



Holy Trinity CE
Primary School

PSHE Progression Map

Core themes	Being me in my world	Celebrating differences	Dreams and goals	Healthy me	Relationships	Changing me
EYFS						
Nursery and Reception	<ul style="list-style-type: none"> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities 	<ul style="list-style-type: none"> Identifying talents Being special Families Where we live Making friends Standing up for yourself 	<ul style="list-style-type: none"> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals 	<ul style="list-style-type: none"> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety 	<ul style="list-style-type: none"> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend 	<ul style="list-style-type: none"> Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
KS1						
Yr 1	<ul style="list-style-type: none"> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter 	<ul style="list-style-type: none"> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone 	<ul style="list-style-type: none"> Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success 	<ul style="list-style-type: none"> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness 	<ul style="list-style-type: none"> Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships 	<ul style="list-style-type: none"> Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Yr 2	<ul style="list-style-type: none"> Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings 	<ul style="list-style-type: none"> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends 	<ul style="list-style-type: none"> Achieving realistic goals Perseverance Learning strengths Learning with others Group cooperation Contributing to and sharing success 	<ul style="list-style-type: none"> Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food 	<ul style="list-style-type: none"> Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships 	<ul style="list-style-type: none"> Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition

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LOWER KS2						
Yr 3	<ul style="list-style-type: none"> ● Setting personal goals ● Self-identity and worth ● Positivity in challenges ● Rules, rights and responsibilities ● Rewards and consequences ● Responsible choices ● Seeing things from others' perspectives 	<ul style="list-style-type: none"> ● Families and their differences ● Family conflict and how to manage it (child-centred) ● Witnessing bullying and how to solve it ● Recognising how words can be hurtful ● Giving and receiving compliments 	<ul style="list-style-type: none"> ● Difficult challenges and achieving success ● Dreams and ambitions ● New challenges ● Motivation and enthusiasm ● Recognising and trying to overcome obstacles ● Evaluating learning processes ● Managing feelings ● Simple budgeting 	<ul style="list-style-type: none"> ● Exercise ● Fitness challenges ● Food labelling and healthy swaps ● Attitudes towards drugs ● Keeping safe and why it's important online and off line ● scenarios ● Respect for myself and others ● Healthy and safe choices 	<ul style="list-style-type: none"> ● Family roles and responsibilities ● Friendship and negotiation ● Keeping safe online and who to go to for help ● Being a global citizen ● Being aware of how my choices affect others ● Awareness of how other children have different lives ● Expressing appreciation for family and friends 	<ul style="list-style-type: none"> ● How babies grow ● Understanding a baby's needs ● Outside body changes ● Inside body changes ● Family stereotypes ● Challenging my ideas ● Preparing for transition
Yr 4	<ul style="list-style-type: none"> ● Being part of a class team ● Being a school citizen ● Rights, responsibilities and democracy (school council) ● Rewards and consequences ● Group decision-making ● Having a voice ● What motivates behaviour 	<ul style="list-style-type: none"> ● Challenging assumptions ● Judging by appearance ● Accepting self and others ● Understanding influences ● Understanding bullying ● Problem-solving ● Identifying how special and unique everyone is ● First impressions 	<ul style="list-style-type: none"> ● Hopes and dreams ● Overcoming disappointment ● Creating new, realistic dreams ● Achieving goals ● Working in a group ● Celebrating contributions ● Resilience ● Positive attitudes 	<ul style="list-style-type: none"> ● Healthier friendships ● Group dynamics ● Smoking ● Alcohol ● Assertiveness ● Peer pressure ● Celebrating inner strength 	<ul style="list-style-type: none"> ● Jealousy ● Love and loss ● Memories of loved ones ● Getting on and Falling Out ● Girlfriends and boyfriends ● Showing appreciation to people and animals 	<ul style="list-style-type: none"> ● Being unique ● Having a baby ● Girls and puberty ● Confidence in change ● Accepting change ● Preparing for transition ● Environmental change

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UPPER KS2						
Yr 5	<ul style="list-style-type: none"> ● Planning the forthcoming year ● Being a citizen ● Rights and responsibilities ● Rewards and consequences ● How behaviour affects groups ● Democracy, having a voice, participating ● ● 	<ul style="list-style-type: none"> ● Cultural differences and how they can cause conflict ● Racism ● Rumours and name-calling ● Types of bullying ● Material wealth and happiness ● Enjoying and respecting other cultures ● ● 	<ul style="list-style-type: none"> ● Future dreams ● The importance of money ● Jobs and careers ● Dream job and how to get there ● Goals in different cultures ● Supporting others (charity) ● Motivation ● 	<ul style="list-style-type: none"> ● Smoking, including vaping ● Alcohol ● Alcohol and anti-social behaviour ● Emergency aid ● Body image ● Relationships with food ● Healthy choices ● Motivation and behaviour ● 	<ul style="list-style-type: none"> ● Self-recognition and self-worth ● Building self-esteem ● Safer online communities ● Rights and responsibilities online ● Online gaming and gambling ● Reducing screen time ● Dangers of online grooming ● SMARRT internet safety rules ● 	<ul style="list-style-type: none"> ● Self- and body image ● Influence of online and media on body image ● Puberty for girls ● Puberty for boys ● Conception (including IVF) ● Growing responsibility ● Coping with change ● Preparing for transition ●
Yr 6	<ul style="list-style-type: none"> ● Identifying goals for the year ● Global citizenship ● Children's universal rights ● Feeling welcome and valued ● Choices, consequences and rewards ● Group dynamics ● Democracy, having a voice ● Anti-social behaviour ● Role-modelling ● 	<ul style="list-style-type: none"> ● Perceptions of normality ● Understanding disability ● Power struggles ● Understanding bullying ● Inclusion/exclusion ● Differences as conflict, difference as celebration ● Empathy ● 	<ul style="list-style-type: none"> ● Personal learning goals, in and out of school ● Success criteria ● Emotions in success ● Making a difference in the world ● Motivation ● Recognising achievements ● Compliments ● ● ● 	<ul style="list-style-type: none"> ● Taking personal responsibility ● How substances affect the body ● Exploitation, including 'county lines' and gang culture ● Emotional and mental health ● Managing stress ● ● ● 	<ul style="list-style-type: none"> ● Mental health ● Identifying mental health worries and sources of support ● Love and loss ● Managing feelings ● Power and control ● Assertiveness ● Technology safety ● Take responsibility with technology use ● 	<ul style="list-style-type: none"> ● Self-image ● Body image ● Puberty and feelings ● Conception to birth ● Reflections about change ● Physical attraction ● Respect and consent ● Boyfriends/girlfriends ● Sexting ● Transition ●