



Misterton Primary and Nursery School - Progression in PSHCE



Key Areas	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Wellbeing	To know that having a naturally colourful diet is one way to try and eat healthily To know that exercise means moving our body and is important. To know that yoga can help our bodies and minds relax To name some different feelings and emotions. To know that I am a valuable individual. To know that facial expressions can give us clues as to how a person is feeling. To know that I can learn from my mistakes. To know some strategies to calm down.	To understand we can limit the spread of germs by having good hand hygiene. To know the five S's for sun safety: slip, slop, slap, shade, sunglasses. To know that certain foods and other things can cause allergic reactions in some people. To know that sleep helps my body to repair itself, to grow and restores my energy. To know the words to describe some positive and negative emotions. To know that strengths are things we are good at. To know that qualities describe what we are like.	To know that food and drinks with lots of sugar are bad for my teeth. To understand the importance of exercise to stay healthy. To understand the balance of foods we need to keep healthy. To know that breathing techniques can be a useful strategy to relax. To know that we can feel more than one emotion at a time. To know that a growth mindset means being positive about challenges and finding ways to overcome them.	To understand ways to prevent tooth decay. To understand the positive impact relaxation can have on the body. To know the different food groups and how much of each of them we should have to have a balanced diet. To understand the importance of belonging. To understand what being lonely means and that it is not the same as being alone. To understand what a problem or barrier is and that these can be overcome.	To know key facts about dental health. To know that visualisation means creating an image in our heads. To know that different job roles need different skills and so some roles may suit me more than others. To know that it is normal to experience a range of emotions. To know that mental health refers to our emotional wellbeing, rather than physical. To understand that mistakes can help us to learn. To know who can help if we are worried about our own or other	To understand the risks of sun exposure. To know that relaxation stretches can help us to relax and de-stress. To know that calories are the unit that we use to measure the amount of energy certain foods give us. To know that what we do before bed can affect our sleep quality. To understand what can cause stress. To understand that failure is an important part of success.	To understand that vaccinations can give us protection against disease. To know that changes in the body could be possible signs of illness. To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health). To know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits. To understand that a number of factors contribute to my mental health (Diet, exercise, rest/relaxation). To know the



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		To know that a growth mindset means being positive about challenges and finding ways to overcome them.			people's mental health.		effects technology can have on mental health.
Safety and the changing body	To know that some rules are in place to keep us safe. To know how to behave safely on the pavement and when crossing roads with an adult.	To know that some types of physical contact are never appropriate. To know what to do if I get lost. To know that a hazard is something which could cause an accident or injury. To know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure. To know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened. To know that the emergency services are the police, fire	To know the PANTS rule. To understand the difference between secrets and surprises. To know that I should tell an adult if I see something which makes me uncomfortable online. To know the rules for crossing the road safely. To know that medicine can help us when we are ill. To understand that we should only take medicines when a trusted adult says we can. To know the names of parts of	To understand that cyberbullying is bullying which takes place online. To know the signs that an email might be fake. To know the rules for being safe near roads. To understand that other people can influence our choices. To know that bites or stings can sometimes cause an allergic reaction. To know that it is important to maintain the safety of myself and others, before giving first aid.	To understand that there are risks to sharing things online. To know the difference between private and public. To understand the risks associated with smoking tobacco and vaping. To understand the physical changes to both male and female bodies as people grow from children to adults. To know that asthma is a condition which causes the airways to narrow.	To know the steps to take before sending a message online (using the THINK mnemonic). To know some of the possible risks online. To know some strategies I can use to overcome pressure from others and make my own decisions. To understand the process of the menstrual cycle. To know the names of the external sexual parts of the body and the internal reproductive organs. To know that puberty	To understand that online relationships should be treated in the same way as face to face relationships. To know where to get help with online problems. To understand the risks associated with drinking alcohol. To understand how a baby is conceived and develops. To know how to conduct a primary survey (using DRSABC).



