



# PSHE Progression of skills including Relationships Education



| Age Group        | Being Me In My World                                                                                                                                                                                                                                                            | Celebrating Difference                                                                                                                                                                                                                                                          | Dreams and Goals                                                                                                                                                                                                                                                                                                      | Healthy Me                                                                                                                                                                                                                                                               | Relationships                                                                                                                                                                                                                                                                                                                                   | Changing Me                                                                                                                                                                                                                                                                                                 |
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| Ages 3-5 (F1-F2) | <ul style="list-style-type: none"> <li>Self-identity</li> <li>Understanding feelings</li> <li>Being in a classroom</li> <li>Being gentle</li> <li>Rights and responsibilities</li> </ul>                                                                                        | <ul style="list-style-type: none"> <li>Identifying talents</li> <li>Being special</li> <li>Families</li> <li>Where we live</li> <li>Making friends</li> <li>Standing up for yourself</li> </ul>                                                                                 | <ul style="list-style-type: none"> <li>Challenges</li> <li>Perseverance</li> <li>Goal-setting</li> <li>Overcoming obstacles</li> <li>Seeking help</li> <li>Jobs</li> <li>Achieving goals</li> </ul>                                                                                                                   | <ul style="list-style-type: none"> <li>Exercising bodies</li> <li>Physical activity</li> <li>Healthy food</li> <li>Sleep</li> <li>Keeping clean</li> <li>Safety</li> </ul>                                                                                               | <ul style="list-style-type: none"> <li>Family life</li> <li>Friendships</li> <li>Breaking friendships</li> <li>Falling out</li> <li>Dealing with bullying</li> <li>Being a good friend</li> </ul>                                                                                                                                               | <ul style="list-style-type: none"> <li>Bodies</li> <li>Respecting my body</li> <li>Growing up</li> <li>Growth and change</li> <li>Fun and fears</li> <li>Celebrations</li> </ul>                                                                                                                            |
| Ages 5-6         | <ul style="list-style-type: none"> <li>Feeling special and safe</li> <li>Being part of a class</li> <li>Rights and responsibilities</li> <li>Rewards and feeling proud</li> <li>Consequences</li> <li>Owning the Learning Charter</li> </ul>                                    | <ul style="list-style-type: none"> <li>Similarities and differences</li> <li>Understanding bullying and knowing how to deal with it</li> <li>Making new friends</li> <li>Celebrating the differences in everyone</li> </ul>                                                     | <ul style="list-style-type: none"> <li>Setting goals</li> <li>Identifying successes and achievements</li> <li>Learning styles</li> <li>Working well and celebrating achievement with a partner</li> <li>Tackling new challenges</li> <li>Identifying and overcoming obstacles</li> <li>Feelings of success</li> </ul> | <ul style="list-style-type: none"> <li>Keeping myself healthy</li> <li>Healthier lifestyle choices</li> <li>Keeping clean</li> <li>Being safe</li> <li>Medicine safety/safety with household items</li> <li>Road safety</li> <li>Linking health and happiness</li> </ul> | <ul style="list-style-type: none"> <li>Belonging to a family</li> <li>Making friends/being a good friend</li> <li>Physical contact preferences</li> <li>People who help us</li> <li>Qualities as a friend and person</li> <li>Self-acknowledgement</li> <li>Being a good friend to myself</li> <li>Celebrating special relationships</li> </ul> | <ul style="list-style-type: none"> <li>Life cycles – animal and human</li> <li>Changes in me</li> <li>Changes since being a baby</li> <li>Differences between female and male bodies (correct terminology)</li> <li>Linking growing and learning</li> <li>Coping with change</li> <li>Transition</li> </ul> |
| Ages 6-7         | <ul style="list-style-type: none"> <li>Hopes and fears for the year</li> <li>Rights and responsibilities</li> <li>Rewards and consequences</li> <li>Safe and fair learning environment</li> <li>Valuing contributions</li> <li>Choices</li> <li>Recognising feelings</li> </ul> | <ul style="list-style-type: none"> <li>Assumptions and stereotypes about gender</li> <li>Understanding bullying</li> <li>Standing up for self and others</li> <li>Making new friends</li> <li>Gender diversity</li> <li>Celebrating difference and remaining friends</li> </ul> | <ul style="list-style-type: none"> <li>Achieving realistic goals</li> <li>Perseverance</li> <li>Learning strengths</li> <li>Learning with others</li> <li>Group co-operation</li> <li>Contributing to and sharing success</li> </ul>                                                                                  | <ul style="list-style-type: none"> <li>Motivation</li> <li>Healthier choices</li> <li>Relaxation</li> <li>Healthy eating and nutrition</li> <li>Healthier snacks and sharing food</li> </ul>                                                                             | <ul style="list-style-type: none"> <li>Different types of family</li> <li>Physical contact boundaries</li> <li>Friendship and conflict</li> <li>Secrets</li> <li>Trust and appreciation</li> <li>Expressing appreciation for special relationships</li> </ul>                                                                                   | <ul style="list-style-type: none"> <li>Life cycles in nature</li> <li>Growing from young to old</li> <li>Increasing independence</li> <li>Differences in female and male bodies (correct terminology)</li> <li>Assertiveness</li> <li>Preparing for transition</li> </ul>                                   |

