



Personal, Social and Health Education Progression

	EYFS	Year 1 - 3	Year 4 - 5	Year 5 - 6
Myself and My Relationships: Beginning and Belonging	<ul style="list-style-type: none"> - Making friends - Thinking about perspectives of others - Developing independence. 	<ul style="list-style-type: none"> • Do I understand simple ways to help my school feel like a safe, happy place? • How can I get to know the people in my class? • How do I feel when I am doing something new? • How can I help someone feel welcome in class? • What helps me manage in new situations? • Who can help me at home and at school? 	<ul style="list-style-type: none"> • What is my role in helping my school be a place where we can learn happily and safely? • How can we build relationships in our class and how does this benefit me? • What does it feel like to be new or to start something new? • How can I help children and adults feel welcome in school? • What helps me manage a new situation or learn something new? • Who are the different people in my network who I can ask for help? 	<ul style="list-style-type: none"> • What are my responsibilities for helping others in school feel happy and safe? • How can I take responsibility for building relationships in my school and how does this benefit us all? • How might different people feel when starting something new and how can I help? • How do we help people feel welcome and valued in and out of school? • What helps me to be resilient in a range of new situations? • Are there more ways I can get help now and how do I seek support?
Myself and My Relationships: Anti-bullying	<ul style="list-style-type: none"> - Making friends - Thinking about perspectives of others 	<ul style="list-style-type: none"> • Why might people fall out with their friends? • Can I describe what bullying is? • Do I understand some of the reasons people bully others? • Why is bullying never acceptable or respectful? • How might people feel if they are being bullied? • Who can I talk to if I have worries about friendship difficulties or bullying? • How can I be assertive? • Do I know what to do if I think someone is being bullied? 	<ul style="list-style-type: none"> • How are falling out and bullying different? • What are the key characteristics of different types of bullying? • How do people use power when they bully others? • How can lack of respect and empathy for others lead to bullying? • What is the difference between direct and indirect types of bullying? • Do I understand that bullying may affect how people feel for a long time? 	<ul style="list-style-type: none"> • Can I explain the differences between friendship difficulties and bullying? • Can I define the characteristics and different forms of bullying? • How do people use technology & social media to bully others and how can I help others to prevent and manage this? • What do all types of bullying have in common? • Might different groups experience bullying in different ways? • How can people's personal circumstances affect their experiences? • How does prejudice sometimes lead people to bully others?



		<ul style="list-style-type: none"> • How do people help me to build positive and safe relationships? • What does my school do to stop bullying? 	<ul style="list-style-type: none"> • What are bystanders and followers and how might they feel? • How can I support people I know are being bullied by being assertive? <p>How does my school prevent bullying and support people involved?</p>	<ul style="list-style-type: none"> • Can I respond assertively to bullying, online and offline? • How might bullying affect people's mental wellbeing and behaviour? <p>How and why might peers become colluders or supporters in bullying situations?</p>
Myself and My Relationships: My Emotions	<ul style="list-style-type: none"> - Understanding feelings - Seeing themselves as valuable - Learning resilience and perseverance 	<ul style="list-style-type: none"> • What am I good at and what is special about me? • How can I stand up for myself? • Can I name some different feelings? • Can I describe situations in which I might feel happy, sad, cross etc? • How do my feelings and actions affect others? • How do I manage some of my emotions and associated behaviours? • What are the different ways people might relax and what helps me to feel relaxed? • Who do I share my feelings with? 	<ul style="list-style-type: none"> • Why is it important to accept and feel proud of who we are? • What does the word 'unique' mean and what do I feel proud of about myself? • Why is mental wellbeing as important as physical wellbeing? • How can I communicate my emotions? • Can I recognise some simple ways to manage difficult emotions? • What does it mean when someone says I am "over reacting" and how do I show understanding towards myself and others? • How do my actions and feelings affect the way I and others feel? • How do I care for other people's feelings? • Who can I talk to about the way I feel? • How can I disagree without being disagreeable? 	<ul style="list-style-type: none"> • How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing? • What does it mean to have a 'strong sense of identity' & 'self-respect'? • What can I do to boost my self-respect? • How do I manage strong emotions? • How can I judge if my own feelings and behaviours are appropriate & proportionate? • How do I recognise how other people feel and respond to them? • What is loneliness and how can we manage feelings of isolation? • How common is mental ill health and what self-care techniques can I use? • How and from whom do I get support when things are difficult?
Citizenship: Rights, Rules and Responsibilities	<ul style="list-style-type: none"> - Developing sense of community. 	<ul style="list-style-type: none"> • How do rules and conventions help me to feel happy & safe? • How do I take part in making rules? • Who looks after me and what are their responsibilities? • What jobs and responsibilities do I have in school and at home? 	<ul style="list-style-type: none"> • What do we mean by rights and responsibilities? • What are my responsibilities at home and at school? • What does it mean to be treated and to treat others with respect? • Who are those in positions of authority in our school and 	<ul style="list-style-type: none"> • What are the conventions of courtesy & manners and how do these vary? • How does my behaviour online affect others and how can I show respect? • Why is it important to keep my personal information private, especially online? • How can I contribute to making and changing rules in school?



