

Substantive: Green

Disciplinary: Blue

PSHE Curriculum Progression – Apley Wood Primary School

	EYFS	KS1		KS2			
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p><b>Autumn Relationships</b> Families and Friendships Safe relationships Respecting ourselves and others</p>	<p>I see myself as a valuable individual.</p> <p>I can manage my own needs.</p> <p>I can show resilience and perseverance in the face of challenge.</p> <p>I know the rules and can explain the reasons for rules, know right from wrong and try to behave accordingly</p> <p>I can express my feelings and consider the feelings of others.</p> <p>I can identify and moderate my own feelings socially and emotionally</p> <p>I can set and work towards simple goals, being able to wait for what I want and control immediate impulses when appropriate</p>	<p>I know what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc.</p> <p>I know about the importance of telling someone — and how to tell them — if I am worried about something in my family.</p> <p>I understand about what it means to keep something private, including parts of the body that are private.</p> <p>I know when it is important to ask for permission to touch others.</p> <p>I understand how behaviour can affect others.</p> <p>I can discuss how behaviour can affect others.</p> <p>I understand what respect means.</p> <p>I can discuss what respect means.</p>	<p>I understand how to be a good friend and how to make friends.</p> <p>I understand how to recognise, and ask for help, when I am feeling lonely or unhappy or how to help someone else.</p> <p>I understand what can be hurtful to others.</p> <p>I understand the difference between happy secrets and those that make you feel worried.</p> <p>I can find things I have in common with my friends, classmates, and other people.</p> <p>I understand how friends can have both similarities and differences</p> <p>I can discuss how friends can have both similarities and differences</p> <p>I understand how to play and work cooperatively with others.</p>	<p>I understand the value of rules and laws.</p> <p>I understand what rights and responsibilities are.</p> <p>I know how the internet is used.</p> <p>I can assess information online to decide if it is true and accurate.</p> <p>I understand that we all have different skills.</p> <p>I can identify how skills can be linked to job choices.</p> <p>I understand what a stereotype is and how to challenge them.</p> <p>I know how to set goals that I would like to achieve this year e.g. to learn a new hobby.</p>	<p>I understand what positive relationships and friendships are.</p> <p>I understand about positive relationships online.</p> <p>I know how to respond to hurtful behaviour. (Links with E-safety and staying safe online)</p> <p>I understand the difference between playful dares and dares that put someone under pressure, at risk or make someone feel uncomfortable.</p> <p>I understand when it is right to keep or break a confidence or share a secret.</p> <p>I understand the risks of using social media.</p> <p>I can discuss the risks of using social media.</p> <p>I understand that there are similarities and differences between people.</p> <p>I can discuss similarities and differences between people.</p>	<p>I know what makes a healthy friendship.</p> <p>I understand the effects of peer influence and how it can make people feel or behave. (Links with E-safety and staying safe online)</p> <p>I can investigate and understand the concept of physical touch.</p> <p>I understand and can investigate how it feels in a person's mind and body when they do not feel safe.</p> <p>I can respect the views and opinions of others.</p> <p>I can recognise when there is prejudice and discriminations.</p>	<p>I understand that people can have many different types of relationships including romantic ones and ones based on attraction.</p> <p>I know about marriage and civil partnerships.</p> <p>I can recognise and manage pressure. (Links with E-safety and staying safe online)</p> <p>I know what consent means and understand how to seek and give/not give permission in different situations. (Links with E-safety and staying safe online)</p> <p>I can express my own opinion whilst respecting the views of others.</p> <p>I can discuss a range of topical issues.</p>

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**Spring**  
**Living in the Wider World**  
 Belonging to a Community  
 Media literacy and digital resilience  
 Money and work

I can talk about members of my immediate family and community.  
 I can name and describe people who are familiar to them.  
 I understand that some places are special to members of their community.  
 I recognise that people have different beliefs and celebrate special times in different ways.  
 I can talk about the lives of the people around me and their roles in society  
 I know some similarities and differences between different religious and cultural communities in this country, drawing on my own experiences and what has been read in class.

