

PSHE Knowledge and Skills Progression

Year	Topic & Trips	Knowledge	Skills	Vocabulary
EYFS	Being Me In My World	To know that they belong in their class and are part of a group. To understand that people are similar and different. To begin to recognise and talk about different feelings To understand that their classroom is a place where they learn and play together. To know that working together helps make school a good place to be. To understand why kindness matters and how it affects others. To know what using gentle hands looks like. To know that everyone has the right to learn and play. To understand what being responsible means. To know how to look after the classroom and resources. To describe how to help everyone feel safe and able to learn.	To name their feelings. To know how work and play with others. To know why it is important to be kind and gentle. To understand why it is important to care about others' feelings. To make good choices. To follow class rules.	angry choice different excited feelings friend gentle happy kind learn nervous responsibilities rights sad share similar taking turns turn taking unique
	Celebrating Differences	To know the names of some emotions such as happy, sad, frightened and angry. To know that they do not have to be the same as someone else to be a friend. To know how to make friends. To know what being unique means. To know that people can be proud of different things. To know that families and homes can be different. To understand that all families are special.	To recognise emotions when they or someone else is upset, frightened or angry. To make friends using kind words and actions. To identify ways that people are the same and different. To stand up for themselves appropriately. To recognise feelings associated with being proud. To identify things they are good at. To talk about their own successes and celebrate the successes of others. To recognise similarities and differences between their own family and other families.	Different Special Proud Friends Kind Same Similar Happy Sad Frightened Angry Family

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	Dreams & Goals	To know what a challenge is. To understand why it is important to keep trying. To know what a goal is. To understand how to work towards a goal. To know which words are kind. To know about jobs they might like to do when they are older. To understand that working hard helps them achieve their goals and aspirations.	To understand that challenges can sometimes be difficult. To show resilience when things are difficult. To recognise feelings linked to perseverance. To recognise how kind words encourage others. To talk about a time when they kept trying to achieve a goal. To be ambitious. To feel proud of their achievements. To celebrate success.	Dream Goal Challenge Job Ambition Perseverance Achievement Happy Kind Encourage
	Healthy Me	To know what being healthy means. To know ways to keep healthy. To know the names of some parts of the body. To know when and how to wash their hands properly. To know how to say no to strangers. To know what to do if they become lost. To understand why sleep is important.	To explain ways to stay healthy. To recognise how exercise makes them feel. To identify healthy foods. To explain what to do if approached by a stranger. To recognise how they feel when they do not get enough sleep. To recognise how different foods can make them feel.	Healthy Exercise Head, Shoulders Knees, Toes Sleep, Wash Clean, Stranger Scared
	Relationships	To know what a family is. To know that everyone in a family has responsibilities. To know some features of healthy and safe friendships. To understand that friends sometimes fall out. To know ways to mend a friendship. To understand that unkind words can hurt others. To know how to use Calm Me when feeling angry. To understand why people sometimes feel angry.	To identify the jobs they do within their family. To recognise the responsibilities of parents, carers and siblings. To suggest ways to make a friend. To help someone who is lonely. To use different ways to mend a friendship. To recognise what feeling angry is like. To use Calm Me when feeling angry or upset.	Family, Jobs Relationship Friend, Lonely Argue, Fall-out Words, Feelings Angry, Upset Calm Me Breathing
	Changing Me	To know the names and functions of some parts of the body. To know that people grow from babies into adults. To know who they can talk to if they are worried. To understand that sharing feelings can help solve worries. To understand that remembering happy memories can help when things change.	To recognise that changing class can bring different emotions. To talk about their feelings about growing up and moving to a new class. To identify ways they have changed since they were a baby. To recognise things that may change as they get older. To identify positive memories from the past year at home and school.	Eye, Foot Eyebrow, Forehead Ear, Mouth Arm, Leg, Chest, Knee Nose, Tongue Finger, Toe Stomach, Hand Baby, Grown-up Adult
Year 1 Autumn 1	Being Me In My World	To know how to use the Jigsaw Journal. To understand the rights and responsibilities as a member of the class. To know their views are valued and can contribute to the Learning Charter.	To feel special and safe in the class. To know that they belong to my class. To know how to make their class a safe place for everybody to learn.	Achievement, belong belonging, calm choice, choices consequences disappointed

