



PSHE – A Progression of Knowledge & Skills				
Year group	term	topic	skills	knowledge
YN	aut	Me & My Family	Unit Composite: To play with one or more other children, extending and elaborating play ideas.	
			To develop their sense of responsibility and membership of a community.	
			To play with one or more other children, extending and elaborating play ideas. To select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. To become more outgoing with unfamiliar people, in the safe context of their setting.	
	spr	Me & My World	Unit Composite: To develop their sense of responsibility and membership of a community.	
			To show more confidence in new social situations. To talk with others to solve conflicts. To increasingly follow rules, understanding why they are important. To talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.	To begin to understand how others might be feeling.
			Unit Composite: To help to find solutions to conflicts and rivalries.	
sum	Me Growing Up	To help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider Man in the game, and suggesting other ideas To not always need an adult to remind them of a rule.		



			To develop appropriate ways of being assertive.	
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YR	aut	Me & My Family	Unit Composite: To understand my role in the school community and know how to positively contribute to it.	
			Being Me in My World To recognise and manage my feelings To enjoy working with others to make school a good place to be Development Matters To build constructive and respectful relationships. To manage their own needs. To see themselves as a valuable individual	Being Me in My World To understand how it feels to belong and that we are similar and different To understand why it is good to be kind and use gentle hands To understand children's rights and this means we should all be allowed to learn and play To know what being responsible means
			Unit Composite: To understand the differences between people in order to treat people fairly.	
				Celebrating Difference To identify something I am good at and understand everyone is good at different things To tell you why I think my home is special to me To tell you how to be a kind friend
	spr	Me & My World	Unit Composite: To set and achieve simple goals.	



		<p>Dreams and Goals To set a goal and work towards it</p> <p>To use kind words to encourage people.</p> <p>To tell you about a time I didn't give up until I achieved my goal</p> <p>To say how I feel when I achieve a goal and know what it means to feel proud</p> <p>Development Matters To think about the perspectives of others. To manage their own needs. To show resilience and perseverance in the face of challenge To express their feelings and consider the feelings of others. To identify and moderate their own feelings socially and emotionally.</p>	<p>Dreams and Goals To understand that if I persevere I can tackle challenges</p> <p>To understand the link between what I learn now and the job I might like to do when I'm older</p>
		<p>Unit Composite: To know how to keep myself safe and healthy.</p>	
		<p>To wash my hands thoroughly and understand why this is important (especially before I eat and after I go to the toilet) To make healthy food choices</p>	<p>Healthy Me To understand that I need to exercise to keep my body healthy To understand how moving and resting are good for my body To know which foods are healthy and not so healthy To know how to help myself go to sleep and understand why sleep is good for me</p> <p>To know what a stranger is and how to stay safe if a stranger approaches me</p>
		<p>Unit Composite: To know how to build and maintain healthy relationships.</p>	
sum	Me Growing Up	<p>Relationships To identify some of the jobs I do in my family and how I feel like I belong To think of ways to solve problems and stay friends To use Calm Me time to manage my feelings</p>	<p>Relationships To know how to make friends to stop myself from feeling lonely to understand the impact of unkind words</p>



Unit Composite:

To know and understand my body and it's changes

Changing Me

To name parts of the body
To tell you some things I can do and foods I can eat to be healthy
To express how I feel about moving to Year 1

Development Matters

To think about the perspectives of others.
To show resilience and perseverance in the face of challenge
To express my feelings and consider the feelings of others.
To identify and moderate my own feelings socially and emotionally.

