

Curriculum Progression

PSHE – Health and Wellbeing



EYFS

- To manage own basic hygiene, going to the toilet, washing hands, dressing and undressing
- To manage emotions
- To understand that adults can help me when I am worried, scared or sad
- To develop a positive sense of self
- To set themselves simple goals
- To have confidence in their own abilities
- To persist and wait for what they want and direct adult attention as necessary
- To understand what makes a good friend
- To share with others
- To co-operate and know who can help you when trying to resolve conflict

Key Stage 1

- To learn to make simple choices that improve their health and well-being e.g. healthy eating
- To recognise which types of food are healthy
- To make positive real-life choices
- To understand the need for physical activity to keep healthy and rest as part of a balanced, healthy lifestyle
- To understand how germs spread infections and diseases
- To learn about making positive choices and how they can lead to happiness – link to colour zones, matching scenarios to correct zones
- To recognise, name and manage their feelings in a positive way
- To recognise how their behaviour affects other people
- To learn about the difference between secrets and surprises
- To learn about who to go to for help and advice
- To recognise what is fair and unfair
- To understand the difference between right and wrong
- To recognise how their behaviour and that of others may influence people both positively and negatively

Lower Key Stage 2

- To know how good hygiene helps to stop the spread of disease
- To know how to take medicine safely and keep safe around drugs
- To know how to make better choices and choose healthy habits
- To understand how to respect my own and other people's bodies
- To know how to make better choices and choose healthy habits
- To understand what a positive body image is
- To understand why getting sleep is important
- To discuss what the term bullying means
- To explain what the words intentional and unintentional means
- To recognise when I need to tell an adult about something, handle it on my own or let it go
- To discuss how I can improve my thinking habits.
- To describe the different functions of the brain
- To talk about the parts of my brain I can control and the parts I cannot control
- To explain why it is important to have a healthy mind



Curriculum Progression



EYFS

PSHE – Relationships

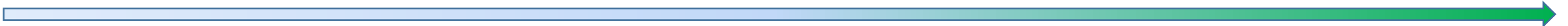
Key Stage 1

Lower Key Stage 2

- To see themselves as a valuable individual
- To express feelings and consider the feelings of others
- To moderate their own feelings and consider the perspectives of others
- To learn how to be a good friend
- To foster positive relationships with adults and peers
- To understand what makes friends happy and what makes friends sad
- To understand the importance of sharing and fairness
- To understand that choices sometimes have consequences

- To listen to, reflect on and respect other people's views and feelings
- To know the conventions of courtesy and manners
- To understand what is and what is not bullying behaviour
- To recognise the difference between good and bad choices
- To reflect on the similarities and differences between people
- To learn about the importance of family
- To understand the concept of negotiation
- To take part in a simple debate about topical issues
- To recognise the difference between right and wrong and what is fair and unfair
- To know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know

- To understand that there are many different types of relationships and families
- To appreciate difference and diversity
- To explain why it is important to be kind to people
- To discuss different ways we can be kind to one another
- To discuss what the term bullying means
- To explain what the words intentional and unintentional means
- To recognise when I need to tell an adult about something, handle it on my own or let it go
- To discuss how being different to others is a positive thing



Curriculum Progression



PSHE – Living in the wider world

EYFS

- To understand that we follow rules as they keep us safe
- To understand the roles of people in the community and focus on 'People who help us'
- To understand that looking after our world is part of our responsibility so we follow rules

Key Stage 1

- To understand the reason why we have rules
- To learn about rules as expectations
- To suggest rules that would improve things for the common good
- To consider ways of looking after the school or community and how to care for the local environment
- To understand that they belong to various groups and communities
- To work independently and in groups, taking on different roles and collaborating towards common goals
- To develop a sense of belonging in the wider community
- To understand the importance of managing money carefully
- To understand that we cannot always afford the items we want to buy
- To understand the importance of choices and spending money wisely

Lower Key Stage 2

- To talk about how rules and laws keep us safe
To discuss how I can take part in making and changing rules
- To discuss the values and customs of people around the world
- To explain what the word dilemma means
- To explain the different ways people pay for things.
- To explain the difference between things we want and things we need.
- To talk about priorities.
- To explain how adverts try to influence our spending and why they do this.
- To give some reasons as to why they do this.
- To explain ways I can keep track of what I spend and why it is important to do this.
- To explain how offers and advertising affect our choices.



Curriculum Progression



EYFS

PSHE – Online Safety

Key Stage 1

Lower
Key Stage 2

- To understand that adults should always supervise us when playing games online
 - To never use our name when playing a game online
 - If something pops up on the screen that is not related to a game to alert an adult immediately
 - To always be close by to an adult when online
- To learn about the importance of using the internet
 - To know how to keep safe and how and where to get help
 - To use strategies to stay safe when using ICT and the internet
 - To know the importance of self-respect and how this links to their own happiness
 - To know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
- To explain how something online might make someone feel worried or sad
 - To identify different feelings
 - To identify adults in my life who can help me if I have a problem online
 - To explain what might happen if we share a picture
 - To identify the effect of people's actions online and consider ways of keeping myself and others safe
 - To explain how I will ask for help if I have a problem online.
 - To identify what personal information is and the importance of not sharing this.
 - To understand that people online may not tell the truth.

