

PSHE progression through EYFS

PSSED/PD/UTW

Focus	Health and Well-Being		Relationships		Living in the Wider World		Vocabulary- to be used daily
Reception Skills	<ul style="list-style-type: none">· Know & talk about the different factors that support their overall health & well-being: regular physical activity, healthy eating, tooth brushing, sensible amounts of screen time, having a good sleep routine, being a safe pedestrian.· Can describe their competencies, what they can do well & are getting better at describing themselves in positive but realistic terms. <p>Is proactive in seeking adult support and able to articulate their wants and needs.</p>		<ul style="list-style-type: none">• Develops particular friendships with other children, which help them to understand different points of view and to challenge their own and others’ thinking.• Is increasingly socially skilled and will take steps to resolve conflicts with other children by negotiating and finding a compromise; sometimes by themselves, sometimes with support.• Is more able to manage their feelings and tolerate situations in which their wishes cannot be met. <p>Knows that other children do not always enjoy the same things, and is sensitive to this.</p>		<ul style="list-style-type: none">· Further develop the skills they need to manage the school day successfully: lining up & queuing, mealtimes, personal hygiene.· Recognise that they belong to different communities & social groups & communicates freely about own home & community.• Attempts to repair a relationship or situation where they have caused upset and understands how their actions impact other people.		<p>Good touch</p> <p>Bad Touch</p> <p>Private</p> <p>Secret</p> <p>Real</p> <p>Fake</p> <p>Feelings</p> <p>Responsibility</p>
Reception Knowledge	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
	All About Me	Changes	Animals Who Live in Cold and Warm Places	Growing	Lifecycles and Mini-beasts	Journeys	
	<p>Able to explore the classroom with interest.</p> <p>Develop friendships with new children.</p> <p>Form positive attachments to staff and children.</p> <p>Understand that people have different beliefs than them and accept difference.</p> <p>Able to understand what makes a good friend.</p> <p>Engages in a range of physical activity.</p> <ul style="list-style-type: none">• Begins to talk about the effect of exercise and food on their health.• Can brush own teeth and talk about the importance of good oral health.		<p>Can resolve minor conflicts in friendship groups.</p> <p>Can manage own feelings and know who to go to for support.</p> <p>Understands and follow the routines of the school day.</p> <p>Can talk about how to look after our world e.g. picking up litter, recycling etc.</p> <p>Can talk about how to stay safe on the road when crossing, at a train station and when near water- Transport.</p> <p>Knows who to go to if lost- Knowing who is a stranger.</p>		<p>Can talk in detail about the school behavioural expectations in class and around the school.</p> <p>Can talk about how others may feel who are less privileged than we are- linking for other countries.</p> <p>Understand that parts of their body need to be kept private.</p> <p>Can talk about different food groups and which foods are good for our health and teeth.</p>		
Health and Well Being			Relationships		Living in the Wider World		

N.B - These are our overarching themes that have been mapped to national curriculum subjects in KS1. The knowledge content is identified in the intent subject documents.

KS1 PSHE

<u>Year</u>	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
1	<u>Autumn 1</u> My Happy Mind—Meet your brain My Happy Mind—Exploring feelings Drugs, alcohol and tobacco <u>Autumn 2</u> Physical health and healthy eating Basic First Aid My Happy Mind— Celebrate	<u>Spring 1</u> Mental Wellbeing Changing adolescent body My Happy Mind—Appreciate <u>Spring 2</u> Internet safety and harms My Happy Mind—Keeping Safe	<u>Summer 1</u> Respectful relationships My Happy Mind—Relate My Happy Mind—Me and My Family My Happy Mind—Fabulous Friendships <u>Summer 2</u> Being Safe Health and prevention My Happy Mind—Engage
2	<u>Autumn 1</u> My Happy Mind—Meet your brain My Happy Mind—Exploring feelings Drugs, alcohol and tobacco <u>Autumn 2</u> Basic First Aid My Happy Mind— Celebrate Mental Wellbeing	<u>Spring 1</u> Changing adolescent body My Happy Mind—Appreciate Internet safety and harms My Happy Mind—Keeping Safe <u>Spring 2</u> Respectful relationships My Happy Mind—Me and My Family	<u>Summer 1</u> My Happy Mind—Fabulous Friendships My Happy Mind—Relate <u>Summer 2</u> Being Safe Health and prevention My Happy Mind—Engage

KS2 PSHE

<u>Year</u>	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
3	<u>Autumn 1</u> My Happy Mind—Meet your brain Drugs, alcohol and tobacco <u>Autumn 2</u> Physical health and healthy eating My Happy Mind— Celebrate	<u>Spring 1</u> My Happy Mind—Appreciate Internet safety and harms <u>Spring 2</u> Respectful relationships My Happy Mind—Getting along with our families	<u>Summer 1</u> My Happy Mind—Friendships up and downs My Happy Mind—Relate <u>Summer 2</u> Being Safe My Happy Mind—Keeping safe My Happy Mind—Engage
4	<u>Autumn 1</u> My Happy Mind—Meet your brain Drugs, alcohol and tobacco <u>Autumn 2</u> My Happy Mind— Celebrate	<u>Spring 1</u> My Happy Mind—Appreciate Internet safety and harms <u>Spring 2</u> Respectful relationships My Happy Mind—Getting along with our families	<u>Summer 1</u> My Happy Mind—Friendships up and downs My Happy Mind—Relate <u>Summer 2</u> Health and prevention My Happy Mind—Keeping safe My Happy Mind—Engage
5	<u>Autumn 1</u> My Happy Mind—Meet your brain <u>Autumn 2</u> My Happy Mind— Celebrate	<u>Spring 1</u> Changing adolescent body My Happy Mind—Appreciate <u>Spring 2</u> Internet safety and harms My Happy Mind—Online Safety	<u>Summer 1</u> Caring friendships My Happy Mind—Friendships on and offline My Happy Mind—Relate <u>Summer 2</u> Being Safe Health and prevention Basic First Aid My Happy Mind—Engage
6	<u>Autumn 1</u> My Happy Mind—Meet your brain <u>Autumn 2</u> My Happy Mind— Celebrate	<u>Spring 1</u> My Happy Mind—Appreciate <u>Spring 2</u> Internet safety and harms My Happy Mind—Online Safety	<u>Summer 1</u> My Happy Mind—Friendships on and offline Families and people who care for me My Happy Mind—Relate <u>Summer 2</u> Health and prevention Basic First Aid My Happy Mind—Engage