

PSHE Progression Framework

	AUTUMN	SPRING	SUMMER
EYFS Cycle A	<p>Families and Friendships</p> <ul style="list-style-type: none"> - Talk about the lives of the people around them and their roles <p>Safe Relationships</p> <ul style="list-style-type: none"> - Work and play cooperatively. - Know how to ask adults for help. <p>Respecting Ourselves and Others</p> <ul style="list-style-type: none"> - See themselves as valuable individuals - Show sensitivity to their own and to others' needs, interest and opinions 	<p>Belonging to a Community</p> <ul style="list-style-type: none"> - Work and play cooperatively and take turns with others <p>Media Literacy and Digital Resilience</p> <ul style="list-style-type: none"> - How to describe what they can do well and are getting better at <p>Money and Work</p> <ul style="list-style-type: none"> - Extend and elaborating play ideas, e.g. building up a shop role play activity with other children. 	<p>Physical Healthy and Mental Wellbeing</p> <ul style="list-style-type: none"> - Manage their own basic hygiene and personal needs, including dressing, going to the toilet <p>Growing and Changing</p> <ul style="list-style-type: none"> - What growth and changes mean - Be confident to try new activities and show independence, in the face of challenge <p>Keeping Safe</p> <ul style="list-style-type: none"> - Explain the reasons for rules, know right from wrong and try to behave accordingly.
EYFS Cycle B	<p>Families and Friendships</p> <ul style="list-style-type: none"> - How do we make friends? - What it means to be kind and unkind <p>Safe Relationships</p> <ul style="list-style-type: none"> - Work and play cooperatively. - Know how to ask adults for help <p>Respecting Ourselves and Others</p> <ul style="list-style-type: none"> - Take turns and share resources - Notice and ask questions about differences 	<p>Belonging to a Community</p> <ul style="list-style-type: none"> - that they belong to different communities and social groups; <p>Media Literacy and Digital Resilience</p> <ul style="list-style-type: none"> - Knowing the internet and how other devices help us to find things out - Use technology with adult support. <p>Money and Work</p> <ul style="list-style-type: none"> - How to talk to other students when playing, and will communicate freely about uses of money in own home and community 	<p>Physical Healthy and Mental Wellbeing</p> <ul style="list-style-type: none"> - Understanding the importance of healthy food choices. - What is exercise? - Know and talk about why they need to keep physically active <p>Growing and Changing</p> <ul style="list-style-type: none"> - How to adapt behaviour to different events, social situations and changes in routine <p>Keeping Safe</p> <ul style="list-style-type: none"> - The need for safety when tackling new challenges, and considers and manages some risks
KS1 Cycle A	<p>Families and Friendships</p> <ul style="list-style-type: none"> - Roles of different people; families - Feeling cared for <p>Safe Relationships</p> <ul style="list-style-type: none"> - Recognising privacy; staying safe - Seeking permission <p>Respecting Ourselves and Others</p> <ul style="list-style-type: none"> - How behaviour affects others - Being polite and respectful 	<p>Belonging To A Community</p> <ul style="list-style-type: none"> - What rules are; caring for others' needs - Looking after the environment <p>Media Literacy and Digital Resilience</p> <ul style="list-style-type: none"> - Using the internet and digital devices - Communicating online <p>Money and Work</p> <ul style="list-style-type: none"> - Strengths and interests - Jobs in the community 	<p>Physical Health and Mental Wellbeing</p> <ul style="list-style-type: none"> - Keeping healthy - Food and exercise, hygiene routines - Sun safety <p>Growing and Changing</p> <ul style="list-style-type: none"> - Recognising what makes them unique and special - Feelings - Managing when things go wrong <p>Keeping Safe</p> <ul style="list-style-type: none"> - How rules and age restrictions help us - Keeping safe online
KS1 Cycle B	<p>Families and Friendships</p> <ul style="list-style-type: none"> - Making friends - Feeling lonely and getting help <p>Safe Relationships</p> <ul style="list-style-type: none"> - Managing secrets - Resisting pressure and getting help - Recognising hurtful behaviour <p>Respecting Ourselves and Others</p> <ul style="list-style-type: none"> - Recognising things in common and differences - Playing and working cooperatively - Sharing opinions 	<p>Belonging To A Community</p> <ul style="list-style-type: none"> - Belonging to a group - Roles and responsibilities - Being the same and different in the community <p>Media Literacy and Digital Resilience</p> <ul style="list-style-type: none"> - The internet in everyday life - Online content and information <p>Money and Work</p> <ul style="list-style-type: none"> - What money is - Needs and wants - Looking after money 	<p>Physical Health and Mental Wellbeing</p> <ul style="list-style-type: none"> - Why sleep is important - Medicines and keeping healthy - Keeping teeth healthy - Managing feelings and asking for help <p>Growing and Changing</p> <ul style="list-style-type: none"> - Growing older - Naming body parts - Moving class or year <p>Keeping Safe</p> <ul style="list-style-type: none"> - Safety in different environments

