



Pleasant Street Primary School PSHE Progression Map



PSHE Links - Nursery, Reception

EYFS Statutory Educational Programme: Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others.

Taken from Non-Statutory guidance Development Matters 3- & 4-Year Olds will be learning to:	Taken from Non-Statutory guidance Development Matters Reception will be learning to:	Early Learning Goal at the end of Reception children at the expected level of development will:
<p>Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.</p> <p>Develop their sense of responsibility and membership of a community.</p> <p>Become more outgoing with unfamiliar people, in the safe context of their setting. Show more confidence in new social situations.</p> <p>Play with one or more other children, extending and elaborating play ideas.</p> <p>Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.</p> <p>Increasingly follow rules, understanding why they are important.</p> <p>Remember rules without needing an adult to remind them.</p> <p>Develop appropriate ways of being assertive. Talk with others to solve conflicts.</p> <p>Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.</p> <p>Understand gradually how others might be feeling.</p> <p>Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly.</p> <p>Make healthy choices about food, drink, activity and toothbrushing.</p>	<p>See themselves as a valuable individual.</p> <p>Build constructive and respectful relationships.</p> <p>Express their feelings and consider the feelings of others.</p> <p>Show resilience and perseverance in the face of challenge.</p> <p>Identify and moderate their own feelings socially and emotionally.</p> <p>Think about the perspectives of others.</p> <p>Manage their own needs. • Personal hygiene.</p> <p>Know and talk about the different factors that support their overall health and wellbeing:</p> <ul style="list-style-type: none"> • regular physical activity • healthy eating • toothbrushing • sensible amounts of 'screen time' • having a good sleep routine • being a safe pedestrian 	<p>Self-Regulation ELG:</p> <ul style="list-style-type: none"> - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. <p>Managing Self ELG:</p> <ul style="list-style-type: none"> - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; - Explain the reasons for rules, know right from wrong and try to behave accordingly; - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <p>Building Relationships ELG:</p> <ul style="list-style-type: none"> - Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs.



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PSHE Key Stage 1, Year 1

Prior Knowledge

Self-Regulation ELG:

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

Managing Self ELG:

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;
- Explain the reasons for rules, know right from wrong and try to behave accordingly;
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Building Relationships ELG:

- Work and play cooperatively and take turns with others;
- Form positive attachments to adults and friendships with peers;
- Show sensitivity to their own and to others' needs.

Health and Wellbeing	Relationships	Living in the Wider World
<p>Washing Hands/Road Safety</p> <p>I know when and how to wash my hands to keep me healthy.</p> <p>I can explain why I should keep clean and how to reduce germs and bacteria spreading.</p> <p>I can recognise that it is important to keep clean.</p> <p>I can recognise possible dangers when crossing the road</p> <p>I can follow the rules for crossing the road</p> <p>I can identify how to use 999 services appropriately</p>	<p>Growing in our world/Feelings & Emotions/Friendship</p> <p>I can explain how our needs change as we grow.</p> <p>I can talk about my unique family.</p> <p>I can explain the feelings of jealousy.</p> <p>I can describe the way my emotions make me feel physically and mentally.</p> <p>I can list ways to manage my emotions.</p> <p>I can communicate my feelings with words to help others understand how I feel. I understand how to be a good friend.</p> <p>I can care about the feelings of others as well as my own.</p> <p>I can recognise unkind behaviours and know who I can speak to if I need help.</p> <p>I can listen and respect another person's point of view.</p>	<p>Online Bullying</p> <p>I understand how and what I do online can affect others.</p> <p>I can identify positive and negative things about using technology.</p> <p>I can recognise kind and unkind comments online and understand that I do not need to respond.</p>



