



# PSHE Key Concepts Progression Map



Key Concept	EYFS	KS1		KS2			
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Wellbeing	<ul style="list-style-type: none"> <li>-Children will show sensitivity to their own and to others' needs</li> <li>-Children will show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</li> <li>-Children will manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will recognise the difference between physical and emotional health. Understand that you cannot always tell how someone is feeling. Recognise when someone is stereotyped or judged.</li> <li>-Children will be able to name the core emotions - sadness, anger, nervousness/Scared, happiness, excited, disgust.</li> <li>- Children will learn to recognise that different behaviours usually mean a person is experiencing a particular emotion.</li> <li>-Children will begin to identify reasons that effect their emotional state.</li> <li>-Children will talk about positive behaviours within their peer relationships.</li> <li>-Children will understand that we are all different and that being unique should be celebrated.</li> <li>-Through testing eggshells, children will understand how sugary drinks affect teeth and cause tooth decay and they will name ways that they can look after their teeth.</li> <li>-Children will identify a healthy diet and healthy foods.</li> <li>-Children will discuss what good personal hygiene is and why hand washing is important.</li> <li>-Children will identify some benefits of exercise for physical wellbeing and mental wellbeing.</li> <li>-Children will understand the dangers of sun exposure and discuss sun safety.</li> <li>-Children will identify medicines and when they can be harmful.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will be able to name a range of emotions including envy, surprise, anxiety/worry, depression, love.</li> <li>- Children will know that different emotions can be felt in different parts of the body and how these might be experienced e.g. butterflies.</li> <li>-Children will identify and discuss the difference between positive and negative emotions and how their emotions impact their behaviour.</li> <li>-Children will group different foods and understand how these keep us healthy.</li> <li>-Children will identify three ways that exercise can help physical and mental health.</li> <li>-Children will discuss the importance of sleep and suggest routines that can ensure a good night's sleep.</li> <li>-Children will identify the ways we can maintain our personal hygiene and why this is important for our well-being.</li> <li>-Children will compare household products and medicines and how they should be used. Children will identify when these are not used safely.</li> <li>- Children will learn where money comes from.</li> <li>Children will understand why we keep money in banks and how we can spend this money.</li> <li>-Children will understand which purchases are things they want and which are ones they need and why it is important to save.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will discuss the term 'mental health' and identify the stereotypes and slang words used to describe it as well as the impact this can have.</li> <li>-Children will identify different causes of stress and understand that there are ways they can de-stress.</li> <li>-Children will explore how emotions can be shown in facial expressions and as body language. -Children will explore the response to good feelings and not-so-good feelings and whether these are the same or different.</li> <li>-Children will talk in more detail about how emotions make us feel.</li> <li>-Children will understand how talking about how we are feeling can help us manage our emotions, help us identify the root cause of the feelings and take steps to coping with these feelings in the future.</li> <li>-Children will describe a coping strategy they have learnt about and explain how it can help in the management of uncomfortable feelings.</li> <li>-Children will know that there are different types of bullying and will discuss what they can do to stop it/help themselves/help others.</li> <li>-Children will be able to identify who is in their family and who cares for them.</li> <li>-Children will understand the nutritional values in foods and the use of 'traffic lights' and they will develop skills to make their own choices about food.</li> <li>-Children will increase the knowledge and reinforce sensible behaviour about taking care in the sun while endeavouring to: <ul style="list-style-type: none"> <li>• make children more aware of the power of the sun in our world;</li> <li>• recognise the possible dangers of our sun;</li> <li>• increase their knowledge of personal protective measures.</li> </ul> </li> <li>-Children will look at what it means when we are ill and how we can recognise the signs of illness. -Children will know what vaccines are and why they are helpful when preventing hurtful things from happening.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will know what a positive attitude is and will discuss ways to increase our levels of happiness.</li> <li>-Children will understand the difference between thoughts and feelings. Children will discuss the thoughts feelings unhelpful thoughts are likely to lead to.</li> <li>Children will understand the consequences and impacts that unhelpful thoughts have.</li> <li>-Children will know strategies to help. Know there are different types of change, and these can affect people in different ways.</li> <li>- Children will identify the types of emotions a person might feel during a change.</li> <li>-Children will know what positively and negatively affects physical, mental and emotional health.