Beam County Primary School: Progression Map Subject: PSHE



Key concepts

Managing feelings (communication, self-awareness, conflict, self-respect)
Support and Safety (boundaries, respect, bullying, discrimination, personal responsibility, consent, online safety, privacy)

Healthy Lifestyles (self-care, physical and mental health)

Changing and Growing (puberty)
The world Llive in (budgeting rules

EYFS	End Points		eotyping, challenges Year 2	Year 3	Year 4	Year 5	Year 6	End Points
EIFO		I Cal I	I Cal Z	I Edi S	I cal 4	I Cal 3	i cai o	
	EYFS							KS2
Talking about	1.Sensitively	Exploring how	Understanding ways	Learning that	Exploring physical and	Identify ways families	Discussing how and	1 Able to apply
people that hold	work, play and	families are different	to show respect to	problems can occur in	emotional boundaries	might make children	why respect is an	understanding
a special place in	take turns	to each other.	different families.	families and that there	in friendships.	feel unhappy or	important part of	of themselves
my heart.	cooperatively			is help available if		unsafe.	relationships.	and others in a
		Explore how	Understanding	needed.	Knowledge		·	
Developing	with others as	friendship problems	difficulties in		Different roles related	Exploring issues which	Discussing how	wider context.
strategies to help	positive	can be overcome.	friendships and	Exploring ways to	to bullying: bully,	might be encountered	education and other	
when sharing	attachments		actions that may be	resolve friendship	bystander, victim.	in friendships and how	human rights protect	
with others.	to adults and	Exploring friendly	taken.	problems.		these might impact the	us.	
	peers are	behaviours			Everyone has the right	friendship.		
Exploring what	made.		Learning how to	Understanding of the	to decide what	·	Identifying appropriate	
makes a good		Exploring the	discuss issues of	impact bullying can	happens to their body.	Exploring the impact	ways to share views	
friend.		differences between	concern to me.	have and what to do if		bullying can have.	and ideas with others.	
		people.		it occurs.				
Knowledge			Knowledge			Knowledge	Evaluating the	
Know that we		Knowledge	Know families are	Identifying who I can		Marriage is a legal	suitability of different	
share toys so		Understand that	made up of different	trust.		commitment and a	career paths.	
everyone feels		families look after	people.			choice people can	·	
included and		us.		Reflecting on future		make.	Aligning career	
nobody is left out			Know families may	jobs based on goals.			options with personal	
or upset.		Know some words	be different to my	,		Understand what	interests and	
		to describe how	family.	Knowledge		might lead to someone	strengths.	
		people are related.		Speak to trusted		bullying others.		
			Know some	adults or services		, 3	Exploring how the	
		Know that some	problems that may	such as childline if		What action a	media might influence	
		information about	happen in	problems are		bystander can take	our identity.	
		me and my family is	friendships, some	experienced.		when they see		
		personal.	more serious which			bullying.	Knowledge	
			may need	Bullying can be		3	Everyone deserves	
		Understand some	addressing.	physical or verbal.			respect but it can be	
		characteristics of a	3	. ,			lost.	
		positive friendship.	Understand that	Bullying is repeated				
			everyone has	and not a one off			A career route is the	
		Understand that	similarities and	event.			path taken to have a	
		friendships have	differences.				particular career,	
		problems that can		Violence is never the			including qualifications	
		be overcome.		right way to solve a			and experience	
				friendship problem .			needed.	
		Understand that all		manusinp productin .				
		people are different.		Trust is being able to				
		F P. G G. G G		rely on someone and				

	is an important part of a relationship.	
	Know that different jobs contribute to our society in different	
	ways.	
Early Learning Areas PSED: Strong, warm and supportive relationships with adults enal PSED: Learn how to make good friendships, co-operate and resol		

C&L: Share their ideas with support and modelling from their teacher, and sensitive questioning that invites them to elaborate

Statutory quidance alignment

That families are important for children growing up because they can give love, security and stability.

The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.