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PSHE Key Stage 1, Year 2		
Prior Knowledge		
<p>I know when and how to wash my hands to keep me healthy.</p> <p>I can explain why I should keep clean and how to reduce germs and bacteria spreading.</p> <p>I can recognise that it is important to keep clean.</p> <p>I can recognise possible dangers when crossing the road</p> <p>I can follow the rules for crossing the road</p> <p>I can identify how to use 999 services appropriately</p>	<p>I can explain how our needs change as we grow.</p> <p>I can talk about my unique family.</p> <p>I can explain the feelings of jealousy.</p> <p>I can describe the way my emotions make me feel physically and mentally.</p> <p>I can list ways to manage my emotions.</p> <p>I can communicate my feelings with words to help others understand how I feel.</p> <p>I understand how to be a good friend.</p> <p>I can care about the feelings of others as well as my own.</p> <p>I can recognise unkind behaviours and know who I can speak to if I need help.</p> <p>I can listen and respect another person's point of view.</p>	<p>I understand how and what I do online can affect others.</p> <p>I can identify positive and negative things about using technology.</p> <p>I can recognise kind and unkind comments online and understand that I do not need to respond.</p>
Health and Wellbeing	Relationships	Living in the Wider World
<p>Brushing Teeth/Fire Safety</p> <p>I can brush my teeth every day to keep my mouth healthy.</p> <p>I know why it is important to brush my teeth twice a day.</p> <p>I know that I can be responsible for keeping myself healthy.</p> <p>I know it is important to be responsible and that my actions and choices can impact on others.</p> <p>I know that I should only call 999 in an emergency.</p> <p>I know what a hoax call is and that there are serious consequences if someone makes one.</p> <p>I know that I can be responsible for keeping myself healthy.</p> <p>I can list different types of healthy food.</p>	<p>Bullying and Body Language/Feelings and Emotions: Worry & Anger</p> <p>I can name and explain some of the emotions I feel.</p> <p>I can describe the way my emotions make me feel physically and mentally.</p> <p>I can list ways to manage my emotions.</p> <p>I can communicate my feelings with words to help others understand how I feel.</p> <p>I can explain the feeling of worry.</p> <p>I can explain the feeling of anger.</p> <p>I can show that I care about my own feelings and the feelings of others.</p> <p>I can recognise bullying behaviours.</p> <p>I know I can talk to others included trusted adults if I am upset or worried.</p> <p>I know what the term body language means and understand feelings can be shown without words.</p>	<p style="text-align: center;">Image Sharing</p> <p>I understand some rules to keep myself safe online and I can speak about them to others.</p> <p>I can identify positive and negative things about using technology.</p> <p>I understand the risks of sharing images without permission.</p>



Pleasant Street Primary School PSHE Progression Map



PSHE Key Stage 2, Year 3		
Prior Knowledge		
<p>I can brush my teeth every day to keep my mouth healthy. I know why it is important to brush my teeth twice a day. I know that I can be responsible for keeping myself healthy. I know it is important to be responsible and that my actions and choices can impact on others. I know that I should only call 999 in an emergency. I know what a hoax call is and that there are serious consequences if someone makes one.</p>	<p>I can name and explain some of the emotions I feel. I can describe the way my emotions make me feel physically and mentally. I can list ways to manage my emotions. I can communicate my feelings with words to help others understand how I feel. I can explain the feeling of worry. I can explain the feeling of anger. I can show that I care about my own feelings and the feelings of others. I can recognise bullying behaviours. I know I can talk to others included trusted adults if I am upset or worried. I know what the term body language means and understand feelings can be shown without words.</p>	<p>I understand some rules to keep myself safe online and I can speak about them to others. I can identify positive and negative things about using technology. I understand the risks of sharing images without permission.</p>
Health and Wellbeing	Relationships	Living in the Wider World
<p>Medicines/Household Risks & Stealing I know I can be responsible for keeping myself healthy. I know who I can accept medicine from. I can recognise possible dangers in different environments. I can follow rules to help keep me safe. I can identify some warning signs and know what they mean. I know the difference between safe and risky choices. I know how and who to ask for help. I know how to prevent accidents. I can take responsibility for my actions and know that I am responsible for what I do and say.</p>	<p>Touch/Grief I can name and explain some of the emotions I feel. I can describe the way my emotions make me feel physically and mentally. I can communicate my feelings with words to help others understand how I feel. I can explain the feeling of grief. I understand the difference between appropriate and in-appropriate touch. I know who I can speak to if I need help or I feel uncomfortable. I understand personal boundaries.</p>	<p>Making Friends Online/Working in Our World I can talk about the potential dangers that can happen if I speak to strangers online. I understand the rules to keep myself safe online and can speak to others about them. I can identify positive and negative things about using technology. I know who I can speak to if I am worried about my safety on the computer. I can explain why we need money I understand different ways I can receive money I understand there are different ways to pay for things I understand why it is important to save money I understand why it is important to look after things I can identify ways to look after the planet I can explain the meaning of 'reduce, reuse, recycle'</p>



