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Thrive & flourish in a global society

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Events from the past impact on our lives Importance of collaboration

Build resilient, confident & independent learners Relate current learning with past learning

		Health and Wellbeing	
	Y1/2	Y3/4	Y5/6
Physical, emotional, and mental		To know and understand the difference between the terms physical, emotional and mental To become more self-aware To understand why setting goals is important	
Healthy lifestyle	 To learn about where vegetables and fruit grow To learn to make simple choices that improve their health and well-being e.g. healthy eating To understand the need for protein as part of a balanced diet To recognise which types of food are healthy To apply their knowledge of healthy eating to plan a menu for a themed party To make positive real-life choices To understand the need for physical activity to keep healthy To recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health To understand how muscles work To make positive real-life choices To understand the importance of physical activity and rest as part of a balanced, healthy lifestyle To make positive real-life choices 	 To understand the meaning of the word 'healthy' To know the recommended guidelines for physical activity and understand the reasons for these To recognise the need to take responsibility for actions To explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle 	 To know about the basic synergy between physical, emotional and mental health To know about, recognise and understand changes that occur during puberty To understand the importance of making change in adopting a more healthy lifestyle
Hygiene	 To learn about the importance of effective teeth cleaning and good dental hygiene To learn how to take care of teeth, in addition to brushing To manage basic personal hygiene To find out which foods are good for us To understand the importance of a healthy lifestyle, including dental hygiene 		

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	 To make simple choices that improve their health and well-being e.g. healthy eating To learn to eradicate germs and the spread of diseases by washing hands To understand how germs spread infections and diseases To learn about the importance of and reasons for bathing and showering To manage basic personal hygiene To learn about the importance of and reasons for bathing and showering To understand the importance of maintaining personal hygiene 		
Nutrition and food	personal hygretie	 To know where different foods come from To know about and understand the function of different food groups for a balanced diet To identify the range of jobs carried out by the people they know To reflect on the range of skills needed in different jobs To learn to prepare and cook a variety of dishes To work co-operatively, showing fairness and consideration to others 	 To know about the different food groups and their related importance as part of a balanced diet To develop an awareness of their own dietary needs To work independently and in groups, taking on different roles and collaborating towards common goals To take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle To know how to cook and apply the principles of nutrition and healthy eating To prepare and cook with a variety of ingredients, using a range of cooking techniques
Aspiration		 To understand that everyone has different strengths and weaknesses To know how to set realistic targets To self-assess, understanding how this will help their future actions To understand how to break down the steps needed to achieve a goal 	O To identify and talk about their own and others' strengths and weaknesses and how to improve O To self-assess, understanding how this will help their future actions O To be able to reflect on past achievements O To recognise achievements of others as being worthwhile and important

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Emotions	 To learn about making positive choices and how they can lead to happiness To recognise, name and manage their feelings in a 	 To identify and talk about their own and others' strengths and weaknesses and how to improve To reflect on the range of skills needed in different jobs To listen to and show consideration for other people's views To empathise with another viewpoint 	 To begin to set personal goals To identify the skills they need to develop to make their contribution in the working world in the future To make connections between their learning, the world of work and their future economic wellbeing To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures
	positive way To recognise how their behaviour affects other people To recognise how their behaviour and that of others may influence people both positively and negatively To learn about the importance of love To recognise, name and deal with their feelings in a positive way To understand and be aware of the different ways to show sadness To understand about coping with change and loss To understand that all actions have consequences To learn to take responsibility for our actions To recognise how their behaviour affects other people To recognise how their behaviour and that of others may influence people both positively and negatively To think about themselves, learn from experiences and recognise what they are good at To recognise choices that they can make and value their achievements To learn how to set simple goals and targets for themselves	 To listen to, reflect on and respect other people's views and feelings To develop strategies for managing and controlling strong feelings and emotions To understand that family units can be different and can sometimes change 	
Safety	To understand the importance of sun safety To know how to keep safe in the sun	 To use strategies to stay safe when using ICT and the internet 	o To take action based on responsible choices