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		service and the ambulance service.	my body including private parts.			happens at different ages for different people. To know how to assess a casualty's condition.	
Family and Relationships	To name and describe the different members of our families. To understand that all families are valuable and special. To know that we share toys so that everyone feels involved and no one feels left out or upset. To understand that different people like different things. To understand that all people are valuable. To know that it is important to help, listen and support others when working as a team. To know that it is	To understand that families look after us. To know some words to describe how people are related (eg. aunty, cousin) To know that some information about me and my family is personal. To know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only. To understand some characteristics of a positive friendship. To understand that friendships can have problems but	To know that families can be made up of different people. To know that families may be different to my family. To know some problems which might happen in friendships. To understand that some problems in friendships might be more serious and need addressing. To understand some ways people show their feelings. To understand what good manners are. To	To know that I can talk to trusted adults or services such as Childline if I experience family problems. To know that bullying can be physical or verbal. To know that bullying is repeated, not a one off event. To know that violence is never the right way to solve a friendship problem To know that trust is being able to rely on someone and it is an important part of relationships. To know the signs of a good listener. To understand how to listen carefully and why listening is	To know that families are varied in the UK and across the world. To understand the different roles related to bullying including victim, bully and bystander. To understand that everyone has the right to decide what happens to their body. To understand the courtesy and manners which are expected in different scenarios. To understand some stereotypes related to disability. To know that bereavement describes the feeling someone might have after	To know that marriage is a legal commitment and is a choice people can make. To know that if I have a problem, I can call ChildLine on 0800 1111. To know what attributes and skills make a good friend. To understand what might lead to someone bullying others. To know what action a bystander takes when they see bullying. To understand that positive attributes are the good qualities that someone has. To know that	To know that a conflict is a disagreement or argument and can occur in friendships. To understand the concepts of negotiation and compromise. To understand what respect is. To understand that everyone deserves respect but respect can be lost. To understand that stereotypes can lead to bullying and discrimination. To understand that loss and change can cause a range of emotions. To know



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	important to tell the truth.	that these can be overcome.	understand some gender stereotypes related to jobs. To know there are ways we can remember people or events.	important. To understand that there are similarities and differences between people. To understand some stereotypes related to age.	someone dies or another big change in their lives.	stereotypes can be unfair, negative and destructive. To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.	that grief is the process people go through when someone close to them dies.
Citizenship	To know that we have rules to keep everything fair, safe and enjoyable for everyone. To understand that we all have similarities and differences and that make us special. To know that we all have different beliefs and celebrate special times in different ways.	To know the rules in school. To know that different pets have different needs. To understand the needs of younger children and that these change over time. To know that voting is a fair way to make a decision. To understand that people are all different.	To know some of the different places where rules apply. To know that some rules are made to be followed by everyone and are known as 'laws'. To know some of the jobs people do to look after the environment in school and the local community. To understand how democracy works in school through the school council. To understand that different groups of people make different	To understand the UN Convention on the Rights of the Child. To understand how recycling can have a positive impact on the environment. To know that the local council is responsible for looking after the local area. To know that elections are held where adults can vote for local councillors. To understand some of the	To know that families are varied in the UK and across the world. To understand the different roles related to bullying including victim, bully and bystander. To understand that everyone has the right to decide what happens to their body. To understand the courtesy and manners which are expected in different scenarios. To understand	To know that marriage is a legal commitment and is a choice people can make. To know that if I have a problem, I can call ChildLine on 0800 1111. To know what attributes and skills make a good friend. To understand what might lead to someone bullying others. To know what action a bystander can	To know that a conflict is a disagreement or argument and can occur in friendships. To understand the concepts of negotiation and compromise. To understand what respect is. To understand that everyone deserves respect but respect can be lost. To understand that stereotypes can lead to