Pleasant Street Primary School PSHE Progression Map



PSHE Key Stage 2, Year 4

Prior Knowledge

<p>I know I can be responsible for keeping myself healthy. I know who I can accept medicine from. I can recognise possible dangers in different environments. I can follow rules to help keep me safe. I can identify some warning signs and know what they mean. I know the difference between safe and risky choices. I know how and who to ask for help. I know how to prevent accidents. I can take responsibility for my actions and know that I am responsible for what I do and say.</p>	<p>I can name and explain some of the emotions I feel. I can describe the way my emotions make me feel physically and mentally. I can communicate my feelings with words to help others understand how I feel. I can explain the feeling of grief. I understand the difference between appropriate and inappropriate touch. I know who I can speak to if I need help or I feel uncomfortable. I understand personal boundaries.</p>	<p>I can talk about the potential dangers that can happen if I speak to strangers online. I understand the rules to keep myself safe online and can speak to others about them. I can identify positive and negative things about using technology. I know who I can speak to if I am worried about my safety on the computer. I can explain why we need money I understand different ways I can receive money I understand there are different ways to pay for things I understand why it is important to save money I understand why it is important to look after things I can identify ways to look after the planet I can explain the meaning of 'reduce, reuse, recycle'</p>
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Health and Wellbeing	Relationships	Living in the Wider World
<p style="text-align: center;">Keeping Healthy/Cycle Safety</p> <p>I can explain what is meant by a balanced diet and can plan a balanced meal. I can talk about healthy choices. I know how to look for the nutritional information and use it to make a healthy choice. I know that too much sugar, salt, saturated fats in food/drink can have negative consequences on our bodies as we get older. I can explain what it means to have a healthy lifestyle. I understand how advertising can influence what I choose to eat and drink. I can talk about the different ways I can keep myself and others safe. I understand that I am responsible for my own decisions. I know that it is important to behave responsibly. I understand the importance of following rules. I know there are situations that will arise when being on time is very important.</p>	<p style="text-align: center;">Growing & Changing/Jealousy</p> <p>I can explain the different types of relationships we can have. I can describe how relationships can change as we grow. I can identify why a relationship can be healthy or unhealthy. I know who I can speak to if I need help and I feel uncomfortable with any of my relationships. I know that some feelings will make me feel good and happy and others may not. I can consider thoughts, feelings and emotions and I know the differences between them. I can identify how to help others who feel upset, lonely or jealous. I understand how I can manage the feeling of jealousy. I know that my emotions might affect my behaviour and that my choice and actions can affect myself and others.</p>	<p style="text-align: center;">Online Bullying/Household Chores & Breaking Down Barriers</p> <p>I can explain the term 'online bullying'. I can explain some of the consequences of online bullying. I know and can name different types of online bullying. I can talk about the feelings and emotions we have if we have a negative online experience. I can talk about some of the ways I can get help if I have a negative online experience. I understand how I can contribute at home, at school and in the community. I can talk about different ways I can help the people who look after me. I understand the skills I will need for my chosen future career. I can name some of the jobs I can do to help at home. I can describe what the word 'enterprise' means.</p>



