



PSHE Progression Maps

Reception PSHE Progression Map

Autumn Term	Spring Term	Summer Term
<p>Being in My World</p> <p>My place in my class, school and global community. Devising class charters. Self identity Understanding feelings Being gentle Rights and responsibilities</p> <p>Celebrating Difference</p> <p>Identifying talents Being special Families Where we live Making friends Standing up for yourself</p>	<p>Dreams and Goals</p> <p>Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals</p> <p>Healthy Me</p> <p>Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p>	<p>Relationships</p> <p>Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend.</p> <p>Changing Me</p> <p>Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p>

Year One PSHE Progression Map

Autumn Term	Spring Term	Summer Term
<p style="text-align: center;">Being in My World</p> <p>Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Owning the learning charter</p> <p style="text-align: center;">Celebrating Difference</p> <p>Similarities and differences Understanding bullying and knowing how to deal with it. Making new friends Celebrating differences in everyone.</p>	<p style="text-align: center;">Dreams and Goals</p> <p>Setting goals Identifying successes and achievements Learning styles Working and celebrating achievements with a partner Identifying and overcoming obstacles Feelings of success</p> <p style="text-align: center;">Healthy Me</p> <p>Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness</p>	<p style="text-align: center;">Relationships</p> <p>.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</p> <p style="text-align: center;">Changing Me</p> <p>Lifecycles- animal and human Changes in me Changes since being a baby Differences between male and female (correct terminology) Linking growing and learning Coping with change. Transition</p>

Year Two PSHE Progression Map

Autumn Term	Spring Term	Summer Term
<p style="text-align: center;">Being in My World</p> <p>Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning Environment. Valuing contributions Choices Recognising feelings</p> <p style="text-align: center;">Celebrating Difference</p> <p>Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends</p>	<p style="text-align: center;">Dreams and Goals</p> <p>Achieving realistic goals Perseverance Learning strengths Learning with others Group cooperation Contributing to and sharing success</p> <p style="text-align: center;">Healthy Me</p> <p>Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food.</p>	<p style="text-align: center;">Relationships</p> <p>.Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships.</p> <p style="text-align: center;">Changing Me</p> <p>Life cycles in nature Growing from young to old Increasing independence Differences in male and female bodies (correct terminology) Assertiveness Preparing for transition</p>