



P.S.H.E. Progression in Knowledge and



Leamington Federation **Lighthorne Heath** **Primary School**

Personal Social and Health Education Progression of Knowledge and Skills

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Big idea	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in my World (AutumnTerm)	- Self-identity Understanding feelings - Being in a classroom - Being gentle - Rights and responsibilities	- Feeling special and safe - Being part of a class - Rights and responsibilities - Rewards and feeling proud - Consequences - Owning the Learning Charter	- Hopes and fears for the year - Rights and responsibilities Rewards and consequences - Safe and fair learning environment - Valuing contributions - Choices - Recognising feelings	- Setting personal goals - Self-identity and worth - Positivity in challenges - Rules, rights and responsibilities - Rewards and consequences - Responsible choices - Seeing things from others' perspectives	- Being part of a class team - Being a school citizen Rights, responsibilities and democracy (school council) - Rewards and consequences - Group decision-making - Having a voice - What motivates behaviour	- Planning the forthcoming year Being a citizen - Rights and responsibilities Rewards and consequences - How behaviour affects groups - Democracy, having a voice, participating	- Identifying goals for the year - Global citizenship Children's universal rights - Feeling welcome and valued - Choices, consequences and rewards - Group dynamics - Democracy, having a voice - Anti-social behaviour - Role-modelling
Celebrating Differences (AutumnTerm)	- Identifying talents Being special Families - Where we live Making friends Standing up for yourself	- Similarities and differences - Understanding bullying and knowing how to deal with it - Making new friends - Celebrating the differences in everyone	- Assumptions and stereotypes about gender - Understanding bullying - Standing up for self and others - Making new friends - Gender diversity - Celebrating difference and remaining friends	- Families and their differences - Family conflict and how to manage it (child-centred) - Witnessing bullying and how to solve it - Recognising how words can be hurtful - Giving and receiving compliments	- Challenging assumptions - Judging by appearance - Accepting self and others - Understanding influences - Understanding bullying - Problem-solving - Identifying how special and unique everyone is - First impressions	- Cultural differences and how they can cause conflict - Racism - Rumours and name-calling - Types of bullying Material wealth and happiness - Enjoying and respecting other cultures	- Perceptions of normality - Understanding disability - Power struggles - Understanding bullying - Inclusion/exclusion - Differences as conflict, difference as celebration - Empathy

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Dreams and Goals (Spring Term)	- Challenges - Perseverance - Goal-setting - Overcoming obstacles - Seeking help - Jobs - Achieving goals	- Setting goals - Identifying successes and achievements - Learning styles - Working well and celebrating achievement with a partner - Tackling new challenges - Identifying and overcoming obstacles - Feelings of success	- Achieving realistic goals - Perseverance - Learning strengths - Learning with others - Group co-operation - Contributing to and sharing success	- Difficult challenges and achieving success - Dreams and ambitions - New challenges - Motivation and enthusiasm - Recognising and trying to overcome obstacles - Evaluating learning processes - Managing feelings - Simple budgeting	- Hopes and dreams - Overcoming disappointment - Creating new, realistic dreams - Achieving goals - Working in a group - Celebrating contributions - Resilience - Positive attitudes	- Future dreams - The importance of money - Jobs and careers - Dream job and how to get there - Goals in different cultures - Supporting others (charity) - Motivation	- Personal learning goals, in and out of school - Success criteria - Emotions in success - Making a difference in the world - Motivation - Recognising achievements - Compliments
Healthy Me (Spring Term)	- Exercising bodies - Physical activity - Healthy food - Sleep - Keeping clean - Safety	- Keeping myself healthy - Healthier lifestyle choices - Keeping clean - Being safe - Medicine safety/safety with household items - Road safety - Linking health and happiness	- Motivation - Healthier choices - Relaxation - Healthy eating and nutrition - Healthier snacks and sharing food	- Exercise - Fitness challenges - Food labelling and healthy swaps - Attitudes towards drugs - Keeping safe and why it's important online and off line scenarios - Respect for myself and others - Healthy and safe choices	- Healthier friendships - Group dynamics - Smoking - Alcohol - Assertiveness - Peer pressure - Celebrating inner strength	- Smoking, including vaping - Alcohol - Alcohol and anti-social behaviour - Emergency aid - Body image - Relationships with food - Healthy choices - Motivation and behaviour	- Taking personal responsibility - How substances affect the body - Exploitation, including 'county lines' and gang culture - Emotional and mental health - Managing stress

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Relationships (Summer Term)	- Family life - Friendships - Breaking friendships - Falling out - Dealing with bullying - Being a good friend	- Belonging to a family - Making friends/being a good friend - Physical contact preferences - People who help us - Qualities as a friend and person - Self-acknowledgement - Being a good friend to myself - Celebrating special relationships	- Different types of family - Physical contact boundaries - Friendship and conflict - Secrets - Trust and appreciation - Expressing appreciation for special relationships	- Family roles and responsibilities - Friendship and negotiation - Keeping safe online and who to go to for help - Being a global citizen - Being aware of how my choices affect others - Awareness of how other children have different lives - Expressing appreciation for family and friends	- Jealousy - Love and loss - Memories of loved ones - Getting on and Falling Out - Girlfriends and boyfriends - Showing appreciation to people and animals	- Self-recognition and self-worth - Building self-esteem - Safer online communities - Rights and responsibilities online - Online gaming and gambling - Reducing screen time - Dangers of online grooming - SMARRT internet safety rules	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use
Changing Me (Summer Term)	- Bodies - Respecting my body - Growing up - Growth and change - Fun and fears - Celebrations	- Life cycles – animal and human - Changes in me - Changes since being a baby - Differences between female and male bodies (correct terminology) - Linking growing and learning - Coping with change Transition	- Life cycles in nature - Growing from young to old - Increasing independence - Differences in female and male bodies (correct terminology) - Assertiveness - Preparing for transition	- How babies grow - Understanding a baby's needs - Outside body changes - Inside body changes - Family stereotypes - Challenging my ideas - Preparing for transition	- Being unique - Having a baby - Girls and puberty - Confidence in change - Accepting change - Preparing for transition - Environmental change	- Self- and body image - Influence of online and media on body image - Puberty for girls - Puberty for boys - Conception (including IVF) - Growing responsibility - Coping with change - Preparing for transition	- Self-image - Body image - Puberty and feelings - Conception to birth - Reflections about change - Physical attraction - Respect and consent - Boyfriends/girlfriends - Sexting - Transition