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| <p>Ages<br/>7-8</p>  | <p>Setting personal goals<br/>Self-identity and worth<br/>Positivity in challenges<br/>Rules, rights and responsibilities<br/>Rewards and consequences<br/>Responsible choices<br/>Seeing things from others' perspectives</p>  | <p>Families and their differences<br/>Family conflict and how to manage it (child-centred)<br/>Witnessing bullying and how to solve it<br/>Recognising how words can be hurtful<br/>Giving and receiving compliments</p>                    | <p>Difficult challenges and achieving success<br/>Dreams and ambitions<br/>New challenges<br/>Motivation and enthusiasm<br/>Recognising and trying to overcome obstacles<br/>Evaluating learning processes<br/>Managing feelings<br/>Simple budgeting</p> | <p>Exercise<br/>Fitness challenges<br/>Food labelling and healthy swaps<br/>Attitudes towards drugs<br/>Keeping safe and why it's important online and off line scenarios<br/>Respect for myself and others<br/>Healthy and safe choices</p> | <p>Family roles and responsibilities<br/>Friendship and negotiation<br/>Keeping safe online and who to go to for help<br/>Being a global citizen<br/>Being aware of how my choices affect others<br/>Awareness of how other children have different lives<br/>Expressing appreciation for family and friends</p> | <p>How babies grow<br/>Understanding a baby's needs<br/>Outside body changes<br/>Inside body changes<br/>Family stereotypes<br/>Challenging my ideas<br/>Preparing for transition</p>                                                |
| <p>Ages<br/>8-9</p>  | <p>Being part of a class team<br/>Being a school citizen<br/>Rights, responsibilities and democracy (school council)<br/>Rewards and consequences<br/>Group decision-making<br/>Having a voice<br/>What motivates behaviour</p> | <p>Challenging assumptions<br/>Judging by appearance<br/>Accepting self and others<br/>Understanding influences<br/>Understanding bullying<br/>Problem-solving<br/>Identifying how special and unique everyone is<br/>First impressions</p> | <p>Hopes and dreams<br/>Overcoming disappointment<br/>Creating new, realistic dreams<br/>Achieving goals<br/>Working in a group<br/>Celebrating contributions<br/>Resilience<br/>Positive attitudes</p>                                                   | <p>Healthier friendships<br/>Group dynamics<br/>Smoking<br/>Alcohol<br/>Assertiveness<br/>Peer pressure<br/>Celebrating inner strength</p>                                                                                                   | <p>Jealousy<br/>Love and loss<br/>Memories of loved ones<br/>Getting on and Falling Out<br/>Girlfriends and boyfriends<br/>Showing appreciation to people and animals</p>                                                                                                                                        | <p>Being unique<br/>Having a baby<br/>Girls and puberty<br/>Confidence in change<br/>Accepting change<br/>Preparing for transition<br/>Environmental change</p>                                                                      |
| <p>Ages<br/>9-10</p> | <p>Planning the forthcoming year<br/>Being a citizen<br/>Rights and responsibilities<br/>Rewards and consequences<br/>How behaviour affects groups<br/>Democracy, having a voice, participating</p>                             | <p>Cultural differences and how they can cause conflict<br/>Racism<br/>Rumours and name-calling<br/>Types of bullying<br/>Material wealth and happiness<br/>Enjoying and respecting other cultures</p>                                      | <p>Future dreams<br/>The importance of money<br/>Jobs and careers<br/>Dream job and how to get there<br/>Goals in different cultures<br/>Supporting others (charity)<br/>Motivation</p>                                                                   | <p>Smoking, including vaping<br/>Alcohol<br/>Alcohol and anti-social behaviour<br/>Emergency aid<br/>Body image<br/>Relationships with food<br/>Healthy choices<br/>Motivation and behaviour</p>                                             | <p>Self-recognition and self-worth<br/>Building self-esteem<br/>Safer online communities<br/>Rights and responsibilities online<br/>Online gaming and gambling<br/>Reducing screen time<br/>Dangers of online grooming<br/>SMARTT internet safety rules</p>                                                      | <p>Self- and body image<br/>Influence of online and media on body image<br/>Puberty for girls<br/>Puberty for boys<br/>Conception (including IVF)<br/>Growing responsibility<br/>Coping with change<br/>Preparing for transition</p> |

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| <p>Ages<br/>10-11</p> | <p>Identifying goals for the year<br/>Global citizenship<br/>Children's universal rights<br/>Feeling welcome and valued<br/>Choices, consequences and rewards<br/>Group dynamics<br/>Democracy, having a voice<br/>Anti-social behaviour<br/>Role-modelling</p> | <p>Perceptions of normality<br/>Understanding disability<br/>Power struggles<br/>Understanding bullying<br/>Inclusion/exclusion<br/>Differences as conflict, difference as celebration<br/>Empathy</p> | <p>Personal learning goals, in and out of school<br/>Success criteria<br/>Emotions in success<br/>Making a difference in the world<br/>Motivation<br/>Recognising achievements<br/>Compliments</p> | <p>Taking personal responsibility<br/>How substances affect the body<br/>Exploitation, including 'county lines' and gang culture<br/>Emotional and mental health<br/>Managing stress</p> | <p>Mental health<br/>Identifying mental health worries and sources of support<br/>Love and loss<br/>Managing feelings<br/>Power and control<br/>Assertiveness<br/>Technology safety<br/>Take responsibility with technology use</p> | <p>Self-image<br/>Body image<br/>Puberty and feelings<br/>Conception to birth<br/>Reflections about change<br/>Physical attraction<br/>Respect and consent<br/>Boyfriends/girlfriends<br/>Sexting<br/>Transition</p> |
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