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		To recognise the choices they make and understand the consequences. To understand their rights and responsibilities within the class Learning Charter.	To recognise how it feels to be proud of an achievement. To recognise the range of feelings when they face certain consequences. To understand their choices in following the Learning Charter.	feelings, learn learning charter proud, responsibilities rewards, right, safe safe place, special upset, valued, views
Autumn 2	Celebrating Differences	To know that everyone is different in some ways. To understand that being different makes everyone special and unique. To know how to make someone feel welcome. To know what bullying means. To understand that bullying is unkind and unacceptable. To know who they can ask for help if they are worried or being bullied. To know that people can be the same and different.	To recognise similarities and differences between themselves and others. To identify kind ways to welcome others. To recognise kind and unkind behaviour. To use kind words and actions. To identify who can help if someone is being bullied. To include others in games and activities. To celebrate differences.	Different, Similar Unique, Special Friend, Kind Unkind, Bullying Included Welcome Same Fair
Spring 1	Dreams & Goals	To know what a goal is. To understand that everyone can achieve goals by trying their best. To know that obstacles can make achieving goals more difficult. To understand why it is important not to give up. To know how kind words can encourage others. To know that working with others can help achieve a shared goal.	To set a simple goal. To recognise obstacles that make learning difficult. To keep trying when something is challenging. To work with others to achieve a goal. To encourage others using kind words. To recognise feelings of success and achievement. To celebrate their own achievements and those of others.	Goal, Challenge Obstacle, Success Achieve, Perseverance Proud, Teamwork Encourage Kind Celebrate
Spring 2	Healthy Me	To know why exercise is important. To know why healthy food helps keep our bodies healthy. To know why sleep and rest are important. To understand how to keep themselves clean and healthy. To know how to keep safe around medicines. To know some ways to stay safe in different situations.	To identify healthy lifestyle choices. To explain why exercise is good for them. To recognise healthy and less healthy foods. To wash their hands effectively. To make safe choices. To identify trusted adults who help keep them safe.	Healthy, Exercise Body, Energy Sleep, Rest Food, Medicine Safe, Clean Hygiene, Choice
Summer 1	Relationships	To know what makes a good friend. To understand that families are all different. To know that all families are special. To understand that friendships sometimes have problems. To know ways to solve friendship problems. To know how to ask for help when they need it.	To recognise qualities of a good friend. To make positive friendships. To listen to others. To use kind words to solve disagreements. To recognise when someone feels lonely. To help others feel included. To ask trusted adults for help when needed.	Friend, Friendship Family, Belong Care, Kind Share, Listen Help, Solve Feelings Included

