

PSHE PROGRESSION OF SKILLS Years 3-6

Overarching headings

Relationships and sex education (RSE)

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Physical health

- Physical health and fitness
- Healthy eating
- Health and prevention
- Basic first aid
- Changing adolescent body

Mental health and wellbeing

Internet safety

- Internet safety and harms

Drugs, alcohol, tobacco/substance misuse

PSHE CURRICULUM YR 3					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>Relationships and sex education (RSE)</i> <ul style="list-style-type: none"> - Families and people who care about me - Caring friendships 	<i>Relationships and sex education (RSE)</i> <ul style="list-style-type: none"> - Online relationships - Being safe - Respectful relationships 	<i>Physical health</i> <ul style="list-style-type: none"> - Physical health and fitness - Healthy eating - Health and prevention - Basic first aid - Changing adolescent body 	<i>Mental health and wellbeing</i>	<i>Internet safety</i>	<i>Drugs, alcohol and tobacco/substance misuse</i>
LO1: who is special to me? LO2: what is meant by family? LO3: is being different okay? LO4: what makes a good friend and why are they important? <i>P4C opportunity</i> LO5: what is respect?	LO1: should I respect everyone even if I haven't met them? <i>P4C opportunity</i> LO2: is being private important? LO3: does my body belong to me? LO4: how do I know if something is unsafe? LO5: if I don't feel safe, who can I go to?	LO1: why do I need to have an active lifestyle? LO2: what is meant by healthy eating? LO3: how can I keep myself safe and healthy? LO4: how do the emergency services keep me safe and healthy? LO5: how does my body change over time?	LO1: why do I have feelings? LO2: what might affect my feelings? LO3: how can I manage my feelings and who might help me? LO4: how does bullying affect people's feelings? LO5: is it okay to feel down? <i>P4C opportunity</i>	LO1: why do we use the internet? LO2: how do my actions online affect me? LO3: how do my actions online affect others? LO4: can I trust everything online? LO5: how can I stay safe online?	LO1: what is meant by addiction? LO2: how could addiction be harmful? LO3: how could prescribed drugs be harmful to me? LO4: how can the media influence me? LO5: how can the people in my life influence me?

PSHE CURRICULUM YR 4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>Mental health and wellbeing</i>	<i>Relationships and sex education (RSE)</i> <ul style="list-style-type: none"> - Online relationships - Being safe - Respectful relationships 	<i>Internet safety</i>	<i>Relationships and sex education (RSE)</i> <ul style="list-style-type: none"> - Families and people who care about me - Caring friendships 	<i>Physical health</i> <ul style="list-style-type: none"> - Physical health and fitness - Healthy eating - Health and prevention - Basic first aid Changing adolescent body	<i>Drugs, alcohol and tobacco/substance misuse</i>
LO1: how do my emotions change? LO2: do my emotions affect my behaviour? LO3: what can I do to manage my emotions? LO4: who can help me to manage my emotions? LO5: how does bullying affect people's emotions?	LO1: how can I respect myself and others around me? LO2: should I tell or keep secrets? LO3: what do I do if something feels unsafe? LO4: are there risks to me when I'm online? LO5: how does information online affect me?	LO1: is the internet good or bad? <i>P4C opportunity</i> LO2: does using the internet have risks to me? LO3: what is meant by a digital footprint? LO4: should I trust everything I see online? LO5: how can I stay safe online?	LO1: why are families important? LO2: is my family the same as yours? LO3: what makes a good friend? LO4: is it okay to argue or fall out with friends? LO5: why is it important to respect difference?	LO1: does having an active lifestyle impact me as a person? LO2: why is it important to eat healthily? LO3: how do I know when my body is feeling unhealthy? LO4: what could I do in an emergency? LO5: how does my body change emotionally over time?	LO1: what is meant by addiction and how does it work? LO2: how could addiction be harmful to people's health? LO3: are prescribed drugs bad for me? LO4: how can the media influence me positively and negatively? LO5: how can the people in my life influence me positively and negatively?

