



PSHCE Progression

EYFS

Physical Development

ELG 5 - Health and Self-Care

Know the importance for good health of physical exercise, a healthy diet and talk about ways to keep healthy and safe.

Personal, Social and Emotional Development

ELG 6 - Self-confidence and self-awareness

Try new activities and say why they like some activities more than others.

Speak in a familiar group, will talk about their ideas and will choose the resources they need for their activities.

Say when they do or don't need help.

ELG 7 - Managing feelings and behaviour

Talk about how they and others show feelings, talk about their own and others' behaviour and its consequences and know that some behaviour is unacceptable.

Work as part of a group or class and understand and follow the rules.

Adjust their behaviour to different situations and take changes of routine in their stride.

ELG 8 - Making Relationships

Play cooperatively and take turns with others.

Take account of one another's ideas about how to organise their activity.

Show sensitivity to others' needs and feelings and form positive relationships with adults and other children.

Understanding the World

ELG 13 - People and Communities

Talk about events in their own lives and the lives of family members.

Know that other children don't always enjoy the same things and are sensitive to this.

Know about similarities and differences between themselves and others and among families, communities and traditions.

ELG 14 - The World

Talk about events in their own lives and the lives of family members.

Skills	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>To promote health and well-being</p>	<p>Know what constitutes and how to maintain a healthy lifestyle.</p> <p>Know how to make informed choices that improve their physical and emotional health.</p> <p>Recognise strengths and set challenging goals. To develop simple strategies for managing feelings.</p>	<p>Recognise what they like and dislike.</p> <p>Recognise good and not so good feelings, develop a vocabulary to describe feelings and develop further strategies for managing feelings.</p> <p>Know about change and loss and associated feelings.</p> <p>Know about the process of growing from young to old and how people’s needs change.</p> <p>Know the names for the main parts of the body (including external genitals).</p> <p>Know that household medicines can be harmful if not used properly.</p> <p>Learn rules for and ways of keeping physically and emotionally safe, including responsible ICT use and online safety.</p> <p>Know about people who look after them and who to go to if worried about something.</p>	<p>Reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals.</p> <p>Deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others.</p> <p>Recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these</p>	<p>Recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these.</p> <p>Recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these.</p> <p>Recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these.</p> <p>Recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these.</p>	<p>Learn how to make informed choices and to begin to understand the concept of a ‘balanced lifestyle’.</p> <p>Deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others.</p> <p>Reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals.</p> <p>Recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong.</p>	<p>Know what positively and negatively affects their physical, mental and emotional health.</p> <p>Deepen their understanding of good and not so good feelings.</p> <p>Recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these.</p> <p>Know the terms ‘risk’, ‘danger’ and ‘hazard’.</p> <p>Recognise, predict and assess risks in different situations and decide how to manage them responsibly.</p> <p>Recognise how their increasing independence brings increased responsibility.</p> <p>Know how their body will, and their emotions may, change as they approach and move through puberty.</p> <p>Know about human reproduction.</p> <p>Know strategies for keeping safe online.</p>

<p>To explore living in the wider World</p>	<p>Know that people and other living things have rights and that everyone has responsibilities to protect those rights.</p> <p>Know that we belong to different groups and communities, eg. Family and school.</p> <p>Know that money comes from different sources and can be spent or saved.</p> <p>Know how to keep money safe. To know that we are unique.</p> <p>Understand what we have in common with other people.</p>	<p>Know how they contribute to the life of the classroom and school.</p> <p>Know that people and other living things have rights and that everyone has responsibilities to protect those rights.</p> <p>Know about the 'special people' who work in the community and who are responsible for looking after us and protecting us.</p> <p>Know how to contact these special people when we need help, including dialling '999' in an emergency.</p>	<p>Know about the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer.</p> <p>Know that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment across the world.</p> <p>Face new challenges positively by collecting information, looking for help, making responsible choices, and taking action</p>	<p>Recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these.</p> <p>Understand that there are basic human rights shared by all peoples and all societies and that children have their own special rights.</p> <p>Realise the consequences of anti-social, aggressive and harmful behaviours.</p> <p>Consider the lives of people living in other places, and people with different values and customs.</p>	<p>Face challenges positively by collecting information, looking for help, making responsible choices, and taking action.</p> <p>Know that resources can be allocated in different ways and that these economic choices affect different people.</p> <p>Know about the role money plays in their own and others' lives, including how to manage their money and about being a critical customer. Appreciate the range of national, regional, religious and ethnic identities in the UK.</p> <p>Understand that there are basic human rights shared by all people.</p>	<p>Know that resources can be allocated in different ways and that these economic choices affect different people.</p> <p>Know that they have different kinds of responsibilities, rights and duties at home, at school etc.</p> <p>Realise the consequences of anti-social, aggressive and harmful behaviours.</p> <p>Know that there are some cultural practices which are against British Law such as FGM.</p> <p>Know why and how rules and laws that protect them and others are made and enforced why they are needed and how to change them.</p>
<p>To develop an understanding of relationships and sex education</p>	<p>Know how to communicate feelings to others.</p> <p>Recognise that their behaviour can affect other people.</p> <p>Recognise what is fair and unfair, kind and unkind.</p> <p>Share opinions on things that matter to them.</p>	<p>Recognise how others show feelings and how to respond.</p> <p>Know the difference between secrets and nice surprises and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid.</p>	<p>Know that their actions affect themselves and others.</p> <p>Work collaboratively towards shared goals.</p> <p>Develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive</p>	<p>Recognise ways in which a relationship can be unhealthy and whom to talk to if you need support.</p> <p>Recognise different types of relationship, including acquaintances, friends, relatives and families.</p> <p>Recognise different types of teasing and bullying. To understand that these are wrong and unacceptable.</p>	<p>Know that their actions affect themselves and others.</p> <p>Listen and respond respectfully to a wide range of people, to feel confident and to raise their own concerns.</p> <p>Work collaboratively towards a shared goal.</p>	<p>Realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours.</p> <p>Know that their actions affect themselves and others.</p> <p>Know that marriage is a commitment freely entered into by both people.</p>

	<p>Listen to other people and play and work cooperatively. To learn some strategies to resolve arguments.</p> <p>Know that bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable).</p> <p>Learn the NSPCC 'Pants' song.</p>	<p>Offer constructive feedback and support to others.</p> <p>Identify and respect the differences and similarities between people.</p> <p>Identify their special people (family, friends, carers) and know how special people should care for one another.</p> <p>Judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond.</p> <p>Recognise different types of teasing and bullying. To understand that these are wrong and unacceptable.</p>	<p>feedback and support to benefit others as well as themselves.</p> <p>Recognise different types of teasing and bullying.</p> <p>Understand that these are wrong and unacceptable.</p> <p>Recognise and challenge stereotypes.</p>	<p>Know that their actions affect themselves and others.</p> <p>Know that differences and similarities between people arise from a number of factors.</p> <p>Realise the nature and consequences of discrimination.</p> <p>Recognise stereotypes.</p> <p>Recognise bullying and abuse in all its forms.</p>	<p>To recognise different types of teasing and bullying.</p> <p>Understand that these are wrong and unacceptable.</p> <p>Develop strategies to resolve disputes and conflict through negotiation and appropriate compromise.</p> <p>Challenge and recognise stereotypes.</p>	<p>Recognise different types of relationship, including those between acquaintances, friends, relatives and families.</p> <p>Recognise different types of teasing and bullying. To understand that these are wrong and unacceptable.</p> <p>Recognise ways in which a relationship can be unhealthy and whom to talk to if they need support.</p>
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