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Summer 2	Changing Me	To know the main body parts. To know the correct names for external body parts. To understand that bodies change as people grow older. To know that everyone grows at their own rate. To know that change can bring different emotions. To know who they can talk to if they are worried.	To identify body parts. To recognise ways they have changed since they were babies. To talk about their feelings about growing and changing. To recognise positive memories from the year. To prepare positively for moving into Year 2.	Body, Head Shoulders, Knees Toes, Eyes, Ears, Nose Mouth, Arm, Leg, Grow Change, Baby Adult, Worry Excited, Memory
Year 2 Autumn 1	Being Me In My World	To identify hopes and fears for the year ahead. To know how to use the Jigsaw Journal. To understand the rights and responsibilities of being a member of the class. To understand the importance of making positive contributions to the class. To understand the purpose of rewards and consequences. To understand that choices have consequences for themselves and others. To understand how following the Learning Charter helps everyone to learn. To know that everyone has the right to learn in a safe, fair and respectful environment.	To recognise when they feel worried and identify people who can help. To help themselves and others feel that they belong. To contribute to creating a safe, fair and happy classroom. To listen carefully to the ideas and opinions of others. To work cooperatively with others. To make responsible choices. To follow the Learning Charter. To recognise how their behaviour affects others.	Hope Fear Worry Belong Rights Responsibilities Reward Consequence Choice Learning Charter
Autumn 2	Celebrating Differences	To know that everyone has similarities and differences. To understand that differences make people unique. To know that some people are bullied because they are different. To understand what bullying is and why it is unacceptable. To know how words and actions can affect others. To know who can help if bullying happens. To understand that everyone has the right to feel safe and valued.	To recognise similarities and differences between themselves and others. To explain why differences should be respected. To identify different types of kind and unkind behaviour. To recognise when someone is being bullied. To use kind words and actions to include others. To ask for help if they or someone else is being bullied. To celebrate diversity within their class and community.	Similarity Difference, Unique Respect, Bullying Kindness, Unkind Included Valued Fairness Safe Community
Spring 1	Dreams & Goals	To know that goals can be achieved through effort and perseverance. To understand that working with others can help achieve a shared goal. To know that some goals take longer to achieve than others. To understand that mistakes help us to learn. To know that recognising the achievements of others is important. To understand how perseverance contributes to success.	To set realistic goals. To identify the steps needed to achieve a goal. To persevere when faced with challenges. To work cooperatively with others. To encourage others positively. To recognise and celebrate success. To reflect on what has helped them achieve a goal.	Goal, Challenge Perseverance, Achievement Success, Teamwork Encourage, Celebrate Problem-solving Resilience, Proud Cooperate

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Spring 2	Healthy Me	To know why exercise is important for physical and mental health. To know the characteristics of a balanced diet. To understand why medicines should only be taken with adult supervision. To know how to keep themselves safe in different situations. To understand how making healthy choices benefits their body and mind. To know ways to stay clean and prevent the spread of germs.	To explain healthy lifestyle choices. To identify foods that contribute to a balanced diet. To make choices that help keep themselves healthy. To recognise safe and unsafe situations. To explain how to stay safe around medicines. To identify trusted adults who can help keep them safe.	Healthy, Balanced diet Exercise, Energy Hygiene, Medicine Germs, Safe Unsafe Choice Lifestyle Wellbeing
Summer 1	Relationships	To know the characteristics of a good friendship. To understand that friendships can change over time. To know ways to resolve disagreements respectfully. To understand that trust is important in relationships. To know that different families have different structures. To understand that all families provide love and care in different ways.	To recognise the qualities of a good friend. To solve friendship problems respectfully. To listen carefully to the views of others. To show empathy towards others. To recognise when someone may need support. To ask for help when relationships become difficult.	Relationship, Friendship Trust, Respect Family, Cooperate Listening, Empathy Disagreement Resolve, Care, Support
Summer 2	Changing Me Trip: Village Walk	To know that life cycles are part of the natural world. To understand that humans grow and change throughout their lives. To know that growing up brings new responsibilities. To understand that change can create different emotions. To know strategies for managing worries about change. To know who can help if they have questions or worries.	To identify ways they have changed since they were younger. To recognise changes that will happen as they grow. To express their feelings about change. To identify positive memories from Year 2. To prepare confidently for moving into Year 3.	Life cycle, Growth Change, Responsibility Feelings, Worry Transition, Memory Confidence, Adult Develop Celebrate
Year 3 Autumn 1	Being Me In My World	To recognise their own worth and identify positive qualities and achievements. To know how to use the Jigsaw Journal. To understand how to set personal goals. To understand how to face new challenges positively. To know when and how to ask for help. To understand the purpose of rules, rights and responsibilities. To understand that their actions affect themselves and others. To understand that different people may have different viewpoints.	To value themselves and others. To recognise and express their feelings appropriately. To make others feel welcomed and valued. To work cooperatively towards a shared goal. To make responsible choices. To explain the importance of following the Learning Charter. To recognise the consequences of their behaviour. To respect the views and opinions of others.	Self-worth, Achievement Goal, Challenge Rights, Responsibilities Rules, Choices Consequences Respect, Learning Charter Cooperate, Viewpoint Contribution Community
Autumn 2	Celebrating Differences	To understand that everybody is unique. To know that differences should be respected and celebrated.	To recognise similarities and differences between people. To challenge stereotypes respectfully.	Difference, Similarity Respect, Stereotype Bullying, Included