ELG

To work and play cooperatively and take turns with others.
To form positive attachments to adults and friendships with peers.
To show sensitivity to my own and to others' needs.
To be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
To explain the reasons for rules, know right from wrong and try to behave accordingly.
To manage my own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.
To show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
To set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
To give focused attention to what the teacher says, responding

Changing Me

To understand that we all grow from babies to adults

Development Matters

ELG

To show an understanding of my own feelings and those of others, and begin to regulate my behaviour accordingly.



			appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.	
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Year group	term	topic	skills	knowledge
Y1	aut	Once Upon a Time	Unit Composite: To understand my role in the school community and know how to positively contribute to it.	
			Being Me in My World To recognise the choices I make and understand the consequences	Being Me in My World To understand the rights and responsibilities as a member of my class To understand the rights and responsibilities for being a member of my class To know my views are valued and can contribute to the Learning Charter To understand my rights and responsibilities within our Learning Charter
			Unit Composite: To understand the differences between people in order to treat people fairly.	
			Celebrating Difference To identify similarities between people in my class To identify differences between people in my class To tell you what bullying is To tell you some ways I am different from my friends	Celebrating Difference To know some people who I could talk to if I was feeling unhappy or being bullied To know how to make new friends
Y1	spr	Animal Kingdom	Unit Composite: To set and achieve goals by myself and with others.	
			Dreams and Goals To set simple goals To set a goal and work out how to achieve it	Dreams and Goals To understand how to work well with a partner



		<p>To tackle a new challenge and understand this might stretch my learning</p> <p>To identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them</p> <p>To tell you how I felt when I succeeded in a new challenge and how I celebrated it</p>	
		<p>Unit Composite:</p> <p>To know how to keep myself healthy and safe.</p>	
		<p>Healthy Me</p> <p>To can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p>	<p>Healthy Me</p> <p>To understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy</p> <p>To know how to make healthy lifestyle choices</p> <p>To know how to keep myself clean and healthy, and understand how germs cause disease/illness</p> <p>To know that all household products including medicines can be harmful if not used properly</p> <p>To understand that medicines can help me if I feel poorly and I know how to use them safely</p> <p>To know how to keep safe when crossing the road, and about people who can help me to stay safe</p>
		<p>Unit Composite:</p> <p>To Know how to build and maintain healthy relationships</p>	
		<p>Relationships</p> <p>To identify what being a good friend means to me</p> <p>To recognise my qualities as person and a friend</p> <p>To tell you why I appreciate someone who is special to me</p>	<p>Relationships</p> <p>To know appropriate ways of physical contact to greet my friends and know which ways I prefer</p> <p>To know who can help me in my school community</p>
sum	We love London	<p>Unit Composite:</p> <p>To know and understand my body and it's changes</p>	



			<p>Changing Me To tell you some things about me that have changed and some things about me that have stayed the same To tell you how my body has changed since I was a baby To tell you about changes that have happened in my life</p>	<p>Changing Me To understand the life cycles of animals and humans To understand that every time I learn something new I change a little bit</p>
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Year group	term	topic	skills	knowledge
Y2	aut	Fire! Fire!	<p>Unit Composite: To understand my role in the school community and know how to positively contribute to it.</p>	
			<p>Being Me in My World To identify some of my hopes and fears for this year To listen to other people and contribute my own ideas about rewards and consequences To recognise the choices I make and understand the consequences</p>	<p>Being Me in My World To understand the rights and responsibilities for being a member of my class and school To understand how following the Learning Charter will help me and others learn</p>
			<p>Unit Composite: To understand the differences between people in order to treat people fairly.</p>	
			<p>Celebrating Difference To recognise what is right and wrong and know how to look after myself To tell you some ways I am different</p>	<p>Celebrating Difference To understand that sometimes people make assumptions about boys and girls (stereotypes) To understand that bullying is sometimes</p>



		from my friends	about difference To understand that it is OK to be different from other people and to be friends with them
spr	The secret garden	Unit Composite: To set and achieve goals by myself and with others.	
		Dreams and Goals To choose a realistic goal and think about how to achieve it To carry on trying (persevering) even when I find things difficult To recognise who I work well with and who it is more difficult for me to work with To work well in a group To tell you some ways I worked well with my group	Dreams and Goals To know how to share success with other people
		Unit Composite: To know how to keep myself healthy and safe.	
		Healthy Me To show or tell you what relaxed means and to know some things that make me feel relaxed and some that make me feel stressed To sort foods into the correct food groups and know which foods my body needs every day to keep me healthy To make some healthy snacks and explain why they are good for my body To decide which foods to eat to give my body energy	Healthy Me To know what I need to keep my body healthy To understand how medicines work in my body and how important it is to use them safely
sum	Globetrotter	Unit Composite: To Know how to build and maintain healthy relationships	