PSHE CURRICULUM YR 5					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>Mental health and wellbeing</i>	<i>Internet safety</i>	<i>Physical health</i> <ul style="list-style-type: none"> - Physical health and fitness - Healthy eating - Health and prevention - Basic first aid - Changing adolescent body 	<i>Drugs, alcohol and tobacco/substance misuse</i>	<i>Relationships and sex education (RSE)</i> <ul style="list-style-type: none"> - Families and people who care about me - Caring friendships - Online relationships - Being safe - Respectful relationships 	
LO1: what can affect my emotions and how I manage them? LO2: what is meant by mental health/wellbeing? LO3: how is my mental, physical and emotional health linked? LO4: who can give me support and advice, when I need it, about my wellbeing? LO5: how can bullying affect someone's mental health/wellbeing?	LO1: is the internet essential to my life? <i>P4C opportunity</i> LO2: how could the internet impact my wellbeing? LO3: what age do I need to be to access certain things on the internet and why? LO4: should I challenge things I don't think are true online? LO5: how do settings on electronic devices enable me to stay safe online?	LO1: how does having an active lifestyle impact my wellbeing? LO2: how could living an unhealthy lifestyle impact me? LO3: why is it important to recognise when my body feels unhealthy? LO4: how can I help in an emergency? LO5: how does my body change physically over time?	LO1: what are people addicted to in today's modern world? LO2: how can addiction affect someone's life? LO3: how can prescribed drugs be harmful to me? LO4: does the media contribute towards addiction? <i>P4C opportunity</i> LO5: what is my attitude towards alcohol and tobacco use?	LO1: how can families be different from my own? LO2: what makes a healthy relationship? LO3: how can relationships be different online and offline? LO4: what should I do if I see bullying? LO5: why should I respect difference?	LO1: why is respecting myself just as important as respecting others around me? LO2: what type of contact is acceptable to me in a healthy relationship? LO3: do I stereotype people? LO4: what are the risks to me when I am online? LO5: how is the information I put online used?

PSHE CURRICULUM YR 6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>Relationships and sex education (RSE)</i> <ul style="list-style-type: none"> - Families and people who care about me - Caring friendships - Online relationships - Being safe - Respectful relationships 		<i>Physical health</i> <ul style="list-style-type: none"> - Physical health and fitness - Healthy eating - Health and prevention - Basic first aid - Changing adolescent body 	<i>Mental health and wellbeing</i>	<i>Internet safety</i>	<i>Drugs, alcohol and tobacco/substance misuse</i>
LO1: are there different types of commitment in families? LO2: how do I manage an unhealthy relationship? LO3: how can I use what I know about offline relationships online? LO4: <i>P4C opportunity</i> – bullying (child led) LO5: how do we celebrate difference?	LO1: is having self-respect more important than having respect for others? <i>P4C opportunity</i> LO2: what type of physical contact is acceptable to me in a healthy relationship? LO3: how could stereotypes influence my actions? LO4: can I recognise the risks online to myself and others? LO5: how is the information, that I put online, shared?	LO1: how does having an active lifestyle impact my physical and mental wellbeing? LO2: why is eating healthily important to me? LO3: how do I keep myself safe? LO4: how can I help in an emergency? LO5: how does my body change physically and emotionally over time?	LO1: how do I manage my physical, mental and social wellbeing? LO2: is it ever okay to feel down? <i>P4C opportunity</i> LO3: who can give me support and advice, when I need it, about my wellbeing? LO4: what is peer pressure and how might this affect me in my life? LO5: what impact does bullying have on someone's mental wellbeing?	LO1: would it be possible for me to survive in today's modern world without the internet? <i>P4C opportunity</i> LO2: how could using the internet affect my wellbeing? LO3: what age do I need to be to access certain things on the internet and why? LO4: have I ever been exploited online? LO5: do I know how to change and use settings on electronic devices to enable me to stay safe online?	LO1: why do people find themselves dealing with addiction in today's modern world? LO2: how can addiction affect an individual's life and the people around them? LO3: are prescribed drugs be harmful to me? LO4: what contributes towards addiction? <i>P4C opportunity</i> LO5: what is my attitude towards alcohol and tobacco use? <i>P4C opportunity</i>