		<ul style="list-style-type: none"> • Can I listen to other people, share my views and take turns? • Can I take part in discussions and decisions in class 	<p>communities and how can we show respect?</p> <ul style="list-style-type: none"> • Why do we need rules and conventions at home and at school? • What part can I play in making and changing rules? • How do we make democratic decisions in school? <p>What is a representative and how do we elect them?</p>	<ul style="list-style-type: none"> • How else can I make a difference in school? • What are the basic rights of children and adults? • Why do we have laws in our country? • How does democracy work in our community and in our country? • What do councils, councillors, parliament and MPs do? • How do I take part in debate, respectfully listening to other people's views?
Citizenship: Working Together	- Developing sense of community.	<ul style="list-style-type: none"> • What am I and other people good at? • What new skills would I like to develop? • How can I listen well to other people? • Why is it important to take turns? • How can I work well in a group? • How can I negotiate to sort out disagreements? • How are my skills useful in a group? • What is a useful evaluation? 	<ul style="list-style-type: none"> • What am I good at and what are others good at? • What new skills would I like or need to develop? • How well can I listen to other people? • How do I ask open questions? • How can I share my views and opinions effectively? • How can different people contribute to a group task? • How can I work well in a group? • How can I persevere and overcome obstacles to my learning? • What is useful evaluation? <p>How do I give constructive feedback and receive it from others?</p>	<ul style="list-style-type: none"> • What are my strengths and skills and how are they seen by others? • What helps me learn new skills effectively? • What would I like to improve and how can I achieve this? • How could my skills and strengths be used in future employment? • What are some 3ft he jobs that people do? • How can I be a good listener to other people? • How can I share my views effectively and negotiate with others to reach agreement? • How can I persevere and help others to do so? • How can I give, receive and act on sensitive and constructive feedback?
Citizenship: Diversity and Communities	- Developing sense of community	<ul style="list-style-type: none"> • What makes me 'me', what makes you 'you'? • Do all boys and all girls like the same things? 	<ul style="list-style-type: none"> • How might others' expectations of girls and boys affect people's feelings and choices? 	<ul style="list-style-type: none"> • How do other people's perceptions, views and stereotypes influence my sense of identity? • How do views of gender affect my identity, friendships, behaviour & choices?