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		To understand what stereotypes are. To know that bullying can happen for different reasons. To understand the impact bullying has on individuals. To know strategies for dealing with bullying. To understand how words and actions can affect people's feelings.	To recognise different forms of bullying. To explain why bullying is unacceptable. To use kind and respectful language. To support someone who is feeling excluded. To seek help when bullying occurs.	Excluded, Accept Diversity Kindness Individual Equality
Spring 1	Dreams & Goals	To understand that achieving goals requires effort and perseverance. To know that obstacles can be overcome. To understand how planning supports success. To know that working as part of a team can improve outcomes. To understand that everyone experiences success differently. To know that mistakes help us to learn and improve.	To set achievable goals. To identify steps towards achieving a goal. To persevere when faced with challenges. To work collaboratively. To encourage and motivate others. To reflect on successes and next steps. To celebrate the achievements of others.	Goal, Challenge Obstacle, Perseverance Success, Achievement Teamwork, Cooperation Motivation, Encourage Reflect Celebrate
Spring 2	Healthy Me	To understand the importance of a balanced lifestyle. To know how exercise benefits physical and mental health. To know how to make healthy food choices. To understand how their body responds to different feelings. To know how to stay safe around medicines. To understand the importance of keeping themselves safe in everyday situations.	To make healthy lifestyle choices. To recognise how exercise affects their body. To identify healthy and less healthy choices. To explain ways to stay physically and emotionally healthy. To make safe decisions. To identify trusted adults who can help.	Healthy, Balanced Nutrition, Exercise Lifestyle, Wellbeing Medicine, Safety Choices, Energy Emotions Trusted adult
Summer 1	Relationships	To understand the qualities of healthy friendships. To know that families can be different. To understand the importance of trust in relationships. To know ways to resolve conflict positively. To understand how actions and words affect relationships. To know when to seek help with relationship difficulties.	To build positive relationships. To demonstrate active listening. To resolve disagreements respectfully. To recognise the feelings of others. To show empathy. To ask for help when needed. To contribute positively to friendships.	Relationship, Friendship Trust, Respect Conflict, Resolution Empathy, Cooperation Communication Support, Belonging Care
Summer 2	Changing Me Trip: Camp Out	To understand that humans change throughout their lives. To know that everyone develops at different rates. To understand that change can bring different emotions. To know strategies for managing worries about change. To understand the importance of asking questions when they are unsure. To recognise positive achievements from the year.	To identify physical and emotional changes. To recognise ways they have grown and developed. To express feelings about change. To identify strategies for managing worries. To prepare confidently for moving into Year 4. To reflect on achievements from the year.	Growth, Development Change, Transition Feelings, Emotions Confidence Achievement Memory, Worry Celebrate, Future
Year 4	Being Me In My World	To understand how their attitudes and actions contribute to the class team.	To recognise how it feels to be included and excluded.	Democracy School Council