			<ul style="list-style-type: none"> - Risk and safety at home - Emergencies
KS2 Cycle A	<p>Families and Friendships</p> <ul style="list-style-type: none"> - What makes a family - Features of family life - Managing friendships and peer influence <p>Safe Relationships</p> <ul style="list-style-type: none"> - Personal boundaries - Safely responding to others - The impact of hurtful behaviour - Physical contact and feeling safe <p>Respecting Ourselves and Others</p> <ul style="list-style-type: none"> - Recognising respectful behaviour - The importance of self-respect - Courtesy and being polite - Responding respectfully to a wide range of people - Recognising prejudice and discrimination 	<p>Belonging To A Community</p> <ul style="list-style-type: none"> - The value of rules and laws - Rights, freedoms and responsibilities - Protecting the environment - Compassion towards others <p>Media Literacy and Digital Resilience</p> <ul style="list-style-type: none"> - How the internet is used - Assessing information online - How information online is targeted - Different media types, their role and impact <p>Money and Work</p> <ul style="list-style-type: none"> - Different jobs and skills - Job stereotypes - Setting personal goals - Identifying job interests and aspirations - What influences career choices - Workplace stereo-types 	<p>Physical Health and Mental Wellbeing</p> <ul style="list-style-type: none"> - Health choices and habits - What affects feelings - Expressing feelings - Healthy sleep habits - Sun safety - Medicines, vaccinations, immunisations and allergies <p>Growing and Changing</p> <ul style="list-style-type: none"> - Personal strengths and achievements - Managing and re-framing setbacks - Personal identity - Recognising individuality and different qualities - Mental wellbeing <p>Keeping Safe</p> <ul style="list-style-type: none"> - Risks and hazards - Safety in the local environment and unfamiliar places - Keeping safe in different situations, including responding in emergencies, first aid and FGM
KS2 Cycle B	<p>Families and Friendships</p> <ul style="list-style-type: none"> - Positive friendships, including online - Attraction to others - Romantic relationships; civil partnership and marriage <p>Safe Relationships</p> <ul style="list-style-type: none"> - Responding to hurtful behaviour - Managing confidentiality - Recognising risks online - Recognising and managing pressure - Consent in different situations <p>Respecting Ourselves and Others</p> <ul style="list-style-type: none"> - Respecting differences and similarities - Discussing difference sensitively - Expressing opinions and respecting other points of view, including discussing topical issues 	<p>Belonging To A Community</p> <ul style="list-style-type: none"> - What makes a community - Shared responsibilities - Valuing diversity - Challenging discrimination and stereo- types <p>Media Literacy and Digital Resilience</p> <ul style="list-style-type: none"> - How data is shared and used - Evaluating media sources - Sharing things online <p>Money and Work</p> <ul style="list-style-type: none"> - Making decisions about money - Using and keeping money safe - Influences and attitudes to money - Money and financial risks 	<p>Physical Health and Mental Wellbeing</p> <ul style="list-style-type: none"> - Maintaining a balanced lifestyle - Oral hygiene and dental care - What affects mental health and ways to take care of it - Managing change, loss and bereavement - Managing time online <p>Growing and Changing</p> <ul style="list-style-type: none"> - Physical and emotional changes in puberty - External genitalia - Personal hygiene routines - Support with puberty - Human reproduction and birth - Increasing independence - Managing transition <p>Keeping Safe</p> <ul style="list-style-type: none"> - Medicines and household products - Drugs common to everyday life - Keeping personal information safe - Regulations and choices - Drug use and the law - Drug use and the media
KS3 Cycle A	<p>Diversity</p> <ul style="list-style-type: none"> - Diversity, prejudice and bullying <p>Respectful Relationships</p> <ul style="list-style-type: none"> - Families and parenting, healthy relationships, conflict resolution, and relationship changes <p>Building Relationships</p> <ul style="list-style-type: none"> - Self-worth, romance and friendships (including online) and relationship boundaries <p>Intimate Relationships</p> <ul style="list-style-type: none"> - Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography 	<p>Developing skills and aspirations</p> <ul style="list-style-type: none"> - Careers, teamwork and enterprise skills, and raising aspirations <p>Setting goals</p> <ul style="list-style-type: none"> - Learning strengths, career options and goal setting as part of the GCSE options