		<ul style="list-style-type: none"> • What is my family like and how are other families different? • What different groups do we belong to? • What is a stereotype and can I give some examples? • Who helps people in my locality and what help do they need? • What does 'my community' mean and how does it feel to be part of it? • How do people find out about what is happening in my community? • How do we care for animals and plants? • How can I help look after my school? 	<ul style="list-style-type: none"> • How are our families the same and how are they different? • Do people who live in my locality have different traditions, cultures and beliefs? • How does valuing diversity benefit everyone? • Why are stereotypes unfair and how can I challenge them? • How do people in my locality benefit from being part of different groups? • What are the roles of people who support others with different needs in my community? • How does the media work in my community? • How can we care for the local environment and what are the benefits? <p>What do animals need, and what are our responsibilities?</p>	<ul style="list-style-type: none"> • What are people's different identities, locally and in the UK? • How can I show respect to those with different lifestyles, beliefs & traditions? • What are the negative effects of stereotyping? • Which wider communities & groups am I part of & how does this benefit me? • What are voluntary organisations and how do they make a difference? • What is the role of the media and how does it influence me and my community? • Who cares for the wider environment and what is my contribution?
<p>Healthy and Safer Lifestyles: Personal Safety</p>	<p>- Understand what to do in emergencies - who can help them.</p>	<ul style="list-style-type: none"> • Can I identify different feelings and tell others how I feel? • Which school/classroom rules are about helping people to feel safe? • Can I name my own Early Warning Signs? • How do I know which adults and friends I can trust? • Who could I talk with if I have a worry or need to ask for help? • What could I do if a friend or someone in my family isn't kind to me? • Can I identify private body parts and say 'no' to unwanted touch? 	<ul style="list-style-type: none"> • How do I recognise my own feelings and communicate them to others? • Can I recognise when my Early Warning Signs are telling me I don't feel safe? • What qualities do trusted adults and trusted friends have? • Who is in my Network of Support and how can I ask them for help? • Which school / classroom rules are about helping people to feel safe? • What physical contact do I feel comfortable with and what do I do if physical contact is unwanted? 	<ul style="list-style-type: none"> • How do I recognise my own feelings and consider how my actions may affect the feelings of others? • Can I use my Early Warning Signs to judge how safe I am feeling? • How do I judge who is a trusted adult or trusted friend? • How can I seek help or advice from someone on my network of support and when should I review my network? • How could I report concerns of abuse or neglect? • Can I identify appropriate & inappropriate or unsafe physical contact?



		<ul style="list-style-type: none"> • What could I do if I feel worried about a secret? • What could I do if something worries or upsets me when I am online? 	<ul style="list-style-type: none"> • What could I do if I feel worried about a secret? • What could I do if I feel worried about a friendship or a family relationship? <p>How can I keep safe online?</p>	<ul style="list-style-type: none"> • How do I judge when it is not right to keep a secret and what action could I take? • How can I recognise risks online and report concerns? • What strategies can I use to assess risk and help me feel safer when I am feeling unsafe?
Healthy and Safer Lifestyles: Drug Education		<ul style="list-style-type: none"> • Which substances might enter our bodies, how do they get there and what do they do? • What are medicines and why and when do some people use them? • When and why do people have an injection from a doctor or a nurse? • Who is in charge of what medicine I take? • What different things can help me feel better if I feel poorly? • How can I keep safe with medicines and substances at home and at school? • What is persuasion and how does it feel to be persuaded? 	<ul style="list-style-type: none"> • What medical & legal drugs do I know about, and what are their effects? • Who uses and misuses legal drugs? • Why do some people need medicine and who prescribes it? • What are immunisations and have I had any? • What are the safety rules for storing medicine and other risky substances? • What should I do if I find something risky, like a syringe? • What do I understand about how friends and the media persuade and influence me? 	<ul style="list-style-type: none"> • What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them? How does drug use affect the way a body or brain works? • How do medicines help people with different illnesses? • What immunisations have I had or may I have in future and how do they keep me healthy? • What is drug misuse? • What are some of the laws about drugs? • How can I assess risk, recognise peer influence & respond assertively? • When and how should I check information about drugs?
Healthy and Safer Lifestyles: Managing Safety and Risk	<ul style="list-style-type: none"> - Understand what to do in emergencies - who can help them. 	<ul style="list-style-type: none"> • What are risky situations and how might I feel? • What is my name, address and phone number and when might I need to give them? • What is an emergency and who can help? • What makes a place or activity safe for me? 	<ul style="list-style-type: none"> • How do I feel in risky situations and how might my body react? • Can I make decisions in risky situations and might my friends affect these decisions? • When might I meet adults I don't know & how can I respond safely? • What actions could I take in an emergency or accident and how can I call the emergency services? 	<ul style="list-style-type: none"> • When might it be good for my mental health for me to take a risk? • What are the possible benefits and consequences of taking physical, emotional and social risks? • When am I responsible for my own safety as I get older and how can I keep others safer? • How can I safely get the attention of a known or unknown adult in an emergency?