That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.

of their own feelings. Identifying and begin to regulate their behaviour accordingly. Explore different facial expressions and identifying the different feelings they represent. Exploring strategies to manage different earlies. Knowledge Know that qualities describe what we are like. Knowledge Know vocabulary to describe positive and enequitive emotions. Exploring strategies to manage different emotions. Developing empathy. Explore different feelings that we are good at. Exploring strategies to manage different emotions. Developing empathy. Exploring strategies to manage different emotions of others in different situations. Exploring ways to moderate feelings socially and emotionally. Exploring ways to moderate feelings socially and emotionally. Exploring ways to moderate feelings socially and emotionally. Exploring ways to moderate feelings socially and emotions. Exploring ways to moderate feelings socially and emotions. Exploring ways to moderate feelings socially and emotions. Exploring ways to moderate emotions. Exploring strategies to use to overcome pressures from others in different situations. Exploring strategies to use to overcome pressures from others in different situations. Exploring ways to moderate emotions. Exploring ways to moderate emotions knowing I can control some things but not others. Exploring ways to moderate emotions. Exploring ways to moderate emotions. Exploring ways to moderate emotions knowing I can control some things but not others. Exploring ways to moderate emotions knowing I can control some things but not others. Exploring ways to moderate emotions knowing I can control some things but not others. Exploring ways to moderate emotions knowing I can control some things but not others. Exploring ways to moderate emotions knowing I can control some things but not others. Exploring ways to moderate emotions knowing I can control some things	Identifying how	2.Show an	Identifying different	Exploring how loss	Discussing how to	Learning to make 'for'	Identifying ways to	2 Understand
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	expressions can							

give a clue how others are feeling.			It's normal to experience a range of emotions.		
Know I can learn from my mistakes.					
Know some strategies to calm down.					

- PSED: Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others.
- PSED: Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary.
- PSED: Learn how to make good friendships, co-operate and resolve conflicts peaceably.
- C&L: Share their ideas with support and modelling from their teacher, and sensitive questioning that invites them to elaborate

Statutory guidance alignment

How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

How important friendships are in making us feel happy and secure, and how people choose and make friends.

The importance of self-respect and how this links to their own happiness

How to recognise who to	trust and who not to trust, ho	ow to judge when a friendship is	making them feel unhappy or un	comfortable, managing conflict, ho	w to manage these situations and	how to seek help or advice from oth	ners, if needed.	
Thinking about	3.Show an	Knowledge	Exploring the	Exploring the negative	Knowledge	Exploring and	Identifying ways to	3 Understand
what it means to	understanding	Know that it is called	conventions of	impact of stereotyping.	Some stereotypes	questioning the	challenge stereotypes.	deeply the
be a valued	of the feelings	stereotyping when	manners in		relate to disability.	assumptions we make		diverse world
person.	of others.	people think of	numerous situations.	Knowledge		about people based	Discussing ways to	we live in and
	or others.	things as being for		There are similarities	The courtesy and	on how they look.	discuss prejudice and	
Exploring the		'boys' or 'girls'	Knowledge	and differences	manners expected in		discrimination.	how
differences			Understand what	between people.	different scenarios.	Knowledge		discriminatory
between us that			good manners are.			Stereotypes can be	Exploring how the	behaviour has a
make each						unfair, negative and	media might influence	huge effect on
person unique.			Understand some			destructive.	our identity.	people in all
			stereotypes related					cultures and
Considering the			to jobs.			Discrimination is the	Knowledge	those who are
perspectives and						unfair treatment of	Stereotypes can lead	part of the
feelings of others.						groups, especially on	to bullying and	protected
						the grounds of race,	discrimination	
Learning to work						age, sex or disability.		characteristics
as a member of a							Prejudice is making	groups.
team.							assumptions based on	
							certain information.	
Knowledge								
Understand that							Discrimination is	
different people							treating someone	
like different							differently because of	
things.							certain factors.	
11. 1. 7. 14. 1							11 22 1 21	
Understand that							Identity is the way we	
all people are							see ourselves and	
valuable.							how other people see	
							us.	

