

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>

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