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		To recognise and manage risk in everyday activities To learn rules for, and ways of, keeping safe, including basic road safety and about people who can help them to stay safe To develop an awareness of the Green Cross Code To demonstrate basic road safety skills To learn about the importance of medicine safety To recognise that some substances can help or harm the body To learn about the difference between secrets and surprises To understand when not to keep adults' secrets To seek help from an appropriate adult when necessary To learn about who to go to for help and advice To recognise that there are people who care for and look after them To know how to keep safe and how and where to get help To recognise and respond to issues of safety relating to themselves and others and how to get help To learn about the importance of using the internet To know how to keep safe and how and where to get help To use strategies to stay safe when using ICT and the internet	0 0 0	To begin to make responsible choices and consider consequences To use ICT safely including keeping electronic data secure To use ICT safely including using software features and settings	0	To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs
	0	To identify and respect similarities and differences	0	To understand that the rate at which we grow differs		
and .		between boys and girls		from person to person		
changing	0	To learn about the process of growing from young to old	0	To show awareness of changes that take place as they		
,	0	To learn the names for different parts of the body	0	grow To know and understand how to look after our teeth		
	0	To recognise similarities and differences based on	0	To understand what happens when we lose teeth as		
	J	gender		we grow up and why this happens		

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	 To recognise and respect similarities and differences between people To learn about the physical changes in their bodies as we grow To understand emotional changes as they grow up To learn about how our needs change and grow as we develop To recognise the simple physical changes to their bodies experienced since birth To learn to take responsibility for their own actions To recognise how their behaviour and that of others may influence people both positively and negatively To listen to, reflect on and respect other people's views and feelings To learn about a range of different feelings and emotions To recognise, name and manage their feelings in a positive way 		
First aid		 To take responsibility for their own safety and the safety of others and be able to seek help in an emergency To know when and how to make an emergency call To recognise the importance of local organisations in providing for the needs of the local community To behave safely and responsibly in different situations 	

	Relationships							
	Y1/2	Y3/4	Y5/6					
Communications	To recognise and communicate feelings to others To recognise and communicate feelings to others To listen to, reflect on and respect other people's views and feelings	 To recognise that there are many ways to communicate To understand the need to communicate clearly 	To recognise that there are many different ways to communicate To understand the need for confidentiality in certain situations					

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Relate current learning with past learning

	 To understand that it is important to share their opinions and to be able to explain their views To learn to listen to other people and play and work co-operatively To recognise the importance of listening to other people To understand the importance of being able to work cooperatively To understand the concept of negotiation To understand the importance of being able to play and work cooperatively To work independently and in groups, taking on different roles and collaborating towards common goals To take part in a simple debate about topical issues To share opinions and explain their views To reflect on the similarities and differences between people 	 To understand why it is important to listen to others To talk about their views on issues that affect themselves and their class To know how to communicate their opinions in a group To listen to and show consideration for other people's views 	O To know and understand the importance of listening to others O To understand the role of the listener in any relationship O To recognise that there are many ways to communicate O To understand the need to both listen and speak when communicating with others
Collaborations		 To work co-operatively, showing fairness and consideration to others To understand why it is important to work collaboratively To take the lead, prioritise actions and work independently and collaboratively towards goals To know how to identify ways to improve the environment To know how to spot problems and find ways of dealing with them 	 Understand that there are many situations in which collaboration is necessary To understand the need to develop team work skills To recognise that there are many roles within a community To understand the need to collaborate in a group situation To recognise that there are many roles within a community To understand the need to collaborate in a group situation