- Early Learning Areas
 PSED: Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others.
- PSED: Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary.
- PSED: Learn how to make good friendships, co-operate and resolve conflicts peaceably.
- C&L: Share their ideas with support and modelling from their teacher, and sensitive questioning that invites them to elaborate

Statutory guidance alignment

That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.

The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.

			Knowledge Know the names of parts of my body including my private parts.		Discussing physical and emotional changes during puberty. Knowledge Understanding the physical changes to both male and female bodies as people grow from children to adults.	Identifying reliable sources of help with puberty. Knowledge Process of the menstrual cycle. Names of external sexual parts of the body and internal reproductive organs. Puberty happens at different ages for different people.	Discussing problems which might be encountered during puberty and using knowledge to help. Knowledge How a baby is conceived and develops.	4 Understand how bodies change through puberty and into adulthood.
Statutory guidance align	ment							l
	d the changing adolescent be including the key facts about		ough to age 11, including physica	al and emotional changes.				
Discussing ways	5.Manage their	Learning how to	Exploring the effect	Exploring the	Developing	Developing	Discussing ways to	5 Able to justify
that we can take	own basic	wash hands	that food and drink	importance of looking	independence in	independence for	prevent illness.	how lifestyle
care of ourselves.	hygiene and	properly.	can have on my	after our teeth.	looking after my teeth.	protecting myself in		choices can
Everlanda e hacca	personal	Lagrada a la conte	teeth.	Developing - 5990 co	Fundame	the sun.	Identifying some	have a dramatic
Exploring how exercise affects	needs,	Learning how to deal with an allergic	Exploring the benefit	Developing ability to plan for a healthy	Explore ways we can make ourselves feel	Considering calories	actions to take if I am worried about my	effect on health
different parts of	including	reaction.	of a healthy	lifestyle with physical	happy/ier	and food groups to	health or my friends'	and wellbeing.
the body	dressing,	reaction.	balanced diet.	activity, balanced diet	Паррулеі	plan healthy meals.	health.	
the body	going to the	Exploring positive	balarioca dict.	and rest.	Developing the ability	plan floatiny floato.	nouth.	
Exploring coping	toilet and	sleep habits.	Analysing how to		to appreciate the	Responsibility for	Setting achievable	
strategies to	understanding	•	improve an	Be able to breakdown	emotions of others in	ensuring good quality	goals for a healthy	
regulate	the	Knowledge	unbalanced meal.	a problem into smaller	different situations.	sleep.	lifestyle.	
emotions.	importance of	Understand we can		parts to overcome it.				
1/	healthy food	limit the spread of	Exploring the need	Front a class of the disease of	Learning to take	Taking responsibility	Developing strategies	
Knowledge	choices.	germs by having	for perseverance	Exploring that people	responsibility for my emotions knowing I	for own feelings.	for being resilient in	
Know that having a naturally		good hand hygiene.	and beginning to develop a growth	and things can influence me and that I	can control some	Knowledge	challenging situations.	
colourful diet is		Know the 5 s's for	mindset.	need to make the right	things but not others.	The risks of sun	Discussing the	
one way to try		sun safety: slip,		decision for me.		exposure.	reasons why adults	
and eat healthily.		slop, slap, shade,	Knowledge		Developing a growth	·	may or may not drink	
		sunglasses.	Know that foods and	Exploring choices and	mindset.	Calories measure the	alcohol.	
Know that			drinks with lots of	decisions that I can	B	amount of energy		
exercise means		Know certain foods	sugar are bad for my	make.	Discussing the	foods give us.	Knowledge	
moving our body and is important.		and other things can cause allergic	teeth.	Knowledge	benefits of being a non-smoker.	What we do before	Vaccinations give us protection against	
and is important.		reactions in people.	Keeping healthy	Understand ways to	HOH-SHIOKEL.	bed affects our quality	disease.	
		reactions in people.	requires a balance	prevent tooth decay.	Knowledge	of sleep.	disodoo.	
		Know sleep helps	of foods.	, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Know key facts about	:	Changes in the body	
		my body to repair		Know the different	dental health.		could be signs of	
		itself, to grow and	Growth mindset	food groups and how			illness.	
		restores my energy.	means being	much of each we	Mental health refers to			
			positive about challenges and	should have to balance our diet.	our emotional wellbeing.		Diet, exercise, rest and dental health	
l l								