			<p>Relationships To identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females To identify some of the things that cause conflict with my friends To recognise and appreciate people who can help me in my family, my school and my community To express my appreciation for the people in my special relationships</p>	<p>Relationships To understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not To understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</p>
			<p>Unit Composite: To know and understand my body and it's changes</p>	
			<p>Changing Me To recognise cycles of life in nature To tell you about the natural process of growing from young to old and understand that this is not in my control To recognise how my body has changed since I was a baby and where I am on the continuum from young to old To identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, anus To understand there are different types of touch and can tell you which ones I like and don't like To identify what I am looking forward to when I move to my next class</p>	<p>Changing Me</p>

Year group	term	topic	skills	knowledge
Y3	aut	Settlers & Invaders	<p>Unit Composite: To understand my role in the school community and know how to positively contribute to it.</p>	
			<p>Being Me in My World To recognise my worth and can identify positive things about myself and my achievements. To face new challenges</p>	<p>Being Me in My World To understand why rules are needed and how they relate to rights and responsibilities To understand that my actions affect myself and</p>



		<p>positively, make responsible choices and ask for help when I need it To make responsible choices and take action</p>	<p>others and I care about other people's feelings To understand my actions affect others and try to see things from their points of view</p>
<p>Unit Composite: To understand the differences between people in order to treat people fairly.</p>			
<p>Celebrating difference To recognise that some words are used in hurtful ways To tell you about a time when my words affected someone's feelings and what the consequences were</p>		<p>Celebrating difference To understand that everybody's family is different and important to them To understand that differences and conflicts sometimes happen among family members to know what it means to be a witness to bullying To know that witnesses can make the situation better or worse by what they do</p>	
spr	Super Humans	<p>Unit Composite: To evaluate myself and others' attempts to achieve goals and identify obstacles.</p>	
		<p>Dreams and Goals To tell you about a person who has faced difficult challenges and achieved success To identify a dream/ambition that is important to me To face new learning challenges and work out the best ways for me to achieve them To be motivated and enthusiastic about achieving our new challenge To recognise obstacles which might hinder my achievement and can take steps to overcome them To evaluate my own learning process and identify how it can be better next time</p>	<p>Dreams and Goals</p>
		<p>Unit Composite: To understand what makes me healthy and safe.</p>	



		<p>Healthy Me</p> <p>To tell you my knowledge and attitude towards drugs</p> <p>To identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help</p> <p>To identify when something feels safe or unsafe</p>	<p>Healthy Me</p> <p>To understand how exercise affects my body and know why my heart and lungs are such important organs</p> <p>To know that the amount of calories, fat and sugar I put into my body will affect my health</p> <p>To understand how complex my body is and how important it is to take care of it</p>
sum	Rainforest Explorers	<p>Unit Composite:</p> <p>To Know how to build and maintain healthy relationships</p>	
		<p>Relationships</p> <p>To identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate</p> <p>To identify and put into practice some of the skills of friendship eg. taking turns, being a good listener</p> <p>To explain how some of the actions and work of people around the world help and influence my life</p>	<p>Relationships</p> <p>To know and can use some strategies for keeping myself safe online</p> <p>To understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</p> <p>To know how to express my appreciation to my friends and family</p>
		<p>Unit Composite:</p> <p>To know and understand my body and it's changes</p>	
		<p>Changing Me</p> <p>To recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina,) and To appreciate that some parts of my body are private</p> <p>o recognise stereotypical ideas I might have about parenting and family roles</p> <p>To identify what I am looking forward to when I move to my next class</p>	<p>Changing Me</p> <p>To understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby</p>