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Autumn 1	Trip: The Frontier Centre	To know how to use the Jigsaw Journal. To understand the different roles and responsibilities within the school community. To understand how democracy works through the School Council. To understand that their actions affect themselves and others. To understand how groups work together to make decisions. To understand the importance of having a voice within the school community. To understand how following the Learning Charter creates a positive learning environment.	To contribute positively to group discussions and decision-making. To take responsibility for their role within the class. To work collaboratively to achieve shared goals. To explain the importance of rewards and consequences. To respect the views of others, even when they are different from their own. To contribute to maintaining the Learning Charter. To demonstrate responsible behaviour within the school community.	Community Responsibility Rights, Respect Contribution Decision, Cooperation Inclusion Exclusion Reward Consequence Learning Charter Citizen
Autumn 2	Celebrating Differences	To understand that diversity enriches communities. To understand that stereotypes can influence how people are treated. To know that bullying can take different forms, including online. To understand the impact of prejudice and discrimination. To know how to challenge unkind behaviour respectfully. To understand the importance of respecting everyone's differences. To know that everyone has the right to feel safe and valued.	To recognise stereotypes and challenge them respectfully. To identify different forms of bullying. To explain the effects of bullying on individuals. To show respect for people from different backgrounds. To support others who may feel excluded. To report bullying appropriately. To celebrate diversity within the wider community.	Diversity Stereotype Prejudice Discrimination Respect, Equality Bullying Cyberbullying Inclusion, Identity Community Individuality
Spring 1	Dreams & Goals	To understand that perseverance and resilience help people achieve success. To know that goals often require planning and organisation. To understand that working collaboratively can improve outcomes. To know that setbacks are opportunities for learning. To understand how positive feedback supports improvement. To recognise that everyone experiences success differently.	To set realistic and challenging goals. To plan the steps needed to achieve a goal. To persevere when faced with setbacks. To work effectively within a team. To provide constructive encouragement to others. To reflect on achievements and identify next steps. To celebrate individual and group success.	Goal, Resilience Perseverance Planning, Organisation Achievement Success, Teamwork Encouragement Feedback, Reflect Determination

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Spring 2	Healthy Me	To understand how lifestyle choices affect physical and mental health. To know the importance of a balanced diet and regular exercise. To understand how emotions can influence behaviour and decision-making. To know how to stay safe around medicines and household substances. To understand how to respond in emergency situations. To know strategies for maintaining emotional wellbeing.	To make informed healthy lifestyle choices. To identify ways to improve physical and emotional wellbeing. To explain how exercise benefits the body and mind. To manage different emotions appropriately. To make safe choices in everyday situations. To identify trusted adults and emergency services who can help.	Lifestyle, Wellbeing Nutrition, Exercise Mental health Physical health Emergency, Medicine Safety Risk, Choice Healthy habits
Summer 1	Relationships	To understand the qualities of healthy relationships. To know that trust, honesty and respect strengthen relationships. To understand that disagreements can be resolved positively. To know that relationships can change over time. To understand the importance of recognising and managing peer pressure. To know when and where to seek help if relationships become difficult.	To communicate respectfully with others. To resolve disagreements calmly. To recognise the feelings and perspectives of others. To demonstrate empathy. To resist negative peer pressure. To seek support appropriately when needed. To contribute positively to friendships and group relationships.	Relationship Trust, Honesty Respect, Empathy Communication Conflict, Resolution Peer pressure Support, Cooperation Friendship
Summer 2	Changing Me	To understand that physical and emotional changes are a normal part of growing up. To know that everyone develops at their own pace. To understand that change can bring excitement as well as uncertainty. To know strategies for managing worries about change. To understand the importance of asking trusted adults questions. To recognise achievements and personal growth over the year.	To recognise physical and emotional changes in themselves. To express feelings about growing and changing. To identify strategies for managing worries. To reflect on their achievements and personal development. To prepare positively for moving into Year 5. To celebrate their successes and those of others.	Growth Development Transition, Change Puberty, Emotions Confidence Achievement Reflection Responsibility Future, Celebrate
Year 5 Autumn 1	Being Me In My World	To understand how to face new challenges positively and set personal goals. To know how to use the Jigsaw Journal. To understand their rights and responsibilities as members of the school community and wider society. To understand how rewards and consequences influence behaviour. To understand how an individual's behaviour affects a group.	To identify personal strengths and areas for development. To set realistic personal goals. To contribute positively to group discussions and decision-making. To demonstrate responsibility within the school community. To explain how their choices affect themselves and others.	Citizenship Democracy Rights, Responsibilities Community Contribution Cooperation Respect Decision-making Consequences