finding ways to overcome them.	Understand the importance of belonging. Understand what a barrier is and how these can be overcome. Understand other people can influence	Know who can help if we are worried about our own or another's mental health. Understand the risks associated with tobacco.	contribute to my physical health. The impact technology can have on mental health. Risks associated with drinking alcohol.
	people can influence our choices.		

PSED: Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary.

PSED: Learn how to look after their bodies, including healthy eating, and manage personal needs independently

C&L: Share their ideas with support and modelling from their teacher, and sensitive questioning that invites them to elaborate

Statutory guidance alignment

that mental wellbeing is a normal part of daily life, in the same way as physical health.

that there is a normal range of emotions (e.g., happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.

how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.

how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.

simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests

isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.

that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.

where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough, the characteristics and mental and physical benefits of an active lifestyle.

the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise

the risks associated with an inactive lifestyle (including obesity).

what constitutes a healthy diet (including understanding calories and other nutritional content).

the principles of planning and preparing a range of healthy meals.

the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body

about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.

the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.

about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.

about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.

the facts and science relating to allergies, immunisation and vaccination

the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

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Exploring what it	6.Take	Learning what is and	Discussing the	Exploring ways to	Exploring physical and	Identify ways families	Discussing how and	6 Understand
means to be a	responsibility	is not safe to put in	concept of privacy.	respond the	emotional boundaries	might make children	why respect is an	how to manage
safe pedestrian.	for their own	or on our bodies.		cyberbullying or	in friendships.	feel unhappy or	important part of	and keep myself
	safe		Exploring ways to	unkind behaviour		unsafe.	relationships.	safe and others
Knowledge		Practising making	stay safe online.	online.	Discussing how to			
Know how to	behaviour .	an emergency			seek help if I need to.	Exploring the impact	Exploring online	in the world,
behave safely on	when walking	phone call.	Exploring what	Developing skills as a	·	bullying can have.	relationships including	including
the pavement	down the		people can do to	responsible digital	Exploring what to do if	, ,	dealing with problems.	<mark>online.</mark>
and when	street.	Exploring how	feel better when	citizen.	an adult makes me	Ensuring relationships		
crossing roads		money is used by	they are ill.		feel uncomfortable.	online are safe.	Placing an	
with adults.		people.		Identifying things			unresponsive patient	
			Learning how to be	people might do near	Learning about the	How to help someone	into the recovery	
		Exploring choices	safe around	roads which are	benefit and risks of	who is bleeding.	position.	
		people make about	medicines.	unsafe.	sharing information	3		
		money.			online.	Discussing money	Knowledge	
			Identify if something	Learning what to do in		risks and	Online relationships	
		Knowledge	,		Recognising the			
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					Understanding	1 0	· c.a.c.ic.iipoi	
		novo: appropriato.	_	Contemplating budget	<u> </u>	0		
			and noods.	, ,		onatogios.		
		Knowledge Know some types of physical contact are never appropriate.	is a want or a need. Comparing and contrasting wants and needs.	a medical emergency, including calling the emergency services. Contemplating budget benefits.	Recognising the values for money. Understanding differing views on spending.	Implementing money safeguarding strategies.	should be treated the same as face-to-face relationships.	