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Bullying	 To learn about bullies and bullying behaviour To understand the difference between impulsive and considered behaviour To understand that name-calling is hurtful and avoidable To recognise how their behaviour affects other people To understand what is and what is not bullying behaviour To understand the difference between impulsive and considered behaviour To recognise the difference between good and bad choices To recognise how their behaviour affects other people To recognise how attitude and behaviour, including bullying, may affect others To recognise how their behaviour and that of others may influence people both positively and negatively To understand who can help if someone is affected by bullying To recognise that there are people who care for and look after them To consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying To seek help from an appropriate adult when necessary 	 To know how to recognise the difference between isolated hostile incidents and bullying To recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying To understand what self-esteem is and why it is important To understand the terms 'resilience' and 'persistence' and why these character traits are important To face new challenges positively and know when to seek help To know how to recognise bullying behaviour To recognise right and wrong, what is fair and unfair and explain why To understand the nature and consequences of negative behaviours such as bullying, aggressiveness 	
Similarities and differences		o To understand how we are all connected by our similarities	 To learn about racial discrimination and its impact on societies, past and present

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		 To recognise and respect similarities and differences between people To know and understand how the make-up of family units can differ To empathise with another viewpoint To understand and appreciate the range of different cultures and religions represented within school To learn about the importance of family in different cultures To recognise and respect similarities and different faiths and beliefs To understand the term 'diversity' and appreciate diversity within school To recognise and challenge stereotyping and discrimination To know and understand the features of a good friend To understand why it is important to be positive in relationships with others To work co-operatively, showing fairness and consideration to others To understand why it is important to be positive in relationships with others
Fairness	 To recognise what is fair and unfair To learn to take part in discussions with the whole class To learn about others To reflect on the similarities and differences between people To recognise and respect similarities and differences between To understand that family and friends should care for each other 	To understand that everyone has different strengths and weaknesses To know how to set realistic targets To self-assess, understanding how this will help their future actions To understand how to break down the steps needed to achieve a goal To identify and talk about their own and others' strengths and weaknesses and how to improve

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Events from the past impact on our lives

Importance of collaboration

Build resilient, confident & independent learners Relate current learning with past learning

on our lives				independent learners		
		To recognise how their behaviour affects other people To recognise how their behaviour and that of others may influence people both positively and negatively To understand the difference between right and wrong To recognise right and wrong, what is fair and unfair and explain why To learn strategies to cope with unfair teasing To understand that there are different types of teasing and bullying To consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying To recognise what is kind and unkind behaviour To understand that family and friends should care for each other To recognise how their behaviour and that of others may influence people both positively and negatively	0	To reflect on the range of skills needed in different jobs		
Healthy Relationships					0 0	To know about and understand the importance of touch in a range of contexts To know the difference between appropriate and inappropriate touches To know that relationships can change as a result of growing up
Friends and family	0 0 0 0	To learn how to develop positive relationships with peers To identify different relationships that they have and why these are important To understand the importance of making friends To identify and respect the differences and similarities between people				

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Importance

Events from the past impact

of Build resilient, collaboration confident &

Relate current learning with past learning

Know & remember

on our lives		independent learners	past learning mor
	and play To learn about some similarities and differences between people from different countries and the importance of cross-cultural friendships To learn about the importance of sharing as part of friendship and kindness To recognise the difference between right and wrong and what is fair and unfair To learn about the importance of family To recognise that family and friends should care for each other To recognise that there are people who care for and look after them To identify their special people and what makes them special		
	and why these are important		

Living in the Wider World						
	Y1/2	Y3/4	Y5/6			
Rules and	o To understand the reason why we have rules	o To understand why rules are needed in different	o To understand why structure is needed in different			
Responsibilities	o To learn about rules as expectations	situations	situations			
	o To understand to agree and follow rules for their	 To recognise that rules may need to be changed 	o To understand the term 'anarchy' and understand			
	group and classroom	 To understand why it is important to plan ahead 	the implications of living in an anarchic society			
	o To understand the why we have rules /	and think of potential consequences as a result of	o To know and understand the meaning of the			
	expectations	their actions	following:- democracy, sovereignty, dictatorship,			
	o To learn about how they can contribute to the life	 To understand why it is important to behave 	government, monarchy			
	of the class	responsibly	o To learn about organisations such as the United			
	o To suggest rules that would improve things for the	 To recognise that actions have consequences 	Nations			
	common good	o To know how to communicate their opinions in a	To understand the importance and significance of			
		group	equal rights			