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		To understand how democracy enables people to have a voice. To understand how they can contribute positively to their community. To understand the importance of mutual respect and cooperation.	To work collaboratively towards shared goals. To encourage others to follow the Learning Charter. To demonstrate respectful and responsible behaviour.	Participation Learning Charter Voice Individual
Autumn 2	Celebrating Differences	To understand that cultural diversity strengthens communities. To understand how stereotypes, prejudice and discrimination can affect people's lives. To know that discrimination is unfair and should be challenged appropriately. To understand the importance of respecting different beliefs, cultures and lifestyles. To know how to respond safely to bullying, including online bullying. To understand that everyone has the right to be treated equally. To recognise the importance of inclusion and acceptance.	To recognise stereotypes and challenge them respectfully. To identify prejudice and discrimination. To explain how discrimination affects individuals and communities. To celebrate diversity within society. To demonstrate respect for different beliefs and cultures. To challenge unkind behaviour appropriately. To support people who may feel excluded.	Diversity, Culture Identity, Stereotype Prejudice Discrimination Equality, Inclusion Acceptance Respect, Beliefs Community Bullying Cyberbullying
Spring 1	Dreams & Goals	To understand that resilience supports long-term success. To know that goals often require planning, organisation and determination. To understand that setbacks provide opportunities for learning. To understand the importance of collaboration in achieving shared goals. To know that different people define success in different ways. To understand how reflecting on achievements supports future learning.	To set ambitious but achievable goals. To break goals into manageable steps. To demonstrate resilience when facing challenges. To work collaboratively and take responsibility within a team. To encourage and motivate others. To reflect on achievements and identify areas for improvement. To celebrate success appropriately.	Resilience Determination Goal Achievement Aspiration Success, Planning Organisation Teamwork, Motivation Reflect Perseverance
Spring 2	Healthy Me	To understand how physical and mental health are connected. To know how lifestyle choices affect long-term health. To understand the risks associated with smoking, alcohol and harmful substances. To know strategies for managing stress and strong emotions. To understand how to keep themselves safe in different situations, including online.	To make informed decisions about healthy lifestyles. To explain how healthy habits benefit physical and mental wellbeing. To identify strategies for managing emotions and stress. To assess risks and make safe choices. To recognise situations where they should seek help. To identify trusted adults and support services.	Physical health Mental health Wellbeing Lifestyle, Nutrition Exercise, Stress Risk, Substance Smoking, Alcohol Decision Support Safety

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		To know where and how to access support for health and wellbeing.		
Summer 1	Relationships Trip: Bawdsey Manor & Sutton Hoo	To understand the characteristics of healthy and respectful relationships. To understand how trust, honesty and communication strengthen relationships. To know how peer pressure can influence behaviour. To understand how conflict can be resolved respectfully. To know that relationships change over time. To understand when and how to seek support if a relationship feels unsafe or unhealthy.	To communicate clearly and respectfully. To resolve disagreements using positive strategies. To recognise and manage peer pressure. To demonstrate empathy and understanding. To build and maintain positive relationships. To seek help when needed. To respect the opinions and feelings of others.	Relationship Trust, Honesty Communication Respect, Peer pressure Empathy, Conflict Resolution Support, Friendship Cooperation, Consent
Summer 2	Changing Me	To understand that puberty is a natural stage of human development. To know about the physical and emotional changes that occur during puberty. To understand that everyone experiences puberty differently and at different times. To know how to manage personal hygiene during puberty. To understand that change can bring both excitement and uncertainty. To know where to find reliable information and support.	To recognise physical and emotional changes associated with puberty. To express questions and concerns appropriately. To identify strategies for managing change positively. To demonstrate respect for the changes experienced by others. To reflect on personal growth and achievements. To prepare confidently for moving into Year 6.	Puberty Physical changes Emotional changes Hormones, Hygiene Growth Development Transition, Confidence Maturity Respect Support Reflection
Year 6 Autumn 1	Being Me In My World	To identify goals and aspirations for the year ahead. To understand that everyone has universal human rights. To understand that rights are not always experienced equally across the world. To understand how their actions can have a positive impact on their local and global communities. To understand how rewards and consequences support responsible behaviour. To understand how democracy enables people to influence decisions. To understand the responsibilities of being an active and respectful citizen. To understand the importance of mutual respect, equality and inclusion.	To set ambitious personal goals. To reflect on personal strengths and areas for development. To contribute positively to group discussions and decision-making. To explain how their behaviour influences others. To demonstrate leadership within the school community. To respect different opinions and viewpoints. To work collaboratively to achieve shared goals. To model and promote the Learning Charter.	Human rights Citizenship Democracy Equality Responsibility Respect, Community Contribution Leadership Participation Inclusion Justice Global citizen Learning Charter
Autumn 2	Celebrating Differences	To understand that diversity strengthens communities and society. To understand how prejudice, discrimination and stereotypes can affect people's lives.	To recognise prejudice and discrimination. To challenge stereotypes respectfully. To explain the impact of discrimination on individuals and communities.	Equality, Diversity Inclusion Discrimination Prejudice

