

Children are able to understand and speak about their feelings, likes and dislikes, hopes and fears. They learn to recognise their place in their family, school community and society.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To know how I am similar and different to others (1,2)	To know where I feel safe and special (1)	To know hopes and dreams for the year (1)	To know how to identify positive feelings about myself (1)	To know my attitudes and actions make a difference to the class team (1)	To know how to face new challenges positively (1)	To know my goals for this year (1)	To know how I am similar and different to others (1,2)
To know that I am unique (1,2)	To know my rights and responsibilities at school (1)	To know my rights and responsibilities in my class (1)	To know how to set personal goals (1)	To know how I fit in to my school community (1)	To know how to set personal goals (1)	To know my fears and worries about the future (1)	To know that I am unique (1,2)
To know how I am feeling and what makes me feel better (1,2,5,6)	To know that I belong to my class and that I am valued (1)	To know how to contribute my ideas (1)	To know how to face new challenges positively, make responsible choices and ask for help (1)	To know what influences me to make assumptions based on how people look (2)	To know how to make choices about my behaviour (1)	To know how my action affect other people locally and globally (1)	To know how I am feeling and what makes me feel better (1,2,5,6)
To know how to be kind and use gentle hands (1,2,5)	To know what it feels like to be proud (1,3)	To know that choices I make have consequences (1)	To know how to identify and dream or ambition (3)	To know what is special about me and how I am unique (2)	To know how to identify a job I would like to do when I grow up (3)	To know how to make choices about my behaviour because I understand how rewards and consequences feel (2)	To know how to be kind and use gentle hands (1,2,5)
To know my rights and responsibilities at home and school (1,5)	To know that choices I make have consequences (1)	To know how to set a realistic goal and think about how to achieve it (3)	To know how to recognize obstacles that might hinder my achievement (3)	To know how to speak about some of my hopes and dreams (3)	To know the choices I need to make to be healthy and happy (4)	To know how to make choices about my behaviour because I understand how rewards and consequences feel (2)	To know my rights and responsibilities at home and school (1,5)
To know what I am good at (2)	To know how I am similar and different to others in my class (2)	To know how to persevere even when I find things difficult (3)	To know exercise affects my body and why my heart and lungs are important organs (4)	To know how to identify my contributions to a group goal (3)	To know my personal characteristics and qualities (5)	To know my learning strengths and how to set challenging but realistic goals (2)	To know what I am good at (2)
To know how my home is special (2)	To know some people I can talk to if I am being bullied (2)	To know what makes me relaxed and what makes me stressed (4)	To know things, people and places that I need to keep safe from (4)	To know which friends I value the most (3)	To know how to recognise when I am spending too long on a device (screen time) (5)	To know how to work out the learning steps I need to take to reach my goal (3)	To know how my home is special (2)
To know how to stand up for myself if someone is being unkind (2)	To know how to make new friends (2)	To know my relationship with different members for my family (5)	To know some strategies for keeping safe (who to go to and how to contact emergency services) (4)	To know when people are putting me under pressure and know ways to resist this (4)	To know how to stay safe when using technology to communicate with my friends (5)	To know how to work out the learning steps I need to take to reach my goal (3)	To know how to stand up for myself if someone is being unkind (2)
To know how to set a goal and overcome challenges (3)	To know how I am special and unique (2)	To know some causes of conflict with friends (5)	To know when something feels safe or unsafe (4)	To know myself well enough to have a clear picture of what I believe is wrong or right (4)	To know about my own self-image and how my body-image fits in to that (5)	To know about problems in the world that concern me and talk to other people about them (3)	To know how to set a goal and overcome challenges (3)
To know how to make friends, solve problems and stay friends (5)	To know how to set simple goals and work out how to achieve them (3)	To know how I have changed since I was a baby (6)	To know how complex my body is and how to take care of it (4)	To know how to identify someone I love and know why they are special to me (5)	To know how to recognise when I am spending too long on a device (screen time) (5)	To know some things that people in my class like about me (3)	To know how to make friends, solve problems and stay friends (5)
To know what I can do to calm down when I am angry (5)	To know how my body is amazing and how to keep it healthy (4)	To know lifecycles in nature (6)	To know the roles and responsibilities of members of my family and reflect on expectations for males and females (5)	To know how to make new friends and how to manage when I fall out with friends (5)	To know what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (6)	To know how to take responsibility for my health and make choices that benefit my health and wellbeing (4)	To know what I can do to calm down when I am angry (5)