Year group	term	topic	skills	knowledge
Y4	aut	All the world's a stage	Unit Composite: To understand my role in the school community and know how to positively contribute to it.	
				Being Me in My World To know my attitudes and actions make a difference to the class team To understand who is in my school community, the roles they play and how I fit in To understand how democracy works through the School Council To understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them To understand how groups come together to make decisions To understand how democracy and having a voice benefits the school community
			Unit Composite: To understand the differences between people in order to treat people fairly.	
			Celebrating Difference To tell you why witnesses sometimes join in with bullying and sometimes don't tell To identify what is special about me and value the ways in which I am unique To tell you a time when my first impression of someone changed when I got to know them	Celebrating Difference To understand that, sometimes, we make assumptions based on what people look like To understand what influences me to make assumptions based on how people look To know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure



	spr	Rise of the Robots	Unit Composite: To evaluate myself and others' attempts to achieve goals and identify obstacles.	
			Dreams and Goals To tell you about some of my hopes and dreams To identify the contributions made by myself and others to the group's achievements	Dreams and Goals To understand that sometimes hopes and dreams do not come true and that this can hurt To know that reflecting on positive and happy experiences can help me to counteract disappointment To know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group
			Unit Composite: To understand what makes me healthy and safe.	
			Healthy Me To recognise how different friendship groups are formed, how I fit into them and the friends I value the most To recognise when people are putting me under pressure and can explain ways to resist this when I want	Healthy Me To understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations To understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke To understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol To know myself well enough to have a clear picture of what I believe is right and wrong
sum	Extreme Earth	Unit Composite: To Know how to build and maintain healthy relationships		
		Relationships To recognise situations which can cause jealousy in relationships To identify someone I love and can express why they are special to me To tell you about someone I know that I no longer see	Relationships To know how to show love and appreciation to the people and animals who are special to me	



			To recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends	
			Unit Composite: To know and understand my body and it's changes	
			Changing Me To be aware of my own self-image and how my body image fits into that To identify changes that have been and may continue to be outside of my control that I learnt to accept To identify what I am looking forward to when I move to a new class	Changing Me To understand that some of my personal characteristics have come from my birth parents To know how the circle of change works and can apply it to changes I want to make in my life

Year group	term	topic	skills	knowledge
Y5	aut	Meet the Greeks!	Unit Composite: To understand my role in the school community and know how to positively contribute to it.	
			Being Me in My World To face new challenges positively and know how to set personal goals To make choices about my own behaviour because I understand how rewards and consequences feel	Being Me in My World To understand my rights and responsibilities as a citizen of my country To understand my rights and responsibilities as a citizen of my country and as a member of my school To understand how an individual's behaviour can impact on a group To understand how democracy and having a voice benefits the school community and know how to participate in this
			Unit Composite: To understand the differences between people in order to treat people fairly.	



		<p>Celebrating Difference</p> <p>To explain the difference between direct and indirect types of bullying</p> <p>To compare my life with people in the developing world</p>	<p>Celebrating Difference</p> <p>To understand that cultural differences sometimes cause conflict</p> <p>To understand what racism is</p> <p>To understand how rumour-spreading and name-calling can be bullying behaviours</p> <p>To understand a different culture from my own</p>
spr	Space Race	<p>Unit Composite:</p> <p>To have and achieve dreams and goals to positively impact my future and the future of others.</p>	
		<p>Dreams and Goals</p> <p>To identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it</p> <p>To describe the dreams and goals of young people in a culture different to mine</p> <p>To encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship</p>	<p>Dreams and Goals</p> <p>To understand that I will need money to help me achieve some of my dreams</p> <p>To know about a range of jobs carried out by people I know and have explored how much people earn in different jobs</p> <p>To understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other</p>
		<p>Unit Composite:</p> <p>To be responsible for my health, well-being and safety.</p>	
		<p>Healthy Me</p> <p>To describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p>	<p>Healthy Me</p> <p>To know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>To know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p> <p>To know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</p>