I know about examples of rules in different situations, e.g. class rules, rules at home, rules outside.  
 I know how we care for people, animals and other living things in different ways.  
 I know how I can look after the environment, e.g. recycling.  
 I know how and why people use the internet.  
 I can discuss how a range of digital devices are used for communicating online.  
 I understand that everyone has different strengths and interests.  
 I can talk about people whose job it is to help us in the community.

I understand how to be a part of different groups.  
 I recognise the purpose and value of the internet in everydaylife.  
 I recognise that some content on the internet is factual and some is for entertainment e.g. news, games, videos.  
 I understand what money is.  
 I understand ways that people can look after money.  
 I understand how people make choices about spending money, including thinking about needs and wants.  
 I can talk about how people make choices about spending money, including thinking about needs and wants.

I understand the value of rules and laws.  
 I understand what rights and responsibilities are.  
 I know how the internet is used.  
 I can assess information online to decide if it is true and accurate.  
 I understand that we all have different skills.  
 I can identify how skills can be linked to job choices.  
 I understand what a stereotype is and how to challenge them.  
 I know how to set goals that I would like to achieve this year e.g. to learn a new hobby.

I understand what makes a community.  
 I understand the importance of shared responsibilities.  
 I know how data used on the internet is shared and used.  
 I can discuss how data used on the internet is shared and used.  
 I know how people may make decisions about saving and spending money.  
 I know ways that money can be kept safe.

To understand the importance of protecting the environment and how everyday actions can either support or damage it.  
 I understand why it is important to show compassion to others.  
 I can identify different types of media and their purposes.  
 I understand what stereotypes are in the workplace and how these can be challenged.  
 I can identify my future job interests and aspirations.  
 I understand some of the elements that can affect career choices.

I understand what diversity is.  
 I understand what discrimination and stereotypes are and I am able to challenge these.  
 I can evaluate media sources.  
 I understand the laws associated with sharing things online.  
 I understand what might influence attitudes towards money.

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<p><b>Summer Wellbeing</b> Physical health and Mental wellbeing (to include Expect Respect) Keeping safe Respect Yourself</p>	<p>I know and can talk about the different factors that support my overall health and wellbeing: regular physical activity healthy eating toothbrushing sensible amounts of 'screen time'</p>	<p>I know and can discuss what it means to be healthy and why it is important. I know ways to take care of myself and hygiene routines. I know about basic hygiene routines, e.g. hand washing. I know how exercise and healthy food will help to keep me healthy. I can name healthy foods and discuss why they are healthy I know how to keep safe in the sun. I understand and can discuss how rules and age restrictions can help us to stay safe.</p>	<p>I know and can discuss why sleep and rest are important for growing and keeping healthy. I know that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies. I understand and can discuss the importance of, and routines for, brushing teeth and visiting the dentist. I understand and can discuss how I can stay safe in different situations and different environments.</p>	<p>I understand what healthy choices are. I know what might affect my feelings and how I express them. I can identify risks and hazards in a range of different places and environments. I am able to stay safe in a range of different environments.</p>	<p>I know how and can discuss how to maintain a balanced lifestyle. I understand the importance of good oral hygiene and dental care. I understand that medicines can be used in a variety of ways and can have positive and negative affects.</p>	<p>I understand and can discuss the importance of healthy sleeping habits. I know to stay safe in the sun. I understand and can discuss the role that medicines, immunisations and vaccinations can have. I understand what an allergy is and how it can be treated. I know how to stay safe in different situations and environments. I have a basic understanding of first aid. I know that FGM is against British law.</p>	<p>I understand what factors can affect mental health and ways to take care of my own mental health. (Links with E-safety and staying safe online) I am able to manage change. I can explore the emotions associated with loss and bereavement. I understand ways that I can keep my personal information safe online. I know about the laws associated with drug use. I understand how the media may influence drug use / miss use</p>
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