process <p>Financial decision making</p> <ul style="list-style-type: none"> - Saving, borrowing, budgeting and making financial choices <p>Employability skills</p> <ul style="list-style-type: none"> - Employability and online presence 	<p>Transition and safety</p> <ul style="list-style-type: none"> - Transition to secondary school and personal safety in and outside school, including first aid <p>Peer influence, substance use and gangs</p> <ul style="list-style-type: none"> - Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation <p>Health and puberty</p> <ul style="list-style-type: none"> - Healthy routines, influences on health, puberty, unwanted contact, and FGM <p>Healthy lifestyle</p> <ul style="list-style-type: none"> - Diet, exercise, lifestyle balance and healthy choices, and first aid

KS3 Cycle B	Discrimination <ul style="list-style-type: none"> - Discrimination in all its forms, including racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia Identity and relationships <ul style="list-style-type: none"> - Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception 	Community and careers <ul style="list-style-type: none"> - Equality of opportunity in careers and life choices, and different types and patterns of work Digital literacy <ul style="list-style-type: none"> - Online safety, digital literacy, media reliability, and gambling hooks 	Drugs and alcohol <ul style="list-style-type: none"> - Alcohol and drug misuse and pressures relating to drug use Emotional wellbeing <ul style="list-style-type: none"> - Mental health and emotional wellbeing, including body image and coping strategies
KS4 Cycle A	Communication in relationships <ul style="list-style-type: none"> - Personal values, assertive communication (including in relation to contraception and sexual health) - Relationship challenges and abuse Families <ul style="list-style-type: none"> - Different families and parental responsibilities, - Pregnancy - Marriage and forced marriage - Changing relationships 	Next Steps <ul style="list-style-type: none"> - Application processes, and skills for further education, - Employment and career progression Employability skills <ul style="list-style-type: none"> - Employability and online presence 	Building for the future <ul style="list-style-type: none"> - Self-efficacy - Stress management - Future opportunities Independence <ul style="list-style-type: none"> - Responsible health choices, - Safety in independent contexts
KS4 Cycle B	Healthy relationships <ul style="list-style-type: none"> - Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography Addressing extremism and radicalisation <ul style="list-style-type: none"> - Communities, belonging and challenging extremism 	Financial decision making <ul style="list-style-type: none"> - The impact of financial decisions, debt, gambling and the impact of advertising on financial choices Work experience <ul style="list-style-type: none"> - Preparation for and evaluation of work experience and readiness for work 	Mental health <ul style="list-style-type: none"> - Mental health and ill health, - Stigma - Safeguarding health, including during periods of transition or change Exploring influence <ul style="list-style-type: none"> - The influence and impact of drugs, gangs, role models and the media
KS5 Cycle A	Intimate Relationships <ul style="list-style-type: none"> - Personal values, including in relation to contraception and sexual health - Fertility - Pregnancy Building and maintaining relationships <ul style="list-style-type: none"> - New friendships and relationships, including in the workplace - Personal safety - Intimacy - Conflict resolution - Relationship changes 	Financial choices <ul style="list-style-type: none"> - Managing money - Financial contracts - Budgeting - Saving - Debt - Influences on financial choices Next steps <ul style="list-style-type: none"> - Application processes - Future opportunities and career development - Maintaining a positive professional identity 	Independence <ul style="list-style-type: none"> - Responsible health choices - Managing change - Health and wellbeing, including sexual health, into adulthood
KS5 Cycle B	Respectful Relationships <ul style="list-style-type: none"> - Consent - Assertive communication - Positive relationships and recognising abuse - Strategies for managing dangerous situations or relationships Diversity and inclusion <ul style="list-style-type: none"> - Living in a diverse society - Challenging prejudice and discrimination 	Planning for the future <ul style="list-style-type: none"> - Exploring future opportunities - Post-18 options - The impact of financial decisions Readiness for work <ul style="list-style-type: none"> - Career opportunities - Preparing for the world of work 	Mental health and emotional wellbeing <ul style="list-style-type: none"> - Mental health and emotional wellbeing - Managing stress - Body image - Healthy coping strategies Health choices and safety <ul style="list-style-type: none"> - Independence and keeping safe - Travel - First aid - The impact of substance use