Pleasant Street Primary School PSHE Progression Map



PSHE Key Stage 2, Year 5

Prior Knowledge

<p>I can explain what is meant by a balanced diet and can plan a balanced meal. I can talk about healthy choices. I know how to look for the nutritional information and use it to make a healthy choice. I know that too much sugar, salt, saturated fats in food/drink can have negative consequences on our bodies as we get older. I can explain what it means to have a healthy lifestyle. I understand how advertising can influence what I choose to eat and drink. I can talk about the different ways I can keep myself and others safe. I understand that I am responsible for my own decisions. I know that it is important to behave responsibly. I understand the importance of following rules. I know there are situations that will arise when being on time is very important.</p>	<p>I can explain the different types of relationships we can have. I can describe how relationships can change as we grow. I can identify why a relationship can be healthy or unhealthy. I know who I can speak to if I need help and I feel uncomfortable with any of my relationships. I know that some feelings will make me feel good and happy and others may not. I can consider thoughts, feelings and emotions and I know the differences between them. I can identify how to help others who feel upset, lonely or jealous. I understand how I can manage the feeling of jealousy. I know that my emotions might affect my behaviour and that my choice and actions can affect myself and others.</p>	<p>I can explain the term 'online bullying'. I can explain some of the consequences of online bullying. I know and can name different types of online bullying. I can talk about the feelings and emotions we have if we have a negative online experience. I can talk about some of the ways I can get help if I have a negative online experience. I understand how I can contribute at home, at school and in the community. I can talk about different ways I can help the people who look after me. I understand the skills I will need for my chosen future career. I can name some of the jobs I can do to help at home. I can describe what the word 'enterprise' means.</p>
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Health and Wellbeing	Relationships	Living in the Wider World
<p>Smoking/Peer Pressure I can explain what it means to have a healthy lifestyle. I know that smoking cigarettes can negatively affect immediate and future health. I know that nicotine is a drug and it is a main ingredient in cigarettes. I can describe some of the physical and social consequences of smoking cigarettes. I can give reasons why someone may feel pressured to smoke and I can give them advice against it. I can manage peer pressure around smoking because I am well informed about the negative consequences. I can describe the term consequence. I can recognise peer pressure and know who I can speak to if I am struggling. I understand that I am responsible for my own decisions. I can describe sensible and responsible behaviour and know what this looks like. I know that it is responsible to speak out when I recognise that someone is being continually unkind. I know that it is important to set an example of appropriate behaviour and to stand up to those who do not behave responsibly or appropriately.</p>	<p>Feelings and Emotions-Anger/Growing and Changing & Puberty I know that some feelings will make me feel good and happy and others may not. I can consider thoughts, feelings and emotions and I know the differences between them. I know that my emotions might affect my behaviour and that my choice and actions can affect myself and others. I know that some feelings will have an effect on my body – both pleasant and unpleasant. I can describe how to positively manage the feeling of anger. I know what the word puberty means. I know that girls and boys go through different changes in puberty and I can describe them. I understand why my body goes through puberty. I know about different ways to cope with the changes in my body as it goes through puberty.</p>	<p>Budgeting & In app purchases/Image Sharing I understand how to save money and why it is important to save. I can describe how to budget in order to buy things I may want or need. I can explain what the word enterprise means. I understand how we can spend money when using technology. I can understand the consequences and impact of what could happen if I spend money online without permission. I know how to be respectful and responsible when using apps and games online. I know the positive and negative consequences of sharing images online. I have a set of rules I follow before I share an image to prevent negative consequences. I know about the laws and rules about image sharing that help to keep me safe. I can talk about the pressures I might feel about sharing an image online.</p>



