St Clare's Catholic Primary School

Let Our Light Shine

PSHE Progression Map

Year	PH &W	KSMR	ISE	DATE	MHW	CFEW
Nursery	Increasingly follow rules, understanding why they are important.	Begin to understand how others might be feeling.	Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.	Show more confidence in new social situations.	Develop appropriate ways of being assertive.	Develop their sense of responsibility and membership of a community.
REC	See themselves as a valuable individual. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong try behave accordingly.	Build constructive and respectful relationships. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, show an ability to follow instructions involving several ideas.	Express their feelings and consider the feelings of others. Begin to regulate their behaviour Show sensitivity to their own and to others' needs. Form positive attachments to adults and peers.	Show resilience and perseverance in the face of challenge. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate	Think about the perspectives of others. Show sensitivity to their own and to others' needs. Work and play cooperatively and take turns with others.	Manage their own basic hygiene and personal needs, including dressing, going to toilet and understanding the importance of healthy food choices.
Year 1	**Physical health and wellbeing** Fun times	**Keeping safe and managing risk** Feeling safe	**Identity, society and equality** Me and others	**Drug, alcohol and tobacco education** What do we put into our bodies?	**Mental health and emotional wellbeing** Feelings	**Careers, financial capability and economic wellbeing** My Money
Year 2	**Physical health and wellbeing** What keeps me healthy?	**Keeping safe and managing risk** Indoors and outdoors	***Identity, society and equality*** *Respecting ourselves & others – Belonging to a community*	**Drug, alcohol and tobacco education** Medicines and me	**Mental health and emotional wellbeing** Friendship	***Careers, financial capability and economic wellbeing*** *Money and Work – what money is.*
Year 3	**Physical health and wellbeing** What helps me choose?	**Keeping safe and managing risk** Bullying – see it, say it, stop it.	**Identity, society and equality** Celebrating difference	**Drug, alcohol and tobacco education** Tobacco is a drug	**Mental health and emotional wellbeing** Strengths and challenges	**Careers, financial capability and economic wellbeing** Saving, spending and budgeting
Year 4	**Physical health and wellbeing** What is important to me?	**Keeping safe and managing risk** Playing safe	**Identity, society and equality** Democracy	**Drug, alcohol and tobacco education** Making choices	***Mental health and emotional wellbeing*** *Feelings*	***Careers, financial capability and economic wellbeing***
Year 5	**Physical health and wellbeing** In the media	**Keeping safe and managing risk** When things go wrong	**Identity, society and equality** Stereotypes, discrimination and prejudice (including tackling homophobia)	**Drug, alcohol and tobacco education** Different influences	**Mental health and emotional wellbeing** Dealing with feelings	**Careers, financial capability and economic wellbeing** Borrowing and earning money
Year 6	***Physical health and wellbeing*** *Healthy teeth, physical health & healthy lifestyles.*	**Keeping safe and managing risk** Keeping safe –out and about FGM	**Identity, society and equality** Human rights	**Drug, alcohol and tobacco education** Weighing up risk	**Mental health and emotional wellbeing** Healthy minds	***Careers, financial capability and economic wellbeing*** *Money and work – influences and attributes*

NB - Units with a * can be accessed directly from the PSHE Association.   For all other units see the *You Me PSHE* scheme.