To know the names of some of my body parts (6)	To know how to identify members of my family (5)	To know the physical differences between boys and girls and use words for my private parts accurately (6)	To know some strategies for keeping myself safe online (5)	To know how to show love and appreciation to the people and animals who are special to me (5)	To know what I am looking forward to in my next class (6)	To know how to work out the learning steps I need to take to reach my goal (3)	To know the names of some of my body parts (6)
To know that I will grow from a baby to an adult (6)	To know what being a good friend means to me (5)	To know which types of touch I like and don't like (6)	To know that actions of people across the world can influence my life (globalization) (5)	To know how to identify my contributions to a group goal (3)	To know how to stay safe when using technology to communicate with my friends (5)	To know about my own self-image and how my body-image fits in to that (5)	To know that I will grow from a baby to an adult (6)
To know how to express my feelings about changes (6)	To know how to make friends, solve problems and stay friends (5)	To know how I have changed since I was a baby (6)	To know when something feels safe or unsafe (4)	To know how to identify someone I love and know why they are special to me (5)	To know how to stay safe when using technology to communicate with my friends (5)	To know some things that people in my class like about me (3)	To know how to express my feelings about changes (6)
	To know how to identify members of my family (5)	To know lifecycles in nature (6)	To know how complex my body is and how to take care of it (4)	To know how to identify someone I love and know why they are special to me (5)	To know how to stay safe when using technology to communicate with my friends (5)	To know some things that people in my class like about me (3)	
	To know what being a good friend means to me (5)	To know the physical differences between boys and girls and use words for my private parts accurately (6)	To know the roles and responsibilities of members of my family and reflect on expectations for males and females (5)	To know how to make new friends and how to manage when I fall out with friends (5)	To know what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (6)	To know how to take responsibility for my health and make choices that benefit my health and wellbeing (4)	To know what I can do to calm down when I am angry (5)
	To know appropriate types of touch that make me feel comfortable/uncomfortable (5)	To know which types of touch I like and don't like (6)	To know some strategies for keeping myself safe online (5)	To know how to show love and appreciation to the people and animals who are special to me (5)	To know what I am looking forward to in my next class (6)	To know how to work out the learning steps I need to take to reach my goal (3)	To know the names of some of my body parts (6)
	To know how and who to ask for help (5)	To know what I am looking forward to in my next class (6)	To know that actions of people across the world can influence my life (globalization) (5)	To know how to identify my contributions to a group goal (3)	To know how to stay safe when using technology to communicate with my friends (5)	To know about my own self-image and how my body-image fits in to that (5)	To know that I will grow from a baby to an adult (6)
	To know what I am good at and how to make the best of my qualities (5)	To know how I have changed since I was a baby (6)	To know how to express appreciation to friends and family (5)	To know that some of my characteristics have come from my birth parents (6)	To know how to stay safe when using technology to communicate with my friends (5)	To know some things that people in my class like about me (3)	To know how to express my feelings about changes (6)
	To know the lifecycles of humans and animals (6)	To know the physical differences between boys and girls and use words for my private parts accurately (6)	To know how to express appreciation to friends and family (5)	To know how to show love and appreciation to the people and animals who are special to me (5)	To know how to stay safe when using technology to communicate with my friends (5)	To know some things that people in my class like about me (3)	
	To know some things about me that have changed and stayed the same (6)	To know which types of touch I like and don't like (6)	To know what will happen to my body (on the outside and inside) during puberty (6)	To know how to identify my contributions to a group goal (3)	To know how to stay safe when using technology to communicate with my friends (5)	To know about my own self-image and how my body-image fits in to that (5)	
	To know the names of my body parts including my private parts (6)	To know what I am looking forward to in my next class (6)	To recognize stereotypical ideas I have about parenting and family roles (6)	To know how to identify my contributions to a group goal (3)	To know how to stay safe when using technology to communicate with my friends (5)	To know about my own self-image and how my body-image fits in to that (5)	
	To know that I am changing all the time (6)	To know how I have changed since I was a baby (6)	To know what will happen to my body (on the outside and inside) during puberty (6)	To know how to identify my contributions to a group goal (3)	To know how to stay safe when using technology to communicate with my friends (5)	To know about my own self-image and how my body-image fits in to that (5)	
	To know how to express my feelings about changes (6)	To know how I have changed since I was a baby (6)	To know how to express appreciation to friends and family (5)	To know how to identify my contributions to a group goal (3)	To know how to stay safe when using technology to communicate with my friends (5)	To know about my own self-image and how my body-image fits in to that (5)	

