>Manage my feelings and behaviour</p> <p>Talk about my mood and know that how I am feeling is a normal part of daily life</p> <p>E-safety - Self-image and Identify, Health, wellbeing and Lifestyle</p>	<p><u>Keeping Safe</u></p> <p>How to use simple rules for resisting pressure when I feel unsafe or uncomfortable</p> <p>Rules for and ways of keeping physically and emotionally safe including responsible ICT use and safety in the environment, rail, water and fire safety</p> <p>That household products, including medicines, can be harmful if not used properly</p> <p>What is meant by ‘privacy’; their right to keep things ‘private’; the importance of respecting others’ privacy</p> <p>E-Safety - Online Reputation</p>	<p><u>Building Good Relationships</u></p> <p>That healthy families love, care and protect one another and that there are different family structures and these should be respected</p> <p>That there are different types of teasing and bullying which are wrong and unacceptable and how to respond</p> <p>Children’s Mental Health Week Activities</p> <p>E-safety – Online Relationships, Cyberbullying, Safer Internet Day</p>	<p><u>Behaviours</u></p> <p>School specific – Resilience (with others)</p> <p>Recognise the characteristics of positive and negative relationships</p> <p>Child-led relationships topic – cohort responsive</p> <p>E-Safety – Manage Online Information</p>	<p><u>Communities</u></p> <p>School specific – Resilience (in the wider world)</p> <p>Recognise that I belong to a variety of communities locally, nationally and globally</p> <p>That money comes from different sources and can be used for different purposes, including the concepts of spending and saving</p> <p>About the role money plays in their lives including how to keep it safe, choices about spending or saving money and what influences those choices</p> <p>What improves and harms their local, natural and built environments and develop strategies and skills needed to care for these (including conserving energy)</p>

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Year 3	<p><u>Me & My Emotions</u></p> <p>School specific – Resilience (myself)</p> <p>Be grateful to others for the good things in my life</p> <p>Be respectful of myself and others, recognising differences</p> <p>Cope with natural negative emotions and show resilience following setbacks</p> <p>Confidently say what I like and dislike</p> <p>E-safety - Self-image and Identify, Health, wellbeing and Lifestyle</p>	<p><u>Keeping Healthy</u></p> <p>Describe how and why to keep safe in the sun</p> <p>Describe a healthy life-style, including physical activity, dental health, healthy eating, sleep and hygiene</p> <p>E-Safety - Online Reputation</p>	<p><u>Developing Positive Relationship</u></p> <p>Be caring, aware of the needs of others and responding to those needs</p> <p>Be forgiving, able to say sorry</p> <p>What bullying is (including cyber-bullying) and how to respond</p> <p>Children’s Mental Health Week Activities</p> <p>E-safety – Online Relationships, Cyberbullying, Safer Internet Day</p>	<p><u>Different types of relationships</u></p> <p>School specific – Resilience (with others)</p> <p>That there are different types of relationships including those between acquaintances, friends, relatives and family</p> <p>Child-led relationships topic – cohort responsive</p> <p>E-Safety – Manage Online Information</p>	<p><u>My Role in a Community</u></p> <p>School specific – Resilience (in the wider world)</p> <p>Show concern for the communities to which I belong, aware that behaviour has an impact upon them</p> <p>How to recognise safe and unsafe situations and ways of keeping safe</p> <p>That I can go to a number of different people for help in different situations.</p> <p>E-safety – Privacy and Security</p>	<p>See Journey in Love overview</p> <p>E-safety – Copyright and Ownership</p>

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2 Journey in Love
	<u>Me and my emotions</u> School specific – Resilience (myself) Accept that I do not always get what I want and show an awareness of why this is Describe changes that happen in life e.g. loss, separation, divorce and bereavement Describe the wider range of my feelings E-safety - Self-image and Identify, Health, wellbeing and Lifestyle	<u>Keeping Healthy</u> Describe a healthy life-style, including physical activity, dental health, healthy eating, sleep and hygiene Describe some ways to maintain good mental health (exercise, diet, sleep, company) E-Safety - Online Reputation	<u>Developing Positive Relationship</u> Be forgiving, able to say sorry and not hold grudges against those who have hurt me The difference between good and bad secrets Children’s Mental Health Week Activities E-safety – Online Relationships, Cyberbullying, Safer Internet Day	<u>Different types of relationships</u> School specific – Resilience (with others) That there are different types of relationships including those between acquaintances, friends, relatives and family Child-led relationships topic – cohort responsive E-Safety – Manage Online Information	<u>My Role in a Community</u> School specific – Resilience (in the wider world) Identify injustices in the wider world Make a clear and efficient call to emergency services if necessary About the role money plays in their own and others’ lives, including how to manage their money E-safety – Privacy and Security	See Journey in Love overview E-safety – Copyright and Ownership