		<ul style="list-style-type: none"> • What are the benefits and risks for me when walking near the road, and how can I stay safer? • What are the benefits and risks for me in the sun and how can I stay safer? • What do I enjoy when I'm near water and how can I stay safer? • What are the risks for me if I am lost and how can I get help? • How can I help to stop simple accidents from happening and how can I help if there is an accident? 	<ul style="list-style-type: none"> • What are the benefits of using the roads and being near water and how can I reduce the risks? • How is fire risky and how can I reduce the risks? • How do I keep myself safe during activities and visits? • How can I stop accidents happening at home and when I'm out? 	<ul style="list-style-type: none"> • Can I carry out basic first aid in common situations, including head injuries? • What are the benefits of cycling and walking on my own and how can I stay safer? • How can being outside support my wellbeing & how do I keep myself safe in the sun? • What are the benefits of using public transport and how can I stay safe near railways? • How can I prevent accidents at school and at home, now that I can take more responsibility?
<p>Healthy and Safer Lifestyles: Healthy Lifestyles</p>	<p>- Working in teams Importance of routines – sleep - Know how to look after themselves. - Oral health. - Understanding how to be healthy</p>	<ul style="list-style-type: none"> • What does healthy eating and a balanced diet mean? • What is an active lifestyle and how does it help me to be healthier? • What is mental wellbeing and how is it affected by my physical health? • How much sleep do I need & what happens if I don't have enough? • How do nutrition and physical activity work together? • How can I plan and prepare simple, healthy meals safely? • How can I look after my teeth and why is it important? • Who is responsible for my lifestyle choices and how are these choices influenced? 	<ul style="list-style-type: none"> • What is mental wellbeing and how is it affected by my physical health? • What is an active lifestyle and how does it help me to be healthy? • Who is responsible for my lifestyle choices and how are these choices influenced? • What does healthy eating and a balanced diet mean? • How do nutrition and physical activity work together? • How can I plan and prepare healthy meals safely? • How can I look after my teeth and why is it important? <p>How much sleep do I need and what happens if I don't have enough?</p>	<ul style="list-style-type: none"> • How does physical activity help me & what might be the risks of not engaging in it? • What could characterise a balanced or unbalanced diet and what are the associated benefits and risks? • What are the different aspects of a healthy lifestyle and how could I become healthier? • What are the factors influencing me when I'm making lifestyle choices and how might these change over time? • What might be the signs of physical illness and how might I respond? • What are the benefits and risks of spending time online/on electronic devices, in terms of my physical and mental health? • Why are online apps and games age restricted?



Relationships and Sex Education Progression

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Healthy and Safer Lifestyles: Relationships and Sex Education	<ul style="list-style-type: none"> - Making friends - Thinking about perspectives of others 	<ul style="list-style-type: none"> • What are the names of the main parts of the body? <ul style="list-style-type: none"> • What can my amazing body do? • When am I in charge of my actions and my body? • How can I keep my body clean? <ul style="list-style-type: none"> • How can I avoid spreading common illnesses and diseases? 	<ul style="list-style-type: none"> • How do babies change and grow? (Statutory NC Science Y2) <ul style="list-style-type: none"> • How have I changed since I was a baby? (Statutory NC Science Y2) • What's growing in that bump? (NC Science) <ul style="list-style-type: none"> • What do babies and children need from their families? • Which stable, caring relationships are at the heart of families I know? • What are my responsibilities now I'm growing up? 	<ul style="list-style-type: none"> • How are male and female bodies different and what are the different parts called? • When do we talk about our bodies, how they change, and who do we talk to? • What can my body do and how is it special? • Why is it important to keep myself clean? • What can I do for myself to stay clean and how will this change in the future? • How do different illnesses and diseases spread and what can I do to prevent this? 	<ul style="list-style-type: none"> • What are the main stages of the human life cycle? <ul style="list-style-type: none"> • How did I begin? • What does it mean to be 'grown up'? • What am I responsible for now and how will this change? • How do different caring, stable, adult relationships create a secure environment for children to grow up? 	<ul style="list-style-type: none"> • What are male and female sexual parts called and what are their functions? <ul style="list-style-type: none"> • How can I talk about bodies confidently and appropriately? • What happens to different bodies at puberty? <ul style="list-style-type: none"> • What might influence my view of my body? <ul style="list-style-type: none"> • How can I keep my growing and changing body clean? • How can I reduce the spread of viruses and bacteria? 	<ul style="list-style-type: none"> • What are different ways babies are conceived and born? (Sex Education) <ul style="list-style-type: none"> • What effect might puberty have on people's feelings and emotions? • How can my words or actions affect how others feel, and what are my responsibilities? • What should adults think about before they have children? • Why might people get married or become civil partners? • What are different families like?