

**Trinity St Mary's Church of England Primary School Subject Progression:
Key Stage 1 and 2
Subject Area: PSHE**

PSHE covers a range of areas across the curriculum including: PSHE and Citizenship, Relationships and Sex education (RSE), Anti-bullying, and E-Safety.

PSHE helps to give pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives, and to become informed, active, responsible citizens.

PSHE is a non-statutory subject. However, the National Curriculum Framework states that: "All schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice. Schools are also free to include other subjects or topics of their choice in planning and designing their own programme of education."

Our curriculum meets the PSHE Association Programme of Study (2017) which falls into three core themes:

HEALTH AND WELLBEING

- Know and understand what constitutes a healthy lifestyle.
- Know how to maintain physical, mental and emotional health and wellbeing.
- Be aware of safety issues, including how to respond in an emergency.
- Know how to manage change, including puberty, transition and loss.

RELATIONSHIPS:

- Develop and maintain a variety of healthy relationships within a range of social and cultural contexts.
- Know how to recognise and manage emotions within a range of relationships.
- Know how to recognise risky or negative relationships, including all forms of bullying and abuse, and ask for help.
- Know the importance of responsible behaviours and actions
- Know how to respect equality and diversity in relationships.

LIVING IN THE WIDER WORLD:

- Be responsible and independent members of the school community.
- Be positive and active members of a democratic society.
- Know about the importance of respecting and protecting the environment.
- Develop self-confidence and self-esteem and make informed choices regarding personal and social issues.
- Develop good relationships with other members of the school and the wider community.
- Know about where money comes from, keeping it safe and the importance of managing it effectively.

Year 1 – I Can...	Year 2 – I Can ...	Year 3 – I Can ...	Year 4 – I Can	Year 5 – I Can	Year 6 – I Can ...
<p>Relationships</p> <ul style="list-style-type: none"> talk about the roles of different people; families; feeling cared for recognise privacy; staying safe; seeking permission talk about how behaviour affects others; being polite and respectful <p>Living in the wider world</p> <ul style="list-style-type: none"> talk about what rules are; caring for others' needs; looking after the environment use the internet and digital devices; communicating online talk about strengths and interests; jobs in the community <p>Health and Wellbeing</p> <ul style="list-style-type: none"> talk about keeping healthy; food and exercise, hygiene routines and sun safety recognise what makes me unique and special; feelings; managing when things go wrong talk about how rules and age restrictions help us; keeping safe online 	<p>Relationships</p> <ul style="list-style-type: none"> make friends; feeling lonely and getting help manage secrets; resisting pressure and getting help; recognising hurtful behaviour recognise things in common and differences; playing and working cooperatively; sharing opinions <p>Living in the wider world</p> <ul style="list-style-type: none"> talk about belonging to a group; roles and responsibilities; being the same and different in the community talk about the internet in everyday life; online content and information talk about what money is; needs and wants; looking after money <p>Health and Wellbeing</p> <ul style="list-style-type: none"> talk about why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help talk about growing older; naming body parts; moving class or year group talk about safety in different environments; risk and safety at home; emergencies 	<p>Relationships</p> <ul style="list-style-type: none"> talk about what makes family; features of family life recognise personal boundaries; safely responding to others; the impact of hurtful behaviour recognise respectful behaviour; the importance of self-respect; courtesy and being polite <p>Living in the wider world</p> <ul style="list-style-type: none"> talk about the value of rules and laws; rights, freedoms and responsibilities talk about how the internet is used; assessing information online talk about different jobs; job stereotypes; setting personal goals <p>Health and Wellbeing</p> <ul style="list-style-type: none"> talk about healthy choices and habits; what affects feelings; expressing feelings recognise personal strengths and achievements; managing and reframing setbacks talk about risks and hazards; safety in the local environment and unfamiliar places 	<p>Relationships</p> <ul style="list-style-type: none"> talk about positive friendships, including online respond to hurtful behaviour; managing confidentiality; recognising risks online talk about respecting differences and similarities; discussing difference sensitively <p>Living in the wider world</p> <ul style="list-style-type: none"> talk about what makes a community; shared responsibilities talk about how data is shared and used talk about making decisions about money; using and keeping money safe <p>Health and Wellbeing</p> <ul style="list-style-type: none"> talk about maintaining a balanced lifestyle; oral hygiene and dental care recognise physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty talk about medicines and household products; drugs common everyday life 	<p>Relationships</p> <ul style="list-style-type: none"> talk about managing friendships and peer influence talk about physical contact and feeling safe respond respectfully to a wide range of people; recognising prejudice and discrimination <p>Living in the wider world</p> <ul style="list-style-type: none"> talk about protecting the environment; compassion towards others talk about how information online is targeted; different media types, their role and impact identify job interests and aspirations; what influences career choices; workplace stereotypes <p>Health and Wellbeing</p> <ul style="list-style-type: none"> talk about healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies talk about personal identity; recognising individuality and different qualities; mental wellbeing talk about how to keep safe in different situations, including responding in emergencies, first aid and FGM (Female Genital Mutilation) 	<p>Relationships</p> <ul style="list-style-type: none"> talk about attraction to others; romantic relationships; civil partnership and marriage recognise and manage pressure; consent in different situations express opinions and respect other points of view, including discussing topical issues <p>Living in the wider world</p> <ul style="list-style-type: none"> value diversity; challenging discrimination and stereotypes evaluate media sources; sharing things online talk about influences and attitudes to money; money and financial risks <p>Health and Wellbeing</p> <ul style="list-style-type: none"> talk about what affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online talk about human reproduction and birth; increasing independence; managing transition talk about keeping personal information safe; regulations and choices; drug use and the media