</li> <li>-Children will know how we can ensure positive physical, emotional and mental health.</li> <li>-Children will be able to explain to that effective communication is much more than what we say.</li> <li>-Children will know why and how we should keep our teeth healthy and clean. They will be able to understand the effect of poor dental hygiene and the impact on health.</li> <li>Understand the impact of the food they eat has on their health and are more aware of their bodies' responses in regard to their food intake. They will be able to correctly substitute poor diet choices for healthy ones.</li> <li>-Children will understand that for some people it is difficult to stop smoking or using e-cigarettes (vaping), and will learn about ways that people can get advice and support to protect theirs and other's health.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will understand that it is okay to think and feel differently to other people.</li> <li>-Children will know that this will include comfortable and uncomfortable thoughts and have strategies to support through these times.</li> <li>-Children will understand the feelings, shy and nervous.</li> <li>-Children will understand the concept of 'mind over matter' in terms of the ability to create confidence through our own attitude and approach to something that is making us feel nervous.</li> <li>-Children will know strategies to constructively manage feelings when we have done something wrong or made a mistake.</li> <li>-Children will understand how to make amends and why this is important.</li> <li>-Children will know how successful learners overcome challenges and that positive learning strategies help us.</li> <li>- Children will understand we have choices about keeping our bodies and minds healthy.</li> <li>-Children will know what influences our choices have on our bodies and our physical and mental health, both positive and negative.</li> <li>-Children will understand how bacteria and viruses affect our health and will begin to think about what the impact of poor emotional or physical health can have on our emotions and well-being.</li> <li>-Children will be encouraged to challenge assumptions of others related to physical and emotional health and talk about their health and well-being.</li> <li>-Children will think about alcohol and the risks that drinking alcohol can cause.</li> <li>-Children will explore how the correct use of medicines, and how vaccinations and immunisation, can help to maintain health and wellbeing.</li> <li>-Children will learn about some of the risks and effects of legal and illegal drug use.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will know that there are helpful and unhelpful worries and explore the difference.</li> <li>-Children will explore the impact of carrying around worries and start to think about how external factors can influence emotions and worries.</li> <li>-Children will explore changes they would like to make in how they manage emotions and plan how to implement these changes.</li> <li>-Children will discuss how the wider world around us can also affect us, inside and out, including things we can't change but may have an impact on how we feel or behave. Children will learn that there are worries that we can do something about.</li> <li>-Children will identify what messages about our bodies we get from the media and what influence it might have on how people think and feel about their own bodies.</li> <li>-Children will understand the ways in which we can feel good about ourselves linked to taking care of our bodies.</li> <li>-Children will recognise different types of drugs - legal and illegal and understand that even legal drugs can be harmful - smoking/vaping and alcohol.</li> <li>-Children will know the risks of taking harmful substances and know how to make good choices about dangerous substances.</li> <li>-Children will discuss the importance of being able to resist pressure and stand up to those who pressure us to try things.</li> <li>-Children will recognise early signs of physical illness, such as weight loss, unexplained changes to the body (links made to drug, alcohol and tobacco related illnesses and associated risks).</li> <li>-Children will recognise the characteristics of a poor diet and risks linked to unhealthy eating - obesity.</li> <li>- Children will know that the internet can be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</li> <li>-Children will understand what autonomy is and what is consent.</li> <li>-Children will know how to identify and respond appropriately to emergency medical situations where first aid may be required or contact with the emergency services.</li> </ul>

Relationships	<ul style="list-style-type: none"> <li>-Children will give focussed attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas.</li> <li>-Children will work and play cooperatively and take turns with others</li> <li>-Children will form positive attachments to adults and friendships with peers</li> </ul>	<ul style="list-style-type: none"> <li>-Children will identify what bullying is and the ways people are unkind to each other.</li> <li>- Children will discuss what makes a good friend.</li> <li>-Children will be able to identify that families are all different which is normal and positive.</li> <li>- Children are to be able to identify what makes their family different and special.</li> <li>-Children will be able to recognise their diverse personal support network.</li> <li>-Children will be able to notice the positive behaviour of others.</li> <li>- Children will name and recognise the emotions of others.</li> <li>- Children will discuss things we can all do to support the emotions of others including the use of body language.