

# PSHRE Progression Map



Please refer to the individual learning blocks for key vocabulary.

Year Group	TITLE/CONCEPT		
	Health and wellbeing	Relationships	Living in the wider world
EYFS (Nursery)	I can keep myself safe in the sun. I know who can keep me safe. I can play nicely.	I can share with friends. I can be kind. I can be empathetic.	I can respect my toys. I understand how to stay safe in school.
EYFS (Reception)	I can eat the right foods to keep me healthy. I can keep my body safe. I know who can keep me safe. I can recognise feelings in myself.	I can take turns. I can be a friend. I can share. I can build relationships with adults. I understand who I can trust in school to keep me happy.	I know how to be kind to my friends. I understand what a family is. I can respect my friends. I can stay safe in my environment.
Year 1	I can keep my body healthy. I can name the parts of my body. I can name feelings. I can recognise feelings in myself and others. I can think differently from my friends. I can recognise what makes me unique.	I understand how to be fair. I understand the right to vote. I can explain the similarities and differences in me and my friends. I can explain the difference in secrets and surprises. I can identify my support unit.	I can explain what rules are. I understand that I have to follow the rules. I understand where money comes from. I can determine risks.
Year 2	I can recognise feelings and the reactions they cause. I can share my feelings. I can manage big feelings. I understand how loss makes me feel.	I can explain what acceptable touch is. I understand the importance of not keeping secrets. I can describe the differences in my friends and explain the benefits. I can identify the people that keep me safe. I can react appropriately to unkind friends.	I understand how rules keep everyone safe. I am responsible for my contribution to my school. I understand how to stay safe around the road, fire and medicine. I can recognise unsafe situations with my friends and online. I understand that you earn money by working.
Year 3	I can explain how being healthy effects my body. I can explain changes in my feelings. I can make my own boundaries. I can explain the term consent.	I can react appropriately to unkind situations. I can control and express my emotions appropriately. I can explain how feelings effect my body. I can describe my responsibility in my friendships. I can discuss the term bullying.	I understand how to stay around cars, bikes and online. I understand the term 'diet' I can recognise hazards. I understand basic hygiene. I understand how to respond to basic accidents. I know how to work with others and take on responsibility for money.

<p>Year 4</p>	<p>I can describe a wide range of emotions in myself and others. I can understand and resolve conflict. I understand we are all different but still deserve respect. I can think and consider others point of view. I can explain the term identity.</p>	<p>I can take responsibility in solving minor issues with my friends. I care and understand others feelings and reactions. I can appropriately respond to my friend's emotions.</p>	<p>I understand my self-worth and how that impacts myself and others. I understand the risk involved with different local areas, fireworks and online. I understand basic law and how to report crimes. I understand there are different roles in money.</p>
<p>Year 5</p>	<p>I can explain the factors that create an identity. I can understand and challenge stereotypes. I can tell you my trusted people. I understand risk and concern. I can explain how puberty effects my body.</p>	<p>I can explain the term consent within love, marriage and the law. I can describe what a healthy family unit looks like. I know how to handle toxic friends and situations. I can understand how behaviour creates actions and actions have consequences.</p>	<p>I can discuss the law regarding different drugs and habits. I can describe similarities and differences including ethnicity, gender, religion and race. I can explain the value and risk of money. I can recognise the risks of social media. I can recognise how social media can affect my self-worth. I understand how to be a role model by following rules. I know how to handle a medical crisis situation.</p>
<p>Year 6</p>	<p><b>Mental health:</b> I can identify the early signs of struggle. I can explain how mental health problems can grow without help. I know who to ask and how to ask for help. I understand different strategies to help with mental health.</p>	<p><b>Relationships:</b> I can describe the different kinds of relationships. I can explain attraction towards another person. I can discuss marriage. I can explain how different elements of puberty changes me. I can explain how babies are created. I can manage changes in my friendships.</p>	<p><b>Balanced health:</b> I can explain how sleep is health. I can describe a healthy family. I can discuss drugs and their effects and purposes. I can keep myself safe on social media and understand how it impacts my wellbeing. I understand that social media isn't always what it seems. I know how to report unsafe online content. I understand the dangers of gambling and how to access support.</p>