

# PSHE AND RSE PROGRESSION MAP

Year Group	(Autumn 1)	(Autumn 2)	(Spring 1)	(Spring 2)	(Summer 1)	(Summer 2)
EYFS	<ul style="list-style-type: none"> <li>Feelings</li> <li>Responsibilities</li> <li>Kind hands</li> <li>Know that everyone is different</li> <li>Their rights</li> </ul>	<ul style="list-style-type: none"> <li>Know how to be a good friend</li> <li>What to do if someone is unkind to them</li> </ul>	<ul style="list-style-type: none"> <li>Future career aspirations</li> <li>Challenges and how to face them</li> <li>Resilience</li> </ul>	<ul style="list-style-type: none"> <li>Healthy and unhealthy foods</li> <li>Names of the body parts</li> <li>Hygiene</li> <li>Stranger danger</li> <li>Importance of sleep</li> </ul>	<ul style="list-style-type: none"> <li>Roles of family members</li> <li>Friendships</li> <li>How to control their emotions</li> </ul>	<ul style="list-style-type: none"> <li>Names of body parts</li> <li>How our bodies change</li> <li>Sharing feelings</li> </ul>
Year 1	<ul style="list-style-type: none"> <li>Being safe in the class</li> <li>Consequences</li> <li>Their rights</li> </ul>	<ul style="list-style-type: none"> <li>How people are the same and different</li> <li>Looking after each other</li> <li>Bullying</li> <li>Who to speak to about bullying</li> <li>Friendships</li> </ul>	<ul style="list-style-type: none"> <li>Working in teams</li> <li>Feelings</li> <li>Resilience</li> </ul>	<ul style="list-style-type: none"> <li>Hygiene</li> <li>Road safety</li> <li>Understanding who can help them to feel safe</li> </ul>	<ul style="list-style-type: none"> <li>Safe and unsafe touch</li> <li>Relationships in school</li> </ul>	<ul style="list-style-type: none"> <li>Life cycles</li> <li>Scientific words for the private body parts are taught</li> <li>Who to speak to if they need help</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>Feelings</li> <li>Who to go to for help</li> <li>Rights and responsibilities</li> <li>Working together</li> <li>Creating a safe learning environment</li> </ul>	<ul style="list-style-type: none"> <li>Gender stereotypes</li> <li>Bullying</li> <li>Everyone is different</li> </ul>	<ul style="list-style-type: none"> <li>Setting goals</li> <li>Resilience</li> <li>Successes</li> <li>Working in a group and recognising when they work well and when they don't</li> </ul>	<ul style="list-style-type: none"> <li>Healthy food</li> <li>Medicine safety</li> </ul>	<ul style="list-style-type: none"> <li>Roles in a family</li> <li>Understanding how to fix friendships</li> <li>Know what is a safe secret and what isn't</li> <li>Understand when someone is hurting them</li> <li>Acceptable physical touch and unacceptable physical touch</li> </ul>	<ul style="list-style-type: none"> <li>Life cycles</li> <li>Changes within the human life (not puberty)</li> <li>Vocabulary for the private body parts</li> <li>Inappropriate touch</li> <li>Feelings</li> <li>Who to go to for help</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>Challenges they face</li> <li>Resilience</li> <li>Feelings</li> <li>Importance of rules</li> <li>Rights and responsibilities</li> <li>Understand that some people can see things differently</li> </ul>	<ul style="list-style-type: none"> <li>Families</li> <li>How families can fall out with each other</li> <li>Calming techniques</li> <li>Bullying</li> <li>What a witness to bullying is (bystander)</li> <li>Understanding that words can be hurtful</li> </ul>	<ul style="list-style-type: none"> <li>Resilience</li> <li>How to achieve their dream and difficulties they may face</li> </ul>	<ul style="list-style-type: none"> <li>Exercise</li> <li>Drugs (safe and unsafe)</li> <li>Knowing how people, places and things can be unsafe</li> <li>Knowing that in food there are calories etc. and too many can affect us</li> </ul>	<ul style="list-style-type: none"> <li>Stereotypes at home and in the workplace</li> <li>Online safety is introduced</li> <li>Children's lives are compared to other children around the world</li> </ul>	<ul style="list-style-type: none"> <li>Babies</li> <li>Puberty- how the body parts on the outside and inside changes</li> <li>Periods</li> <li>Feelings about puberty are discussed</li> <li>Sex and giving birth is not taught.</li> </ul>

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Year 4	<ul style="list-style-type: none"> <li>Team work</li> <li>Community</li> <li>Democracy</li> <li>Conflict</li> <li>Feelings</li> </ul>	<ul style="list-style-type: none"> <li>Appearance judging</li> <li>Bullying and online bullying</li> </ul>	<ul style="list-style-type: none"> <li>Disappointment and how we can feel about this</li> <li>Group work</li> <li>Challenges</li> <li>Resilience</li> </ul>	<ul style="list-style-type: none"> <li>Friendships</li> <li>Smoking</li> <li>Alcohol</li> <li>Peer pressure</li> </ul>	<ul style="list-style-type: none"> <li>That friendships and relationships can end and that this can be a good thing</li> <li>Jealousy, loss and bereavement</li> <li>Emotions and strategies to overcome things</li> </ul>	<ul style="list-style-type: none"> <li>Puberty</li> <li>Sanitary products and hygiene are taught</li> <li>Conception (simple terms)</li> <li>Sex (simple terms)</li> <li>Feelings</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>Goals and challenges</li> <li>Behaviour, rewards and consequence</li> <li>democracy</li> </ul>	<ul style="list-style-type: none"> <li>different cultures and the differences between each culture</li> <li>racism</li> <li>bullying</li> </ul>	<ul style="list-style-type: none"> <li>jobs</li> <li>the children compare themselves to someone of a different culture</li> </ul>	<ul style="list-style-type: none"> <li>smoking and the effects of it</li> <li>alcohol and the effects of it</li> <li>how to put someone in the recovery position</li> <li>how to call the emergency services</li> <li>eating disorders</li> <li>body image and how the media can put pressure on us and how we look</li> </ul>	<ul style="list-style-type: none"> <li>internet safety rules</li> <li>grooming</li> <li>age limits</li> <li>how to know if you feel unsafe</li> </ul>	<ul style="list-style-type: none"> <li>how social media can affect our opinions of ourselves</li> <li>puberty</li> <li>pregnancy</li> <li>I.V.F (brief explanation)</li> <li>Contraception is not taught.</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>U.N.C.R.C</li> <li>Democracy</li> </ul>	<ul style="list-style-type: none"> <li>Bullying</li> <li>Awareness of disabilities and how you can still succeed regardless of having a disability</li> </ul>	<ul style="list-style-type: none"> <li>Issues that can affect the whole world</li> <li>Motivation</li> </ul>	<ul style="list-style-type: none"> <li>How drugs can affect your body</li> <li>How to tell if you are stressed</li> <li>Mental health and illness</li> <li>They understand that they are in control of their emotional and physical health</li> </ul>	<ul style="list-style-type: none"> <li>Mental health</li> <li>Grief cycle</li> <li>Online safety</li> </ul>	<ul style="list-style-type: none"> <li>Puberty</li> <li>Childbirth</li> <li>Conception</li> <li>Knowing about safe and unsafe relationships</li> </ul>

The highlighted parts are the links to RSE (Relationships and Sex Education).