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Year 5	<p><u>Being my Best Self</u></p> <p>School specific – Resilience (myself)</p> <p>Demonstrate my gratitude to others for the good things in my life through words and actions</p> <p>Be respectful of my own and others uniqueness, demonstrating respect for difference (Protected Characteristics)</p> <p>Be self-disciplined and able to delay or even deny myself</p> <p>E-safety - Self-image and Identify, Health, wellbeing and Lifestyle</p>	<p><u>Lifestyle Choices</u></p> <p>About the impact that poor lifestyle choices can have on my health including physical activity, dental health, healthy eating, sleep, hygiene</p> <p>The facts and science relating to immunisation and vaccination</p> <p>E-Safety – Online Reputation</p>	<p><u>Caring for Others</u></p> <p>Be forgiving, developing the skills to allow reconciliation in relationships</p> <p>Be confident in my relationships with my peers in various situations, including online</p> <p>Children’s Mental Health Week Activities</p> <p>E-safety – Online Relationships, Cyberbullying, Safer Internet Day</p>	<p><u>Choices</u></p> <p>School specific – Resilience (with others)</p> <p>How to make informed choices in relationships</p> <p>Child-led relationships topic – cohort responsive</p> <p>E-Safety – Manage Online Information</p>	<p><u>Justice</u></p> <p>School specific – Resilience (in the wider world)</p> <p>That there are a number of different people and organisations I can go to for help in different situations and how to contact them</p> <p>Be just and fair, acting with integrity to show understanding of the impact of my actions locally, nationally and globally</p> <p>Be compassionate, able to empathise with the suffering of others and displaying the generosity to help</p> <p>Speak out about injustice in the wider world and what I can do to help</p> <p>E-safety – Privacy and Security</p>	<p>See Journey in Love overview</p> <p>E-safety – Copyright and Ownership</p>

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2 Journey in Love
	<p><u>Being my Best Self</u></p> <p>School specific – Resilience (myself)</p> <p>Be honest, striving to live truthfully and with integrity, using good judgement</p> <p>Describe how my emotions may change and intensify as I grow and move through puberty</p> <p>Describe some of the varied emotions that accompany the changes that happen in life, e.g. loss, separation, divorce and bereavement That my increasing independence brings increased responsibility to keep myself and others safe</p>	<p><u>Lifestyle Choices</u></p> <p>About the impact that poor lifestyle choices can have on my health including physical activity, dental health, healthy eating, sleep, hygiene, drugs and alcohol.</p> <p>To recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves</p> <p>E-Safety – Online Reputation</p>	<p><u>Caring for others</u></p> <p>Show care and concern for the special people in my life and put their needs before my own</p> <p>Children’s Mental Health Week Activities</p> <p>E-safety – Online Relationships, Cyberbullying, Safer Internet Day</p>	<p><u>Choices</u></p> <p>School specific – Resilience (with others)</p> <p>Child-led relationships topic – cohort responsive</p> <p>SATS – Relax Kids sessions</p> <p>E-Safety – Manage Online Information</p>	<p><u>Justice</u></p> <p>School specific – Resilience (in the wider world)</p> <p>Describe some basic first-aid, dealing with common injuries</p> <p>About the importance of living in right relationship with the range of national, regional, religious and ethnic identities in the United Kingdom and beyond, respecting diversity</p> <p>The responsible use of mobile phones: safe keeping (looking after it) and safe user habits (time limits, use of passcode, turning it off at night etc.)</p> <p>To develop an initial understanding of the concepts of ‘interest’, ‘loan’, ‘debt’, and ‘tax’ (e.g. their contribution to society through the payment of VAT)</p>	<p>E-safety – Copyright and Ownership</p>

	E-safety – Self-image and Identify, Health, wellbeing and Lifestyle				<p>That resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment across the world</p> <p>What is meant by enterprise and begin to develop enterprise skills</p> <p>E-safety – Privacy and Security</p>	
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