

## Broadacre Primary School

### PSHE Progression Map

	Being Me in my World	Celebrating Differences	Dreams & Goals	Healthy Me	Relationships	Changing Me
<b>Year 1</b>	<p>Know what my rights and responsibilities are</p> <p>Understand that actions have consequences/rewards</p>	<p>Identify similarities and differences between myself and others</p> <p>Understand that everyone is different and unique.</p> <p>Understand friendships and bullying. <b>S&amp;C PC</b></p>	<p>Know how to set realistic goals.</p> <p>Identify and use different methods to overcome challenges.</p>	<p>Identify healthy choices and feel good about them.</p> <p>Understand illness and how to get better.</p> <p>Know how to stay safe and healthy out of school.</p>	<p>Understand the relationship between friends and family.</p> <p>Know appropriate ways to greet people <b>S&amp;C</b></p>	<p>Understand changes as we grow and accept them.</p> <p>Identify changes in my body since I was a baby.</p> <p>Identify parts of the body that make boys different to girls. <b>S&amp;C</b></p>
<b>Year 2</b>	<p>Recognise and deal with feelings of being worried</p> <p>Know who to ask for help</p> <p>Understand the different rewards and consequences for actions. <b>S&amp;C</b></p>	<p>Identify some ways in which I am different to my friend(s) and why those differences are valued.</p> <p>Know what is bullying and how to deal with it effectively.</p> <p>Understand why we shouldn't judge others. <b>S&amp;C PC</b></p>	<p>Understand what achievement is and how it is measured.</p> <p>Understand how working with others can support achievement.</p> <p>Express how achievement makes me feel.</p>	<p>Know what is needed to keep the body safe and healthy.</p> <p>Know when a body is ill or weak and how to overcome that.</p> <p>Identify a good balanced diet.</p>	<p>Know that all families are different.</p> <p>Understand the workings of friendship.</p> <p>Identify things that cause conflict between friends or family members.</p> <p>Express appreciation and understand why it is needed. <b>S&amp;C</b></p>	<p>Recognise lifecycles in nature- including humans.</p> <p>Understanding the physical differences of boys and girls.</p> <p>Begin to have an opinion on change.</p> <p>Understand where I am on the age continuum.</p>

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<b>Year 3</b>	<p>Recognise and acknowledge other people's emotions.</p> <p>Understand the importance of rules, rights and responsibilities.</p> <p>Identify the effects actions have on other people.</p> <p>Explain a situation from another point of view.</p>	<p>Understand that everyone's family is different and important to them.</p> <p>Identify different problem-solving techniques in families and friendships.</p> <p>Recognise how others are feeling and respond to this.</p> <p>Know what bullying is and how it can happen. <b>S&amp;C PC LGBTQ</b></p>	<p>Understand how other people have achieved their dream and overcome obstacles.</p> <p>Identify what is important to me to achieve.</p> <p>Know how to review and reflect on my own actions and achievements.</p>	<p>Know how diet and exercise affect my body and organs.</p> <p>Know about safe and unsafe drugs and express my attitude towards these.</p> <p>Know how to respond to situations to keep myself and others safe <b>S&amp;C</b></p>	<p>Know the roles and responsibilities of people and how to avoid stereotypes.</p> <p>Know how to resolve conflict and be a good friend.</p> <p>Understand the importance of staying safe online while recognising the risks.</p> <p>Recognise my roles and responsibilities on a global level.</p> <p>Know how to demonstrate appreciation.</p>	<p>Know the life cycle of a human – how babies (human and animals) change and grow.</p> <p>Understand the changes to my body both on the inside and the outside.</p> <p>Know how I am feeling about moving up in school.</p> <p>Understand what a baby needs in order to grow.</p> <p>Recognise stereotypical ideas about roles within the family.</p>
<b>Year 4</b>	<p>Know how I can work as an effective team and the positives of doing this.</p> <p>Know what it means to be part of the school community.</p> <p>Know my actions have rewards and consequences and use these to decide how to act.</p> <p>Understand that groups can make decisions together (compromise and collaboration).</p>	<p>Know that assumptions are made about people and why.</p> <p>Know the signs of bullying and how to prevent it from happening.</p> <p>Identify how a bystander can help in a bullying situation.</p> <p>Know that I am unique and identify what makes me special. <b>S&amp;C PC</b></p>	<p>Know what my dreams and goals are for this year and how I feel about them.</p> <p>Know that some dreams and goals are not achieved and how to deal with this.</p> <p>Know what steps to take to be as successful as possible with dreams and goals.</p>	<p>Know how friendship groups are formed and how to be part of one.</p> <p>Know the effects of smoking and alcohol on our health and express opinions towards it.</p> <p>Understand the role(s) of leaders and followers. <b>S&amp;C</b></p>	<p>Know and understand feelings such as jealousy in relationships (family and friends).</p> <p>Know and understand the process of love and loss in family and friends.</p> <p>Know the differing levels of relationships from friendship to boyfriend/girlfriend.</p>	<p>Know that my personal characteristics come from my birth parents.</p> <p>Know what girls have babies and understand how their bodies change in order to do this.</p> <p>Know the circle of change and be accepting of this.</p> <p>Describe the changes in a girl's body that occur to allow her to have a baby.</p>