Pleasant Street Primary School PSHE Progression Map



PSHE Key Stage 2, Year 6

Prior Knowledge

<p>I can explain what it means to have a healthy lifestyle. I know that smoking cigarettes can negatively affect immediate and future health. I know that nicotine is a drug and it is a main ingredient in cigarettes. I can describe some of the physical and social consequences of smoking cigarettes. I can give reasons why someone may feel pressured to smoke and I can give them advice against it. I can manage peer pressure around smoking because I am well informed about the negative consequences. I can describe the term consequence. I can recognise peer pressure and know who I can speak to if I am struggling. I understand that I am responsible for my own decisions. I can describe sensible and responsible behaviour and know what this looks like. I know that it is responsible to speak out when I recognise that someone is being continually unkind. I know that it is important to set an example of appropriate behaviour and to stand up to those who do not behave responsibly or appropriately.</p>	<p>I know that some feelings will make me feel good and happy and others may not. I can consider thoughts, feelings and emotions and I know the differences between them. I know that my emotions might affect my behaviour and that my choice and actions can affect myself and others. I know that some feelings will have an effect on my body – both pleasant and unpleasant. I can describe how to positively manage the feeling of anger. I know what the word puberty means. I know that girls and boys go through different changes in puberty and I can describe them. I understand why my body goes through puberty. I know about different ways to cope with the changes in my body as it goes through puberty.</p>	<p>I understand how to save money and why it is important to save. I can describe how to budget in order to buy things I may want or need. I can explain what the word enterprise means. I understand how we can spend money when using technology. I can understand the consequences and impact of what could happen if I spend money online without permission. I know how to be respectful and responsible when using apps and games online. I know the positive and negative consequences of sharing images online. I have a set of rules I follow before I share an image to prevent negative consequences. I know about the laws and rules about image sharing that help to keep me safe. I can talk about the pressures I might feel about sharing an image online.</p>
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Health and Wellbeing	Relationships	Living in the Wider World
<p>Alcohol/Water Safety & Stealing</p> <p>I can explain what it means to have a healthy lifestyle. I understand the risks associated with drinking alcohol. I know that alcohol can negatively affect immediate and future health. I have developed strategies to manage peer pressure and to help keep me safe. I understand that rules and laws are put in place to keep me safe and I follow them carefully. I can talk about the different ways I can keep myself and others safe. I understand that rules are put in place to keep me safe and I follow them carefully. I can identify a range of different danger signs. I know that by making irresponsible choices, I put myself and others at risk and could create negative consequences. I understand that it is wrong to steal and I would never steal from anyone. I know that I should never take something without the permission of the person it belongs to. I know it is important to maintain a positive and trustworthy relationship with my friends and family. I can explain what 'consent' means.</p>	<p>Feelings & Emotions-Worry/Conception</p> <p>I know that some feelings will make me feel good and happy and others may not. I can consider thoughts, feelings and emotions and I know the differences between them. I know how to support someone who is feeling worried. I know who to ask for help when I am feeling worried and I know that I may feel better if I do so. I can explain how feelings can be communicated with and without words. I can identify how to reduce the feeling of worry. I can explain what the terms conception and reproduction mean. I can describe the function of the female and male reproductive systems. I can identify the various ways adults can have a child. I can explain the various different stages of pregnancy.</p>	<p>Making friends Online/British Values</p> <p>I know that there are different apps that can be used to speak to people online and that there are age restrictions in place to help keep me safe. I understand the potential dangers that can happen if I speak to people that I don't know online. I know that people can create fake profiles online and that it is possible to be speaking to someone who is not who they say they are. I have created some strategies to help keep myself and others safe when speaking to people online. I know there are people I can speak to if I feel unsafe or scared of anything online. I can explain what the word 'enterprise' means I understand how to save money and why it is important to save. I can name some of the jobs that I can do to help out at home. I know and understand various money related terms. I can describe how to budget to buy things I want or need. I know there are different types of religions and beliefs in the UK. I can explain the importance of respecting peoples' differences. I can recognise that everyone is entitled to live the life they choose, as long as they are not harming anyone. I can explain why it is negative to live a life that creates harm for others.</p>