



Progression - PSHE

Area	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World	Understand class rules and belonging	Understand rights and responsibilities	Develop self-identity and teamwork	Understand democracy and community roles	Explore rights and responsibilities in society	Develop understanding of global citizenship
Celebrating Difference	Recognise differences and kindness	Understand bullying and fairness	Explore family diversity and stereotypes	Challenge stereotypes and prejudice	Understand racism and discrimination	Explore equality, inclusion and prejudice
Dreams and Goals	Set simple goals and persevere	Learn from challenges and successes	Use teamwork to achieve goals	Build resilience and motivation	Explore aspirations and future careers	Manage pressure and long-term aspirations
Healthy Me	Learn healthy choices and hygiene	Understand healthy lifestyles	Explore exercise and nutrition	Understand influences and choices	Develop awareness of mental health	Understand drugs, risk and wellbeing
Relationships	Build friendships and trust	Understand trust and secrets	Develop conflict resolution skills	Build healthy relationships	Understand consent and respectful relationships	Prepare for healthy adult relationships
Changing Me	Understand growing and changing	Explore life cycles and change	Learn about body changes	Introduction to puberty	Understand puberty and reproduction	Prepare for transition to secondary school
Substantive Knowledge	Rules keep people safe; friendships matter; healthy choices support wellbeing	Rights and responsibilities affect communities; bullying is harmful	Identity, diversity and teamwork affect relationships	Democracy, resilience and healthy relationships influence society	Equality, consent and mental wellbeing are important	Citizenship, risk management and transition prepare pupils for adulthood
Procedural / Disciplinary Knowledge	Name feelings; take turns; make simple choices	Explain emotions; listen respectfully;	Recognise emotional triggers; express	Manage emotions; justify	Debate respectfully; resist peer pressure;	Self-regulate independently; negotiate maturely;



		explain consequences	opinions; resolve conflicts	viewpoints; evaluate risks	maintain relationships	manage complex situations
Emotional Literacy	Identify simple feelings	Explain feelings and reactions	Recognise emotional triggers	Manage emotions appropriately	Recognise emotions in others	Apply self-regulation strategies independently
Communication Skills	Share ideas in simple discussions	Listen respectfully to others	Express opinions clearly	Justify viewpoints respectfully	Debate and negotiate	Resolve disagreements maturely
Decision Making	Make simple choices	Explain consequences of actions	Consider different options	Evaluate risks and benefits	Resist peer pressure	Make informed independent decisions
Relationship Skills	Share and cooperate	Show empathy	Resolve simple conflict	Build positive friendships	Maintain respectful relationships	Manage complex social situations
Vocabulary Progression	feelings, friendship, safe, healthy, family, change	bullying, responsibility, trust, goals, choice	identity, diversity, teamwork, respect, wellbeing	stereotype, resilience, influence, conflict, community	consent, equality, aspiration, mental health, pressure	prejudice, citizenship, transition, risk, democracy
British Values	Follow rules and respect others	Understand fairness and responsibility	Participate in teamwork and community	Understand democracy and respectful debate	Respect equality and individual liberty	Develop active citizenship and tolerance
SMSC Development	Understand feelings and kindness	Explore fairness and empathy	Reflect on identity and diversity	Develop social responsibility	Understand moral and ethical issues	Prepare for life in modern Britain
RSE Progression	Name body parts and trusted adults	Understand growing and changing	Learn about relationships and body changes	Introduction to puberty	Understand puberty and reproduction	Prepare emotionally and socially for transition



Assessment Opportunities	Circle time, discussion, role play	Reflection and partner talk	Written responses and teamwork	Debates and scenario discussions	Self-assessment and reflection	Independent reflection and pupil voice
Ofsted Personal Development Links	Develop confidence and belonging	Build resilience and kindness	Understand identity and relationships	Promote responsible behaviour	Develop respectful relationships and wellbeing	Prepare pupils for future