



Park Grove Primary Academy: National Curriculum Skill Progression in PSHE

Highlighted content should not be taught discretely but as part of topic work in other subjects such as Science, Computing and PE.

Links to Relationships and Sex Education

	Core Theme		Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
			Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
A U T U M T E R M	Relationships Pupils should be taught: 1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts 2. how to recognise and manage emotions within a range of relationships 3. how to recognise risky or negative relationships including all forms of bullying and abuse 4. how to respond to risky or negative relationships and ask for help 5. how to respect equality and diversity in relationships.	Feelings and Friendships Roles of different people; families; feeling cared for Making friends; feeling lonely and getting help	Roles of different people; families; feeling cared for Making friends; feeling lonely and getting help	What makes a family; features of family life	Positive friendships, including online	Managing friendships and peer influence	Attraction to others; romantic relationships; civil partnership and marriage	
		Safe Relationships Recognising privacy; staying safe; seeking permission Managing secrets; resisting pressure and getting help; recognising hurtful behaviour PANTS/Consent	Recognising privacy; staying safe; seeking permission Managing secrets; resisting pressure and getting help; recognising hurtful behaviour PANTS/Consent	Personal boundaries; safely responding to others; the impact of hurtful behaviour PANTS/Consent	Responding to hurtful behaviour; managing confidentiality; recognising risks online PANTS/Consent	Physical contact and feeling safe PANTS/Consent	Recognising and managing pressure; consent in different situations PANTS/Consent	
		Respecting ourselves and others How behaviour affects others; being polite and respectful Recognising things in common and differences; playing and working cooperatively; sharing opinions	How behaviour affects others; being polite and respectful Recognising things in common and differences; playing and working cooperatively; sharing opinions	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Respecting differences and similarities; discussing difference sensitively	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Expressing opinions and respecting other points of view, including discussing topical issues	

S P R I N G T E R M	Living in the wider world Pupils should be taught: 1. about respect for self and others and the importance of responsible behaviours and actions 2. about rights and responsibilities as members of families, other groups and ultimately as citizens 3. about different groups and communities 4. to respect equality and to be a productive member of a diverse community 5. about the importance of respecting and protecting the environment 6. about where money comes from, keeping it safe and the importance of managing it effectively 7. how money plays an important part in people's lives 8. a basic understanding of enterprise.	Belonging to a Community	What rules are; caring for others' needs; looking after the environment Belonging to a group; roles and responsibilities; being the same and different in the community	The value of rules and laws; rights, freedoms and responsibilities	What makes a community; shared responsibilities	Protecting the environment; compassion towards others	Valuing diversity; challenging discrimination and stereotypes
		Media Literacy and Digital Resilience	Using the internet and digital devices; communicating online The internet in everyday life; online content and information	How the internet is used; assessing information online	How data is shared and used	How information online is targeted; different media types, their role and impact	Evaluating media sources; sharing things online
		Money and Work	Strengths and interests; jobs in the community What money is; needs and wants; looking after money	Different jobs and skills; job stereotypes; setting personal goals	Making decisions about money; using and keeping money safe	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Influences and attitudes to money; money and financial risks

S U M M E R T E R M	Health and Wellbeing Pupils should be taught: 1. what is meant by a healthy lifestyle 2. how to maintain physical, mental and emotional health and wellbeing 3. how to manage risks to physical and emotional health and wellbeing 4. ways of keeping physically and emotionally safe 5. about managing change, including puberty, transition and loss 6. how to make informed choices about health and wellbeing and to recognise sources of help with this 7. how to respond in an emergency 8. to identify different influences on health and wellbeing	Physical Health and Mental Wellbeing	Keeping healthy; food and exercise, hygiene routines; sun safety How rules and age restrictions help us; keeping safe online	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Health choices and habits; what affects feelings; expressing feelings	Maintaining a balanced lifestyle; oral hygiene and dental care	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online
		Growing and Changing	Recognising what makes them unique and special; feelings; managing when things go wrong Growing older; naming body parts; moving class or year	Physical and emotional changes in puberty Personal strengths and achievements; managing and reframing setbacks	Physical and emotional changes in puberty Personal identity; recognising individuality and different qualities; mental wellbeing	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty (Girls menstruation talk, boys puberty talk)	Human reproduction and birth; increasing independence; managing transition (Sex education session)	
		Keeping Safe	How rules and age restrictions help us; keeping safe online Safety in different environments; risk and safety at home; emergencies(how to make an emergency call)	Risks and hazards; safety in the local environment and unfamiliar places	Medicines and household products; drugs common to everyday life	Keeping safe in different situations, including responding in emergencies, basic first aid (and dealing with common injuries) and FGM	Keeping personal information safe; regulations and choices; drug (including alcohol and tobacco) use and the law; drug use and the media	

	Health and wellbeing	Growing and changing			Puberty lesson pack Medway Year 3	Puberty lesson pack Medway Year 4	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty (menstruation talk) Year 5 Medway	Human reproduction and birth Year 6 Medway
	Key concepts and vocabulary at each age	Respect Rules Unique Choice Medicine Growing Special Safe	Contribute Share Environment Money Strengths Goals Feelings Same and different	Needs Community Conserving energy Spend and save Healthy choices Manage feelings Safety Privacy Fair and unfair Right and wrong Respond Similarities and differences Bullying	Health Wellbeing Roles in the community Rights and responsibilities Environment Enterprise Balanced diet Emergency Discrimination Relationships Collaboration	Diversity Resource allocation Sustainability Budgeting Balanced lifestyle Reflect Protect Confidential Physical contact Disputes and conflict	Rules and laws Democracy Differences Wellbeing influences Duties Loans, interest, tax Point of view Achievements Aspirations Considerate Constructive feedback	Recommendations Media Resource allocation Global Reality Risk, danger and hazard Enterprise Confidentiality Stereotypes Pressures Personal boundaries Puberty

Links to SMSC:

School values, enjoy learning about oneself, others and the surrounding world, develop social skills, use imagination and creativity in learning, understand own heritage, responsibility for behaviour choices, distinguish between right and wrong, willingness to reflect on experiences, use a range of social skills, understand the heritage of others, understand and appreciate a range of different cultures, Understand how to contribute to school and the local community, recognise legal boundaries in the law, participate in a variety of communities, participate in and respond to a range of opportunities, understand how to contribute to society, be reflective on own beliefs, show initiative, understand consequences of behaviour and actions, volunteer and cooperate well with others, explore and understand different faiths and cultural diversity, Further tolerance and understanding of different cultural traditions, investigate and offer reasoned views about moral and ethical issues, understand and appreciate the viewpoints of others, resolve conflicts effectively, accept, respect and celebrate diversity locally, nationally and globally