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will identify ways of working well together as a group, how well they listen to each other's views and preferences, agree the next steps to take and identify contributions in a respectful way.</li> <li>-Children will use the keywords as a starting point that would answer the big question - kindness, respect, include everyone, smile, compliment, friendship.</li> <li>-Children will understand that they should treat each other online as they would face to face.</li> <li>-Children will think about feeling unsafe and unhappy and how children can recognise when they might need to talk to someone to help them be safe and happy.</li> <li>-Children will think about differences and how we can ensure that we treat people fairly no matter what they look like or how they might behave.</li> <li>-Children will know what to do if they were asked to keep a secret that made them feel uncomfortable, worried, or unhappy.</li> <li>-Children will identify the different people that keep us safe.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will think about how we behave online, how we treat others and how we would like to be treated ourselves.</li> <li>-Children will know that friendships have ups and downs. - Children will understand that a team can have an impact on people falling out, it is not necessarily just down to one person, and they can be part of the resolution too.</li> <li>-Children will know how to help if a friend is thinking about doing something online that would cause harm or upset using the SMART rules from Childnet for staying safe online: Safe, Meeting, Accepting, Reliable, Tell.</li> <li>-Children will know how to resolve an issue where communication between friends has gone wrong or has broken down.</li> <li>- Children will know who to go to for support.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will know what to would do if they knew someone was getting bullied or what they would do if they were getting bullied.</li> <li>-Children will explore why people are unkind to each other and how it makes other people feel. -Children will understand the importance of friendship and having a friend that cares about you and know how this would help someone overcome being bullied.</li> <li>-Children will understand that a positive feature of family life is caring relationships.</li> <li>-Children will know about stranger danger online. They will understand that people might be very friendly online but that does not always mean they are your friend.</li> <li>-Children will understand not all relationships are with people you know well, and they will behave differently within different groups.</li> <li>-Children will understand why we need personal boundaries and why they are important, some people's boundaries may be different, and we need to respect that.</li> <li>-Children will know what would pose risk to personal safety using three headings: danger presented by a person/place/thing.</li> <li>-Children will know how to respond to the danger they face.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will explain that we all experience pressure within friendships and relationships. This might be pressure to fit in by looking, behaving or feeling a specific way. This is called peer group influence or expectation, or children may know this as peer pressure.</li> <li>-Children will understand the concepts and benefits of marriage and other commitments in relationships. Explore what is meant by a lifelong commitment, what form this can take and why this is a positive concept.</li> <li>-Children will explore how other factors such as pleasing others or feeling pressure from them could influence our decision-making process.</li> <li>-Children will know how we can we respond respectfully to other people's feelings and opinions.</li> <li>-Children will understand the term 'collaborate' and know when they have worked 'collaboratively'.</li> <li>-Children will understand what compromise is and how compromising can help to resolve difficult situations.</li> <li>-Children will know what cyberbullying is; the effects of cyberbullying and know how to get help if cyberbullying happens to us or someone we know.</li> <li>-Children will understand that kindness helps people to feel good and supports positive mental health.</li> <li>-Children will focus on physical and personal boundaries - what we're comfortable with, and what to do if we're with someone whose boundaries are different.</li> </ul>	<ul style="list-style-type: none"> <li>- Children will know what it means to take responsibility for our own safety and know why this is important.</li> <li>-Children will understand that there are some situations which we might not be able to manage by ourselves; sometimes, in certain risky or dangerous situations, we might need help from others.</li> <li>-Children will know who they can go to for support.</li> <li>-Children will know what to do when we are under pressure to do something that makes us feel uncomfortable and what they would do in a scenario to get out of the risky situation.</li> <li>-Children will know what we can do if we see something online or are shown something that makes us feel worried, upset or confused.</li> <li>-Children will know how we can be kind and respectful online.</li> <li>-Children will understand the good reasons for socialising online but know that there can also be some negative points to consider.</li> <li>-Children will identify who the important people are in our lives.</li> <li>-Children will know what kindness does <b>not</b> mean, and consider the idea that some people see kindness as meaning the person is a 'pushover'.</li> <li>-Children will know when it is okay to keep a secret and when secrets should be shared.</li> <li>- Children will recognise the signs of an unhealthy relationship and how it might it be best to end a friendship.</li> <li>-Children will know the strategies that enable us to regularly reflect on our relationships to ensure they remain healthy.</li> </ul>