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	0	To understand why it is important to be able to	0	To listen to and show consideration for other	
		take turns		people's views	
	0	To agree and follow rules for a collaborative game			
	0	To rake turns and share as appropriate			
	0	To understand the concept of 'borrowing To show			
		responsibility to others			
	0	To understanding the importance of sharing			
	0	To know that everyone has a responsibility to			
		consider the needs of others			
	0	To understand that people and other living things			
		have needs and that they have responsibilities to			
		meet them			
	0	To learn about responsibility to others			
	0	To consider ways of looking after the school or			
		community and how to care for the local			
		environment			
Communities	0	To understand their role in the class community			
	0	To know how to contribute to the life of the			
		classroom			
	0	To understand that they belong to various groups			
		and communities			
	0	To work independently and in groups, taking on			
		different roles and collaborating towards common			
		goals			
	0	To develop a sense of belonging in the wider			
		community			
	0	To understand the role of the local community			
	0	To consider ways of looking after the school or			
		community and how to care for the local			
		environment			
	0	To suggest rules that would improve things for the			
		common good			
	0	To develop a strong relationship with the local			
		community			

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Build resilient, confident & independent learners Relate current learning with past learning Know & remember more

	 To understand the importance of shared responsibility within all communities 		
Money and Finance	 To understand where money comes from To recognise notes and coins To understand the role of money in our society To identify the different types of work people do and learn about different places of work To recognise where money comes from and the choices people make to spend money on things they want and need 	 To learn about and reflect on their own spending habits / choices To understand why financial management and planning is important from a young age To learn about and reflect on their own spending habits / choices To understand why financial management and planning is important from a young age 	 To learn about budgeting and what it means to budget To understand why financial management and planning is important from a young age To know and understand financial terms such as loan, interest, tax and discount To make connections between their learning, the world of work and their future economic wellbeing To show initiative and take responsibility for activities that develop enterprise capability
Enterprise			To know and understand the principles of enterprise To understand profit and loss To know and understand the principles of charity work
Discrimination		 To know and understand the terms 'discrimination' and 'stereotype' Challenge stereotypes relating to gender and work 	
Diversity			 To understand the benefits of living in a diverse community and learn to celebrate diversity To talk with a wide range of adults

EYFS

- o See themselves as a valuable individual
- Build constructive and respectful relationships.
 - · Ensure children's play regularly involves sharing and cooperating with friends and other peers.
 - · Congratulate children for their kindness to others and express your approval when they help, listen and support each other.
- o Express their feelings and consider the feelings of others.
 - · Model positive behaviour
 - Encourage talk about feelings and their opinions.

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- o Show resilience and perseverance in the face of challenge.
 - · Help children to set their own goals and to achieve them.
- o Identify and moderate their own feelings socially and emotionally.
 - · Encourage children to think about their own feelings and those of others by giving explicit examples.
 - Support all children to recognise when their behaviour was not in accordance with the rules and why it is important to respect class rules.
- o Think about the perspectives of others.
- o Manage their own needs— Personal hygiene
 - Model practices that support good hygiene.
 - · Narrate your own decisions about healthy foods, highlighting the importance of eating plenty of fruits and vegetables.
- o Know and talk about the different factors that support their overall health and wellbeing:
 - Regular physical activity
 - Healthy eating
 - Tooth brushing
 - Sensible amounts of 'screen time'
 - · Having a good sleep routine
 - · Being a safe pedestrian
 - o Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.
 - o Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
 - o Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.
 - o Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.
 - o Work and play cooperatively and take turns with others.
 - o Form positive attachments to adults and friendships with peers.
 - Show sensitivity to their own and to others needs.