Money to buy things. We should only take medicine when a trusted adult says we can. We should only take medicine when a trusted adult says we can. We should only take medicine when a trusted adult says we can. Budgeting is planning how to spend and save the money available. Example 1. The importance of cautiousness around advertising. The importance of cautiousness around and advertising.	ne.
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values of money. Know basic needs of Know that notes are Know that notes are Values of money. Know basic needs of Survival, such as Budgeting is planning how to spend and save the money wants, peer pressure and advertising.	
higher in value than food, water and available.	
coins. shelter. Know that saving	
money is when we keep some and don't spend it	

PSED: Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. PSED: Learn how to look after their bodies, including healthy eating, and manage personal needs independently

C&L: Share their ideas with support and modelling from their teacher, and sensitive questioning that invites them to elaborate

Statutory guidance alignment

About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help

That people sometimes behave differently online, including by pretending to be someone they are not.

That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous

The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.

How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.

How information and data is shared and used online.

About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.

that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.

how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know

how to recognise and report feelings of being unsafe or feeling bad about any adult.

how to ask for advice or help for themselves or others, and to keep trying until they are heard.

how to report concerns or abuse, and the vocabulary and confidence needed to do so.

where to get advice e.g. family, school and/or other sources.

that for most people the internet is an integral part of life and has many benefits.

about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.

how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.

why social media, some computer games and online gaming, for example, are age restricted.

that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.

how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.

where and how to report concerns and get support with issues online.

how and when to seek support including which adults to speak to in school if they are worried about their health.

concepts of basic first-aid, for example dealing with common injuries, including head injuries

	efficient call to emergency se							
Considering why	7.Explain the	Recognising why	Explaining why rules	Exploring how	Discussing how we	Developing an	Discussing how	7 Apply
it is important to	reason for	rules are necessary.	are in place.	children's rights help	can help protect	understanding of how	people can influence	knowledge
follow rules.	rules, know			them and other	human rights.	parliament and	what happens in	gained to
5	right from	Exploring the	Knowledge	children.		government work.	parliament.	becoming a
Beginning to	wrong, and try	differences between	Know some of the	0 11 1 11	Identifying the benefits		5:	positive role
understand why	to behave	people.	different places	Considering the	different groups bring	Knowledge	Discussing how	model and
rules are	accordingly.	Knowlodgo	where rules apply.	responsibilities that adults and children	to the local	What happens when someone breaks the	education and other	global citizen
important in school.	accordingly.	Knowledge Know the rules in	Know some rules	have to maintain	community.		human rights protect	giobai citizen
SCHOOL.		school.	are meant to be	children's rights.	Discussing the	law.	us.	
Knowledge		SCHOOL.	followed by	ormaterra riginia.	positives diversity	Parliament is made up	Knowledge	
Know that some		Understand that all	everyone and are	Knowledge	brings to a community.	of House of	Education is an	
rules are in place		people are different.	known as 'laws'.	Understand the UN	brings to a community.	Commons, Lords and	important human right.	
to keep them				Convention on the	Knowledge	the Monarchs.	Iportant riuman rigini	
safe.				Rights of the Child.	Human rights are		The Prime Minister	
				3	specific and apply to	Parliament is where	appoints 'ministers'	
Know we have				Know the local council	all people.	MPs debate issues,	who have	
rules to keep				is responsible for		propose laws, amend	responsibility for	
things fair, safe				looking after the local	Police, judges and	laws and challenge	different areas of the	
and enjoyable.				area.	politicians protect our human rights.	the government.	country.	
Understand we				Know elections are				
all have				held near where adults	There are a number of			
similarities and				can vote for local	groups who make up			
differences that				councillors.	our local community.			
make us special.				Understand the set				
Kasuuus all barra				Understand the role of				
Know we all have different beliefs				charities in the				
and celebrate				community.				
special times in								
different ways.								
amoroni ways.								
Farly Learning Areas		1	1	I	1	I	<u> </u>	1

PSED: Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary C&L: Share their ideas with support and modelling from their teacher, and sensitive questioning that invites them to elaborate

Statutory guidance alignment
Recognise reasons for rules and laws and consequences for not adhering to these.
Recognise human rights are there to protect everyone.
Carrying out shared responsibilities to help the environment.
Different groups that make up a community and what community means.
The relationship between rights and responsibilities.
Value the contributions that other groups make to the community.

The benefit and value of living in a diverse community.