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			contributions to the community.	consequences of breaking rules. To understand the role of charities in the community. To understand that there are different ways to pay for things. To know that budgeting money is important. To understand that there are a range of jobs available. To understand that some stereotypes can exist around jobs but these should not affect people's choices.	some stereotypes related to disability. To know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.	take when they see bullying. To understand that positive attributes are the good qualities that someone has. To know that stereotypes can be unfair, negative and destructive. To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability	bullying and discrimination. To understand that loss and change can cause a range of emotions. To know that grief is the process people go through when someone close to them dies.
Economic well being		To know that people use money to buy things, including things they need and things they want. To know that coins and notes are types of money and have different values. To know that notes are higher in	To know that many adults earn money by having a job. To know some basic needs for survival, such as food, water and shelter. To know that a bank account is like a special place in a bank that	To know that we can pay for things using cash, a debit card, a credit card, online banking, and digital wallets. To know that spending should be based on necessity, importance, and available budget.	To know that getting value for money involves considering the cost, usefulness and quality of items. To know that purchases can be influenced by needs, wants, peer pressure, and advertising.	To know that being 'in debt' or 'having debt' means that you have spent more money than you have and owe money to others or the bank.	To know that our emotions can be linked to money. To know an online scam is when someone uses the internet to trick or deceive people into giving away their money or personal



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		value than coins. To know that it is wrong to steal money. To know that money is valuable and needs to be looked after. To know that money should be stored in a safe place to keep it secure and should not be displayed in public places. To know that they should not show or give money to strangers. To know that they can ask adults they know and trust about money and where to store it safely. To know that banks are places where we can store our money. To know adults have jobs to help others and to earn money.	keeps money safe until it is needed. To know that a bank account card is like a special key that unlocks a bank account to access the money inside. To know that saving money is when we keep some money and don't spend it straight away. To know that it is important for workplaces to include a variety of people to bring different viewpoints and skills.	To know that budgeting is planning how to spend and save the money that you have available. To know that money can cause us to have positive and negative feelings. To know how we spend money can affect other people and the environment, like buying environmentally friendly products to help protect the planet. To know that different jobs contribute to our society in different ways. To know that stereotypes are oversimplified ideas about what jobs are suitable for people based on gender, race, or other	To know that people often earn interest when they keep savings in a bank account. To know that earning interest is when the bank gives you some extra money as a reward for keeping your money with them. To know that people often change jobs or careers multiple times in their lives. To know that stereotypes can be made on age, gender, culture, ability and interest and hobbies.	To know the difference between money earned (income) and money spent (expenditure). To know that borrowing money, like loans or credit, involves the responsibility to pay it back with interest. To know that when a bank or someone lends you money, they may ask you to pay back more than what you borrowed. The extra amount is the interest, which is like a fee for using someone else's money. To know that they should be cautious	information. To know that a secure password should have a combination of letters, numbers and special symbols and be kept secret from others. To know that at secondary school they may have to manage different types of expenses like lunches, travel costs, school materials, and social activities. To know that gambling or betting is paying to play a game where you don't know if you will win more money or lose your money. To know that gambling can cause people to lose a lot of
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		To know that skills are things that we can do well and that everyone has different skills. To know that different jobs need different skills.		characteristics. To know that it is important to consider what they are good at and enjoy doing when choosing future careers. To know that they can aim for any career they are interested in and passionate about, regardless of stereotypes or other people's expectations.		about sharing financial information. To know that money can cause a range of emotions, from stress and anxiety when finances are tight, to happiness and excitement when they can afford something they want. To know that their educational choices and personal interests can play a significant role in determining their future career options and opportunities. To know that it is important to challenge work-related stereotypes	money and can be very addictive. To know that a career route is the path you take to have a particular career and the qualifications and experience you have to gain along the way.
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						to create a more inclusive	
Identify		To understand that changes can be both positive and negative.	To understand that change is part of life.	To understand that change often brings about more opportunities and responsibilities.	Recognising our own achievements. Being able to set goals.	To understand the skills needed for roles in school.	To know that a big change can bring opportunities but also worries.