



**ST CHARLES' CATHOLIC PRIMARY
SCHOOL**



**PSHE PROGRESSION OF SKILLS,
KNOWLEDGE AND VOCABULARY**

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Relationships	Families and friendships						
	T develop a positive sense of themselves and others	To understand the roles of different people and that there are different types of families. To understand they should feel cared for and care for others	To understand ways to make friends. To understand what to do if they are feeling lonely and how to get help.	To understand what makes a family and to know what the features of a family life are.	To understand what a positive friendship is including online friendships.	To be able to manage their own friendships and understand peer influence.	To understand what attracts them to others. To understand romantic relationships, civil partnership and marriage.
	Safe relationships						
	To develop social skills and form positive relationships. To understand appropriate behaviour in groups.	To understand what privacy is and to seek permission for things.	To recognise behaviour that is hurtful. To understand what a secret is; when it is ok to keep or when it is necessary to share.	To understand personal boundaries and relate this to being able to safely respond to others. To understand the impact of hurtful behaviour.	To know how to respond to hurtful behaviour. To manage confidentiality including risks posed online.	To understand which physical contact is acceptable and what they feel comfortable with.	To be able to recognise and manage pressure. To understand consent in different situations.
Relationships	Respecting ourselves and others						
	To develop respect for others To have confidence in their own abilities.	To understand that their behaviour affects others and how to be polite and respectful.	To recognise things in common and differences. To understand how to play and work cooperatively.	To be able to recognise respectful behaviour. To know how to be courteous and polite. To know the value and importance of self-respect.	To be able to respect differences and similarities but also know how to discuss differences sensitively.	To be able to respond respectfully to a wide range of people. To recognise prejudice and discrimination.	To be able to express their opinions and respect that of others. To be able to discuss topical issues respectfully
Living in the wider community	Belonging to a community						
	To make sense of their community	To understand what rules are and why we follow them.	To understand what it means to belong to a group.	To understand the value of rules and laws. To know about rights,	To understand what makes a community. To understand what a	To know how to protect the environment.	To value diversity. To safely challenge discrimination and

		To know how to care for others and support their needs. To know how and why we care for the environment.	What are your roles and responsibilities?	freedom and responsibilities.	shared responsibility is.	To be able to show compassion for others.	stereotypes.
	Media literacy and digital resilience						
	To use opportunities to observe and explore To find out about technology	To know how to use online services to communicate and do this safely	To know how we use the internet in everyday life.	To know how the internet is used and understand how to assess information online.	To know and understand how data is used and shared.	To know and understand how information online is targeted. To understand the roles and impact of different media types.	To be able to evaluate media sources and share things online safely.
	Money and work						
To understand what their strengths and interests are To find out about people and places.	To understand how your strengths and interests and link to jobs within the community	To understand what money is and how to look after it.	To understand that different jobs require different skills. To understand job stereotypes. To be able to set their own personal goals	To be able to make sensible decisions about money. To know how to use money safely and keep it safe.	To identify their job interests and aspirations. To understand what has influenced their career choice and explore workplace stereotypes.	To understand influences and attitudes towards money. To have knowledge of money and financial risks.	
	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Health and wellbeing	Physical health and mental wellbeing						
	To learn how to manage their feelings To understand basic hygiene routines.	To know how to keep healthy based on food and exercise. To understand some hygiene routines including sun safety.	To understand why sleep is important. Keeping healthy; teeth and medicines including safety. To learn ways of managing your feelings and when to ask for help.	To know how to make good choices about health and their habits. To know what affects theirs and others feelings and know how to express them.	To be able to maintain a balanced lifestyle including oral and dental hygiene.	To develop and understand healthy sleep habits. To understand the safety aspects around; the sun, medicines, vaccinations, immunisations and allergies.	To know what can affect mental health and how to take care of it. To know ways to manage change, loss and bereavement. Manage their own time online.
	Growing and changing						
To know that our bodies are good and we need to look after them.	To recognise what makes them unique and special.	To understand how we are growing older; life stages. Including naming body parts.	To identify their own strengths and achievements.	To know that God has made us different from one another.	To know which are the external genitalia and name them correctly.	To understand human reproduction and birth. To increase	

	That there are natural life stages.	To learn how to manage their emotions when things go wrong.	How to prepare yourself when moving on to a new class.		To describe how we should treat others making links with the diverse modern society we live in.	To know what their personal hygiene routines are.	independence and manage transitions.
	Keeping safe						
	To learn ways of keeping safe inside and outside their home To know that rules are there to keep us safe	To learn ways of keeping safe online. To understand how rules and age restrictions keep us safe.	How to keep safe in different environments; keeping safe at home.	To understand risks and hazards. To understand safety in their local environment and also in unfamiliar places.	To know about medicines and household products including drugs common to everyday life.	To keep safe in different situations including; responding to emergencies and first aid.	To keep their personal information safe. Understand how to regulate themselves and make good choices. To understand how drug use relates to the law and media.

