



Sacred Heart Catholic Primary School and Nursery



Progression Map

PSHE

	<u>Nursery</u>	<u>Reception</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<p><u>Relationships</u></p> <p>1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts</p> <p>2. how to recognise and manage emotions within a range of relationships</p> <p>3. how to recognise risky or negative relationships including all forms of bullying and abuse</p> <p>4. how to respond to risky or negative relationships and ask for help</p> <p>5. how to respect equality and diversity in relationships.</p>	<p>To speak with confidence to new adults and friends</p> <p>To share toys with others</p> <p>To play alongside others</p> <p>To develop relationships with other people</p> <p>To make new friends</p> <p>To take turns</p> <p>How to deal with our emotions appropriately</p> <p>To develop confidence during carpet and circle times</p> <p>To express their feelings and interests</p> <p>To understand others needs and feelings</p> <p>To deal with changes in a positive way</p>	<p>Introduction to a new Setting</p> <p>Class boundaries and Routines</p> <p>Feelings of self as part of a class, school, family and community</p> <p>Forming relationships</p> <p>Sharing and taking turns</p> <p>Resolving conflict</p> <p>Take into account others ideas about how to organise activities</p>	<p>Children can identify and name some feelings (for example through interpreting facial expressions) and express some of their positive qualities.</p> <p>They begin to share their views and opinions (for example talking about fairness). They can set themselves simple goals .</p>	<p>Children can demonstrate that they can manage some feelings in a positive and effective way.</p> <p>They begin to share their views and opinions (for example talking about fairness). They can set themselves simple goals .</p>	<p>Children can demonstrate that they recognise their own worth and that of others.</p> <p>They can express their views confidently and listen to and show respect for the views of others.</p>	<p>They can express their views confidently and listen to and show respect for the views of others.</p> <p>They know what a friend is and does and how to cope with some friendship problems.</p>	<p>They can identify ways to face new challenges.</p> <p>They can discuss some of the bodily and emotional changes at puberty, and can demonstrate some ways of dealing with these in a positive way.</p> <p>They can talk about a range of jobs, and explain how they will develop skills to work in the future.</p> <p>They can demonstrate how to look after and save money.</p>	<p>They can identify positive ways to face new challenges (for example the transition to secondary school).</p> <p>They can discuss some of the bodily and emotional changes at puberty, and can demonstrate some ways of dealing with these in a positive way.</p>
<p><u>Health and Wellbeing</u></p> <p>1. what is meant by a healthy lifestyle</p> <p>2. how to maintain physical, mental and emotional health and</p>	<p>To care for each other and animals</p>	<p>Awareness of needs of others</p> <p>Knowing how to care for others and living things</p>	<p>Children can explain ways of keeping clean and they can name the main parts of the body.</p> <p>They can explain that</p>	<p>Children can make simple choices about some aspects of their health and well-being and know what keeps them healthy.</p>	<p>Children can make choices about how to develop healthy Lifestyles.</p>	<p>They can list the commonly available substances and drugs that are legal and illegal, and can describe some of the effects and risks of these.</p>	<p>They can identify some factors that affect emotional health and well-being.</p> <p>They can identify and explain how to manage the risks in</p>	<p>They can make judgements and decisions and can list some ways of resisting negative peer pressure around issues affecting their health and wellbeing.</p>

<p>wellbeing</p> <p>3. how to manage risks to physical and emotional health and wellbeing</p> <p>4. ways of keeping physically and emotionally safe</p> <p>5. about managing change, including puberty, transition and loss</p> <p>6. how to make informed choices about health and wellbeing and to recognise sources of help with this.</p> <p>7. how to respond in an emergency</p> <p>8. to identify different influences on health and wellbeing</p>			<p>people grow from young to old.</p>	<p>Children can talk about the harmful aspects of some household products And medicines, and describe ways of keeping safe in familiar situations.</p>		<p>They understand when they should keep secrets and promises, and when they should tell somebody about them.</p>	<p>different familiar situations.</p>	<p>They can list the commonly available substances and drugs that are legal and illegal, and can describe some of the effects and risks of these.</p>
<p>Living in the Wider World.</p> <p>1. about respect for self and others and the importance of responsible behaviours and actions</p> <p>2. about rights and responsibilities as members of families, other groups and ultimately as citizens</p> <p>3. about different groups and communities</p> <p>4. to respect equality and to be a productive member of a diverse</p>	<p>Classroom routines and rules</p>	<p>Feelings of self as part of the wider world</p> <p>Respect for own culture and the culture of others</p> <p>Talk about their own and others behaviour and its consequences</p> <p>Know that some behaviour is unacceptable.</p>	<p>Children can explain different ways that family and friends should care for one another.</p>	<p>Children can recognise that bullying is wrong and can list some ways to get help in dealing with it.</p> <p>They can recognise the effect of their behaviour on other people, and can cooperate with others (for example by playing and working with friends or classmates).</p> <p>They can identify and respect differences and similarities between people.</p>	<p>Children can explain how their actions have consequences for themselves and others.</p> <p>They can describe the nature and consequences of bullying, and can express ways of responding to it.</p> <p>They can show how they care for the environment (e.g. animals and school grounds)</p>	<p>They can describe the nature and consequences of bullying, and can express ways of responding to it.</p> <p>They can identify different types of relationship (for example marriage or friendships), and can show ways to maintain good relationships (for example listening, supporting, caring).</p>	<p>Children can respond to, or challenge, negative behaviours such as stereotyping and aggression.</p>	<p>They can describe some of the different beliefs and values in society, and can demonstrate respect and tolerance towards people different from themselves.</p>

<p>community</p> <p>5. about the importance of respecting and protecting the environment</p> <p>6. about where money comes from, keeping it safe and the importance of managing it effectively</p> <p>7. how money plays an important part in people's lives</p> <p>8. a basic understanding of enterprise.</p>								
---	--	--	--	--	--	--	--	--