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Living in the Wider World	<ul style="list-style-type: none"> <li>-Children will be confident to try new activities and show independence, resilience and perseverance in the face of challenge</li> </ul>	<ul style="list-style-type: none"> <li>-Children will discuss the importance of the Countryside Code</li> <li>-Children will understand that some things go wrong and will revise the problem-solving process.</li> <li>-Children will know what happened on Bonfire Night and will understand the importance of Bonfire Night today.</li> <li>-Children will understand the warning signs regarding online safety.</li> <li>-Children will be more aware of how to behave on the internet.</li> <li>- Children will discuss special people who work in our community.</li> <li>-Children will discuss where money comes from and why we need it.</li> <li>-Children will discuss how money could be saved.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will discuss what charities are and identify what they do.</li> <li>-Children will think about the ways in which the internet might pose risks to us and what we can do to stay safe.</li> <li>- Children will think about the other people we know who can also help us stay safe.</li> <li>-Children will discuss how to behave online what we should and should not tell people online.</li> <li>-Children will know that once we put information online it can be very hard to get it back.</li> <li>-Children will identify what would be an emergency or not and will know when 999 would need to be called.</li> <li>-Children will understand what e-waste is and how it is disposed as well as understanding some of the other problems with e-waste.</li> <li>- Children will understand how we get money.</li> <li>- Children will know what a bank is and how we use them.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will know the importance of having responsibilities and will identify consequences when these are not fulfilled.</li> <li>-Children will know that they are responsible for their actions online.</li> <li>-Children will understand that knowing someone online is not the same as knowing someone face to face.</li> <li>-Children will discuss a set of rules, which can be used to make sure we have a fun and nice experience when we use the internet.</li> <li>-Children will understand that age restrictions can be a good thing and are there to keep us safe and help us avoid risky situations.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will know what the Mountain Rescue team do and understand that everyone who works for mountain rescue are volunteers, and they need to raise money throughout the year to ensure they have the correct equipment to make rescues.</li> <li>-Children will know what fundraising is and why it is important.</li> <li>-Children will understand how children can be pressured by people online to behave in an unacceptable way.</li> <li>-Children will understand that not everything is correct online.</li> <li>-Children will know about stranger danger online and will understand that people might be very friendly online, but that does not always mean they are your friend.</li> <li>-Children will know how pressure to behave in an unacceptable way can come from a variety of sources including social media and online.</li> <li>-Children will recognise when someone is unresponsive and explore how to help them.</li> <li>-Children will know the ways a person could pay for things they wanted to buy.</li> <li>-Children will know why physical money is being used less and less and things like cards and internet purchasing is more common.</li> <li>-Children will understand why it is important to start saving money and what children might need money for in the future.</li> <li>-Children will discuss what happens if you don't have enough money for something and what can you do to overcome this.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will understand that there are financial risks and know how to avoid them.</li> <li>-Children will know how manufacturers and retailers try to influence the way we spend our money and will understand how we can be 'critical consumers'.</li> <li>- Children will know what 'value for money' means and recognise when things are good value for money.</li> <li>- Children will know what a budget is and how we can budget effectively.</li> <li>-Children will understand that not everything online is trustworthy.</li> <li>- Children will learn how to make decisions about what can be trusted online using clues.</li> <li>- Children will know what charities are and what they do and they will understand their importance in supporting communities.</li> <li>-Children will know what skills are needed in the world of work.</li> <li>- Children will understand what enterprise is and why it is important.</li> <li>-Children will learn about the seven core skills that are needed to be innovative and enterprising.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will explore what good manners look like.</li> <li>-Children will know what to do when we are under pressure to do something that makes us feel uncomfortable.</li> <li>- Children will understand what they could do in a scenario to get out of the risky situation.</li> <li>-Children will know what we can do if we see something online or are shown something that makes us feel worried, upset or confused.</li> <li>-Children will know how we can be kind and respectful online.