PSHE Progression Map: Understanding Others



Children understand that they have an impact on other people. They also understand that others are similar and different to them. They learn about empathy and tolerance.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>To know how to recognise other people's feelings and how to make them feel better (1,2,3,5)</p> <p>To know how to work together (1)</p> <p>To know that we are all similar and different (1,2)</p> <p>To know my rights and responsibilities (1)</p> <p>To know that everyone is good at different things (2)</p> <p>To know how to encourage others (3)</p> <p>To know what a stranger is and how to stay safe if they approach you (4)</p> <p>To know the impact of unkind words (5)</p>	<p>To know my rights and responsibilities at school (1)</p> <p>To know that choices I make have consequences (1)</p> <p>To know that everyone in my class is similar and different (2)</p> <p>To know what bullying is and how it might feel (2)</p> <p>To know how to work well with a partner (3)</p> <p>To know how to identify challenges and obstacles (3)</p> <p>To know that there are lots of different types of families (5)</p> <p>To know how to be a good friend (5)</p> <p>To know appropriate types of touch that make others feel comfortable/uncomfortable (5)</p> <p>To know how and who to ask for help (5)</p> <p>To know how to appreciate others and express how I feel about them (5)</p> <p>To know the names of body parts including private parts (6)</p>	<p>To know my rights and responsibilities in my class (1)</p> <p>To know how to listen to others (1)</p> <p>To know that choices I make have consequences (1)</p> <p>To know what stereotypes are (gender) (2)</p> <p>To know that bullying is sometimes about difference (2)</p> <p>To know how to work well in a group (3)</p> <p>To know how to share success with other peoples (3)</p> <p>To know why it is important to share and cooperate (4)</p> <p>To know there are different forms of physical contact in families (4)</p> <p>To know how humans grow from young to old (6)</p>	<p>To know why rules are needed (1)</p> <p>To know how my actions affect other people (1)</p> <p>To know how to see things from other people's point of view (1)</p> <p>To know that everybody's family is different and important to them (2)</p> <p>To know that conflicts sometimes happen in families (2)</p> <p>To know that words can be used in hurtful ways (2)</p> <p>To know a person who has faced difficult challenges and achieved success (3)</p> <p>To know some of the skills of friendship (5)</p> <p>To know that actions of people across the world can influence my life (globalization) (5)</p> <p>To understand that needs and rights are shared by children across the world (5)</p> <p>To know that females usually have the baby (6)</p> <p>To know that our bodies change so that when we grow up we can make babies (6)</p> <p>To know how babies grow and develop in the mother's uterus and what they need to grow (6)</p> <p>To recognize stereotypical ideas I have about parenting and family roles (6)</p>	<p>To know my attitudes and actions make a difference to the class team (1)</p> <p>To know how my actions affect other people (1)</p> <p>To know how to empathise with others (1)</p> <p>To know that we sometimes make assumptions based on how people look (2)</p> <p>To know that bullying is sometimes hard to spot (2)</p> <p>To know why witnesses sometimes join in with bullying but don't tell (2)</p> <p>To know how to identify other people's contributions to a group goal (3)</p> <p>To know how different friendship groups are formed (4)</p> <p>To know that some people take on the role of leader and some take on the role of follower in a group (4)</p> <p>To know situations that can cause jealousy in relationships (5)</p> <p>To know how friendships change (5)</p> <p>To know what having a boyfriend and girlfriend might mean in the future (5)</p> <p>To know the internal and external parts of the male and female parts of the body necessary for making a baby (6)</p> <p>To know how a girl's body changes during puberty including menstruation (6)</p>	<p>To know how an individual behaviour can impact a group (1)</p> <p>To know that cultural differences sometimes cause conflict (2)</p> <p>To know what racism is (2)</p> <p>To know how my life is different to those in the developing world (2)</p> <p>To know about a different culture (2)</p> <p>To know about a range of jobs and how much people earn (3)</p> <p>To know how to describe the dreams and goals of young people from a different culture to them (3)</p> <p>To know that communicating with someone from a different culture means we can learn from each other (3)</p> <p>To know how the media promotes certain body types (3)</p> <p>To know there are rights and responsibilities in an online community (5)</p> <p>To know there are rights and responsibilities when playing an online game (5)</p> <p>To know how a girl's body changes during puberty (6)</p> <p>To know how a boy's body changes during puberty (6)</p> <p>To know that sexual intercourse can lead to conception (6)</p> <p>To know that sometimes people need IVF to help them have a baby (6)</p>	<p>To know there are universal rights for all children but many of these rights are not met (1)</p> <p>To know how an individual's behaviour can impact on a group (1)</p> <p>To know there are different perceptions about what normal means (2)</p> <p>To know how being different can affect someone's life (2)</p> <p>To know how a person or group can have power over another (2)</p> <p>To know some of the reasons that people use bullying behaviours (2)</p> <p>To know how difference can be a source of conflict and a cause for celebration (2)</p> <p>To know how to work with other people to make the world a better place (3)</p> <p>To know how some people can be exploited and made to do things against the law (4)</p> <p>To know why some people join gangs and the risks this involves (4)</p> <p>To know that there are different stages of grief and that there are different types of loss (5)</p> <p>To know when people are trying to gain power or control (5)</p> <p>To know how girl's and boy's bodies change during puberty (6)</p> <p>To know how a baby develops during pregnancy and how it is born (6)</p> <p>To know how being physically attracted to someone changes the nature of the relationship (6)</p>	<p>To know how to recognise other people's feelings and how to make them feel better (1,2,3,5)</p> <p>To know how to work together (1)</p> <p>To know that we are all similar and different (1,2)</p> <p>To know my rights and responsibilities (1)</p> <p>To know that everyone is good at different things (2)</p> <p>To know how to encourage others (3)</p> <p>To know what a stranger is and how to stay safe if they approach you (4)</p> <p>To know the impact of unkind words (5)</p>

PSHE Progression Map: Improving Myself



Children reflect on how to be better learners, citizens and members of a community. They also learn about how to be healthy physically and emotionally.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To know how to be kind and use gentle hands (1,2,5)	To know what bullying is and how it might feel (2)	To know that it is okay to be friends with people who are different to me (2)	To know what it means to be a witness to bullying and how a witness can make the situation worse or better (1)	To know how democracy works through the school council (1)	To know my rights and responsibilities as a citizen of my country and a member of my school (1)	To know how democracy and having a voice benefits the school (1)	To know how to be kind and use gentle hands (1,2,5)
To know how to be a kind friend (2,5)	To know how to set simple goals and work out how to achieve them (3)	To know that bullying is sometimes about difference (2)	To know how to enjoy facing new challenges (3)	To know what to do if I think bullying is happening but am not sure (2)	To know how democracy and having a voice benefits the school (1)	To know how to work with other people to make the world a better place (3)	To know how to be a kind friend (2,5)
To know why setting goals is important for your future (3)	To know how to identify challenges and obstacles as well as how to overcome them (3)	To know how to set a realistic goal and think about how to achieve it (3)	To know how to evaluate my learning process and do better next time (3)	To know that hopes and dreams don't always come true and that this can hurt (3)	To know how rumour-spreading and name-calling can be bullying behaviours (2)	To know about different types of drugs, their effects on their body particularly the liver and heart (4)	To know why setting goals is important for your future (3)
To know that a healthy body needs exercise, healthy food, sleep. (4, 5)	To know how to keep clean and healthy (4)	To know how to work well in a group (3)	To know exercise affects my body and why my heart and lungs are important organs (4)	To know how to reflect on positive experiences to counteract disappointment (3)	To know the difference between direct and indirect bullying (2)	To know what it means to be emotionally well and understand people's attitudes towards mental health/illness (4)	To know that a healthy body needs exercise, healthy food, sleep. (4, 5)
To know why it is important to wash hands thoroughly. (4)	To know how germs cause disease (4)	To know how to persevere even when I find things difficult (3)	To know that the amount of calories, sugar and fat that I put into my body will affect my health (4)	To know how to set a new goal despite disappointment (3)	To know that I will need money to help me achieve some of my dreams (3)	To know what stress is and the triggers that cause this (4)	To know why it is important to wash hands thoroughly. (4)
	To know that some household products including medicines are harmful (4)	To know what I need to keep my body healthy (4)	To know how to express my knowledge and attitude towards drugs (4)	To know the facts about smoking, its effects on health and some of the reasons people start to smoke (4)	To know how to encourage my peers to support young people here and abroad to meet their aspirations (3)	To know how to use technology positively and safely to communicate with my friends and family (5)	
	To know that medicine can help if you feel ill (4)	To know how medicines work and how to use them carefully (4)	To know how to know some of the skills of friendship (5)	To know the facts about alcohol, its effects on health and some of the reasons people start to drink (4)	To know the health risks of smoking – how tobacco affects the lungs, liver and heart (4)	To know the importance of positive self-esteem and how to develop it (6)	
	To know how to cross the road safely (4)	To know the correct food groups and which foods the body needs to keep healthy (4)			To know the risks with misusing alcohol – anti-social behaviour and how it affects the liver and heart (4)		
	To know what I am good at and how to make the best of my qualities (5)	To know how to make a healthy snack (4)			To know the role different foods play in people's lives and how people can develop eating problems relating to body image pressures (4)		
	To know some ways to cope with changes (6)	To know which foods to eat to get energy (4)			To know what makes a healthy lifestyle (4)		
		To know why it is important to share and cooperate (4)			To know that belonging to an online community can have positive and negative consequences (5)		
		To know how to appreciate people who help me in my family and community (5)					