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<b>Year 5</b>	<p>Know how to independently set goals and face challenges.</p> <p>Understand what being a citizen is and my rights as one in and out of school.</p> <p>Understand what a democracy is and its benefits.</p> <p>Understand the importance of making choices about my behaviour.</p>	<p>Understand different cultures and races – including the racism towards these.</p> <p>Identify different types of bullying (direct and indirect)</p> <p>Explain the difference between my life and the life of those in the developing world. <b>S&amp;C PC LGBTQ</b></p>	<p>Know that I will need funding and resources to help me to achieve some of my goals.</p> <p>Know that different jobs have different wages.</p> <p>Use learnt knowledge to identify what job I would like to do in the future.</p> <p>Understand the importance of communication in supporting others</p>	<p>Know the risks and effects of smoking and alcohol.</p> <p>Know and put into practice basic first aid procedures and how to get help.</p> <p>Understand the effects of social media on body image and how to have a healthy relationship with food.</p> <p>Understand the different role of food in people's lives.</p>	<p>Know and recognise my own personal characteristics and qualities.</p> <p>Know about the positive and negative effects of being online.</p> <p>Know how to create healthy relationship with technology. <b>S&amp;C</b></p>	<p>Be aware of my own self and body image. Know how a girl and boy's body changes during puberty.</p> <p>Understand that sexual intercourse can lead to conception (this is usually how babies are made – sometimes people use IVF)</p> <p>Identify the next step in my life and what I am looking forward to.</p>
<b>Year 6</b>	<p>Set goals for the year, understand worries and fears about the future and how to express them.</p> <p>Know why some people's rights are not met and know how behaviour links to rights.</p> <p>Know the different wants and needs between you and others.</p> <p>Know importance of working as a group and how behaviour affects the group.</p> <p>Know that there are universal rights for children but, that for some children, these are not met.</p> <p>Know what a democracy is and its importance.</p>	<p>Know there are differences between people's perceptions of what 'normal' is.</p> <p>Know people are different and they can be treated badly and how to react to this.</p> <p>Know ways in which people can have power over another</p> <p>Know why people bully and how to manage feelings of bullying.</p> <p>Know disabled people who lead amazing lives. <b>S&amp;C PC LGBTQ</b></p>	<p>To know what challenges they have set and how to achieve them.</p> <p>Understand problems in the world and emphasise with those struggling.</p> <p>Know how to make the world a better place.</p> <p>Accept peoples praise and give it back.</p>	<p>Know you are responsible for your health and how to benefit it.</p> <p>Know what different drugs are, why people take them and effects on the body.</p> <p>Know people can be made to break the law.</p> <p>Know why people join gangs.</p> <p>Understand what poor mental health is and what people think of mental health.</p>	<p>Know why it is important to look after your mental health and why you should not be ashamed.</p> <p>Know ways to look after your mental health and solve other peoples problems regarding it.</p> <p>Know stages and types of loss and grief and how to manage those feelings.</p> <p>Recognise and know how to respond to people trying to gain power.</p> <p>Use technology positively and safely. <b>S&amp;C</b></p>	<p>Know about own self-image and how to develop it.</p> <p>Explain differences between boys' and girls' changes in puberty and know how to look after yourself during this process.</p> <p>Know how a bay develops from conception to 9 months and birth.</p> <p>Know what a relationship entails and how they are formed.</p> <p>Know what they are looking forward to about the next school chapter and how to prepare. <b>PC</b></p>

**Key to annotations**

**S&C** – safeguarding and/or consent is implicitly or explicitly covered

**PC** – aligning Jigsaw PSHE lessons to the Equality Act (Protected characteristics Ofsted and Jigsaw).

**LGBTQ** – coverage of LGBTQ issues (Valuing and including all children)