</li> <li>-Children will understand the good reasons for socialising online but know that there can also be some negative points to consider.</li> <li>-Children will know how to safely use mobile phones and other devices and stay safe when using the internet.</li> <li>-Children will identify the kind of things must we never share and why.</li> <li>-Children to understand what privacy means and what rights we all have when it comes to having information about us or images of us shared.</li> <li>- Children to identify if a situation is risky or dangerous. Know what we can do if we feel we are in a risky situation.</li> <li>-Children will understand the difference between income and expenditure. They will be able to list ways in which adults acquire an income and will look at what bills people must pay and how to create a budget.</li> <li>-Children will investigate ways in which money can be made through the Virgin Grow a £5 enterprise challenge.</li> </ul>
Growing and Changing	<ul style="list-style-type: none"> <li>-Children will set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> </ul>	<ul style="list-style-type: none"> <li>Children will be able to describe some things that might change in a person's life and know how it might make them feel.</li> </ul>	<ul style="list-style-type: none"> <li>In Science, children discuss the human life cycle and how we change from babies to grown ups. Noting changes in ability and responsibility.</li> </ul>	<ul style="list-style-type: none"> <li>- Children will be able to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth</li> <li>- to use problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools</li> <li>- To recognise how to manage setbacks, perceived failures, including how to reframe unhelpful thinking</li> </ul>	<ul style="list-style-type: none"> <li>- Children will understand the ways that our emotions can be affected with puberty and know what puberty is. They will know that changes such as greasy hair, developing spots and smelling differently are part of puberty and the importance of good hygiene.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will know how our bodies change during puberty and how we can take care of our changing bodies.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will know what changes occur in boys' and girls' bodies during puberty and how we can look after our changing bodies as we grow.</li> <li>-Children will know that their body is their own. They should respect their body and other people should also respect it.</li> <li>-Children will know that they should never feel that someone else has the right to see or touch their body if they don't wish them to. Know who can give them advice and support.</li> <li>-Children will understand how our thoughts and feelings change during puberty. Know how we can deal with difficult feelings and moods.</li> </ul>

British Values	<ul style="list-style-type: none"> <li>-Children will explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>-Children will know what a vote is and select their personal choice, within a ballot.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will know who Queen Elizabeth II was.</li> <li>- Children will identify the role of the monarch with a focus on King Charles III.</li> <li>- Children will know what diversity is.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will understand what diversity is and what multicultural means.</li> <li>- Children will know that we live in a multicultural society and that we are all different.</li> <li>- Children will describe and respect similarities and differences between people from different places in the world or from different ethnic backgrounds.</li> <li>- Children will know what the rule of law is and understand why we have them.</li> <li>- Children will understand what democracy is and how we use it to make fair decisions in the UK.</li> <li>-Children will understand what individual liberty means for them.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will know about the Unicef Rights of a Child. Choose three that they consider are most important.</li> <li>Discuss any rights that were not chosen and consider why they were not chosen.</li> <li>-Children will know that different groups make up their community and value their contributions.</li> <li>-Children will know that Britain is a diverse society due to the range of ethnic, religious and cultural identities within it. Discuss why it is important to be tolerant of differences.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will understand the effects of harmful stereotypes they know of in the UK.</li> <li>-Children will know what they can do to challenge these stereotypes.</li> <li>Understand that by everyone doing a little, a lot can be achieved.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will know what kind of people live in Britain. Understand the importance of showing respect for people whose faith or ethnicity is different to ours.</li> <li>-Children will know what 'local government' is and what it does.</li> <li>Understand how local government works.</li> <li>Know about democracy and human rights.</li> <li>Know what 'national government is' and what it does.</li> <li>Understand how national government works. Debate the role of the British Monarchy</li> </ul>	<ul style="list-style-type: none"> <li>-Children will understand how human rights have changed and how those changes happened.</li> <li>-Children will explore why people's human rights are sometimes not met in places across the world.</li> <li>-Children will know what we need to do to respect the human rights of others. - Children will understand the consequences of not respecting these rights.</li> </ul>
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