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		To know that discrimination is unlawful and unacceptable. To understand the importance of equality, inclusion and respect for all. To understand the impact of bullying, including prejudice-based and online bullying. To know how individuals can challenge discrimination safely and appropriately. To understand the importance of promoting respect and acceptance.	To demonstrate respect for people with different identities, beliefs and backgrounds. To promote inclusion within school and the wider community. To challenge bullying safely and appropriately. To support others who may feel marginalised or excluded.	Stereotype Identity Protected characteristics Respect Acceptance Belonging Community Cyberbullying
Spring 1	Dreams & Goals	To understand that aspirations can change throughout life. To understand that determination and resilience help people achieve long-term goals. To know that planning and organisation contribute to success. To understand that setbacks provide valuable learning opportunities. To understand how collaboration supports achievement. To recognise that success can be measured in different ways.	To set ambitious and realistic goals. To plan effectively to achieve long-term goals. To demonstrate resilience when faced with challenges. To evaluate progress towards a goal. To work collaboratively and support others. To reflect on achievements and identify future aspirations. To celebrate individual and collective success.	Aspiration Goal, Achievement Resilience Determination Perseverance Success, Planning Organisation Collaboration Reflect, Future
Spring 2	Healthy Me	To understand how physical, mental and emotional health are interconnected. To know how lifestyle choices affect lifelong health and wellbeing. To understand the risks associated with tobacco, alcohol and drugs. To understand strategies for managing stress, pressure and strong emotions. To know how to stay safe in a range of situations, including online. To understand where to access reliable health information and support.	To make informed decisions about healthy lifestyles. To recognise factors that influence healthy choices. To use strategies to manage stress and maintain emotional wellbeing. To assess risks and make responsible decisions. To identify reliable sources of support and advice. To demonstrate responsibility for their own health and wellbeing.	Wellbeing Mental health Physical health Emotional health Lifestyle, Stress Pressure, Risk Drugs, Alcohol Tobacco, Resilience Support Decision-making
Summer 1	Relationships	To understand the characteristics of healthy, respectful relationships. To understand the importance of trust, honesty, communication and mutual respect. To understand the meaning and importance of consent in everyday situations. To understand how peer influence can affect decision-making.	To communicate confidently and respectfully. To demonstrate empathy and compassion. To manage conflict positively. To recognise and resist negative peer pressure. To identify healthy and unhealthy relationship behaviours. To seek help appropriately when needed. To maintain positive and respectful relationships.	Relationship Respect Trust, Honesty Communication Consent Peer influence Conflict Resolution Empathy, Boundaries

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		To know how to recognise unhealthy or unsafe relationships. To understand when and how to seek help and support.		Support Healthy relationships
Summer 2	Changing Me Visit: Reverend Richard Transition Work	To understand the physical and emotional changes that occur during puberty. To understand that puberty affects everyone differently and at different times. To know how reproduction enables humans to have babies. To understand the responsibilities involved in caring relationships. To understand strategies for managing change and transition. To know how to prepare positively for moving to secondary school.	To recognise and explain the physical and emotional changes associated with puberty. To ask appropriate questions about growing and changing. To demonstrate respect for themselves and others during puberty. To identify strategies for managing worries about transition. To reflect on their achievements throughout primary school. To prepare confidently for the move to secondary education.	Puberty, Adolescence Hormones, Reproduction Sexual intercourse Fertilisation Conception Pregnancy Birth, Transition Secondary school Responsibility Respect Confidence Reflection