			<p>To understand how the media, social media and celebrity culture promotes certain body types</p> <p>To know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p>
sum	Eco-Warriors	<p>Unit Composite:</p> <p>To Know how to build and maintain healthy relationships</p>	
		<p>Relationships</p> <p>To have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</p> <p>To recognise when I am spending too much time using devices (screen time)</p> <p>To explain how to stay safe when using technology to communicate with my friends</p>	<p>Relationships</p> <p>To understand that belonging to an online community can have positive and negative consequences</p> <p>To understand there are rights and responsibilities in an online community or social network</p> <p>To know there are rights and responsibilities when playing a game online</p>
		<p>Unit Composite:</p> <p>To know and understand my body and it's changes</p>	
		<p>Changing Me</p> <p>To describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p> <p>To describe how boys' and girls' bodies change during puberty</p> <p>To identify how boys' and girls' bodies change on the outside during this growing up process</p> <p>To identify what I am looking forward to when I move to my next class.</p>	<p>Changing Me</p> <p>To understand how babies grow and develop in the mother's uterus</p> <p>To understand what a baby needs to live and grow</p> <p>To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</p>



Year group	term	topic	skills	knowledge
Y6	aut	Blitz & Blac outs	Unit Composite: To understand my role in the school community and know how to positively contribute to it.	
			Being Me in My World To identify my goals for this year, understand my fears and worries about the future and know how to express them To identify choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities	Being Me in My World To know that there are universal rights for all children but for many children these rights are not met To know that my actions affect other people locally and globally To know how an individual's behaviour can impact on a group To know how democracy and having a voice benefits the school community
			Unit Composite: To understand the differences between people in order to treat people fairly.	
			Celebrating Difference To identify and give examples of people with disabilities who lead amazing lives To identify and explain ways in which difference can be a source of conflict and a cause for celebration To identify and explain some of the ways in which one person or a group can have power over another.	Celebrating Difference To know how being different could affect someone's life To know some of the reasons why people use bullying behaviours To know there are different perceptions about what normal means
	spr	Rivers of Time	Unit Composite: To have and achieve dreams and goals to positively impact my future and the future of others.	
			Dreams and Goals To identify the learning steps I need to take to reach my goal and understand how to motivate myself to work on these To identify problems in the world that	Dreams and Goals To know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of school goal) To know what some people in my class like or admire about me and can accept their praise



		<p>concern me and talk to other people about them</p> <p>To identify that working with other people can help make the world a better place</p> <p>To identify some ways in which I can work with other people to help make the world a better place</p>	
		<p>Unit Composite:</p> <p>To be responsible for my health, well-being and safety.</p>	
		<p>Healthy Me</p> <p>To identify stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.</p> <p>To identify and take responsibility for my health and make choices that benefit my health and well-being</p>	<p>Healthy Me</p> <p>To know about different types of drugs and their uses and their effects on the body particularly the liver and heart</p> <p>To know why some people join gangs and the risks this involves</p> <p>To know what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p> <p>To know that some people can be exploited and made to do things that are against the law</p>
sum	Who am I?	<p>Unit Composite:</p> <p>To know how to build and maintain healthy relationships</p>	
		<p>Relationships</p> <p>To recognise when people are trying to gain power or control</p> <p>To judge whether something online is safe and helpful for me</p> <p>To use technology positively and safely to communicate with my friends and family</p>	<p>Relationships</p> <p>To know that it is important to take care of my mental health</p> <p>To know how to take care of my mental health</p> <p>To understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p>
		<p>Unit Composite:</p> <p>To know and understand my body and it's changes</p>	



		<p>Changing Me</p> <p>To be aware of my own self-image and how my body image fits into that</p> <p>To explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>To describe how a baby grows through the 9 months of pregnancy</p> <p>To identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up</p> <p>To be aware of the importance of a positive self-esteem and what I can do to develop it</p> <p>To identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class</p>	<p>Changing Me</p>
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