HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Families and Relationships	Year 1		Year 2	
	Skills	Knowledge	Skills	Knowledge
Family	Exploring how families are different to each other	To understand that families look after us. To know some words to describe how people are related (eg. aunty, cousin). To know that some information about me and my family is personal.	Understanding ways to show respect for different families. Understanding that families offer love, care and support.	To know that families can be made up of different people. To know that families may be different to my family.
Friendships	Exploring how friendship problems can be overcome. Exploring friendly behaviours.	To understand some characteristics of a positive friendship. To understand that friendships can have problems but that these can be overcome.	Understanding difficulties in friendships and discussing action that can be taken.	To know some problems which might happen in friendships. To understand that some problems in friendships might be more serious and need addressing
Respectable relationships	Recognising how other people show their feelings. Identifying ways we can care for others when they are sad.	Exploring the ability to successfully work with different people. To know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only	Learning how other people show their feelings and how to respond to them.	Exploring the conventions of manners in different situations. To understand some ways people show their feelings. To understand what good manners are. To understand some stereotypes related to jobs.
Change and Loss	NA	NA	Exploring how loss and change can affect us.	To know that there are ways we can remember people or events.

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS

Families and Relationships	Year 3		Year 4	
	Skills	Knowledge	Skills	Knowledge
Family	Learning that problems can occur in families and that there is help available if needed.	To know that I can talk to trusted adults or services such as Childline if I experience family problems.	Using respectful language to discuss different families.	To know that families are varied in the UK and across the world.
Friendships	Exploring ways to resolve friendship problems. Developing an understanding of the impact of bullying and what to do if bullying occurs. To know that bullying can be physical or verbal.	To know that bullying is repeated, not a one-off event. To know that violence is never the right way to solve a friendship problem To understand the different roles related to bullying including victim, bully and bystander	Exploring physical and emotional boundaries in friendships.	To understand that everyone has the right to decide what happening to their bodies
Respectable relationships	Identifying who I can trust. Learning about the effects of non-verbal communication. Exploring the negative impact of stereotyping.	To know that trust is being able to rely on someone and it is an important part of relationships. To know the signs of a good listener. To understand how to listen carefully and why listening is important. To understand that there are similarities and differences between people. To understand some stereotypes related to age.	Exploring how my actions and behaviour can affect other people.	To understand the courtesy and manners which are expected in different scenarios. To understand some stereotypes related to disability
Change and Loss	NA	NA	Discussing how to help someone who has experienced a bereavement.	To know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Families and Relationships	Year 5		Year 6	
	Skills	Knowledge	Skills	Knowledge
Family	Identifying ways families might make children feel unhappy or unsafe.	To know that marriage is a legal commitment and is a choice people can make. To know that if I have a problem, I can call ChildLine on 0800 1111.	NA	NA
Friendships	Exploring the impact that bullying might have. Exploring issues which might be encountered in friendships and how these might impact the friendship.	To know what attributes and skills make a good friend. To understand what might lead to someone bullying others. To know what action a bystander can take when they see bullying.	Identifying ways to resolve conflict through negotiation and compromise.	To know that a conflict is a disagreement or argument and can occur in friendships. To understand the concepts of negotiation and compromise.
Respectable relationships	Exploring and questioning the assumptions we make about people based on how they look. Exploring our positive attributes and being proud of these (self-respect).	To understand that positive attributes are the good qualities that someone has. To know that stereotypes can be unfair, negative and destructive. To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.	Discussing how and why respect is an important part of relationships. Identifying ways to challenge stereotypes.	To understand what respect is. To understand that everyone deserves respect but respect can be lost. To understand that stereotypes can lead to bullying and discrimination.
Change and Loss	NA	NA	Exploring the process of grief and understanding that it is different for different people.	To know that grief is the process people go through when someone close to them dies. To understand that loss and change can cause a range of emotions.

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Health and Wellbeing	Year 1		Year 2	
	Skills	Knowledge	Skills	Knowledge
Health and Prevention	Learning how to wash my hands properly. Learning how to deal with an allergic reaction.	To know that certain foods and other things can cause allergic reactions in some people. To know the five S's for sun safety: slip, slop, slap, shade, sunglasses. To understand we can limit the spread of germs by having good hand hygiene.	Exploring the effect that food and drink can have on my teeth.	To know that food and drinks with lots of sugar are bad for our teeth.
Physical health and wellbeing	Exploring positive sleep habits. Exploring two different methods of relaxation: progressive muscle relaxation and laughter. Exploring health-related jobs and people who help look after our health.	To know that sleep helps my body to repair itself, to grow and restores my energy	Exploring some of the benefits of exercise on body and mind. Exploring some of the benefits of a healthy balanced diet. Suggesting how to improve an unbalanced meal. Learning breathing exercises to aid relaxation.	To explain the importance of exercise to stay healthy. To know that breathing techniques can be a useful strategy to relax To understand the balance of foods we need to keep healthy. To explain the importance of exercise to stay healthy.
Mental wellbeing	Identifying personal strengths and qualities. Identifying different ways to manage feelings…	To know that strengths are things we are good at. To know that qualities describe what we are like. To know the words to describe some positive and negative emotions	Exploring strategies to manage different emotions. Developing empathy. Identifying personal goals and how to work towards them. Exploring the need for perseverance and developing a growth mindset. Developing an understanding of self-respect	To know that we can feel more than one emotion at a time. To know that a growth mindset means being positive about challenges and finding ways to overcome them.

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Health and Wellbeing	Year 3		Year 4	
	Skills	Knowledge	Skills	Knowledge
Health and Prevention	Discussing why it is important to look after my teeth.	To understand ways to prevent tooth decay.	Developing independence in looking after my teeth.	To know key facts about dental health
Physical health and wellbeing	Learning stretches which can be used for relaxation. Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.	To know the different food groups and how much of each of them we should have to have a balanced diet. To understand the positive impact relaxation can have on the body.	Identifying what makes me feel calm and relaxed. Learning visualisation as a tool to aid relaxation.	To know that visualisation means creating an image in our heads.
Mental wellbeing	Exploring my own identity through the groups I belong to. Identifying my strengths and exploring how I use them to help others. Being able to breakdown a problem into smaller parts to overcome it.	To understand the importance of belonging. To understand what being lonely means and that it is not the same as being alone. To understand what a problem or barrier is and that these can be overcome.	Exploring how my skills can be used to undertake certain jobs. Explore ways we can make ourselves feel happy or happier. Developing the ability to appreciate the emotions of others in different situations. Learning to take responsibility for my emotions by knowing that I can control some things but not others. Developing a growth mindset.	To know that different job roles need different skills and so some roles may suit me more than others. To know that it is normal to experience a range of emotions. To know that mental health refers to our emotional wellbeing, rather than physical. To understand that mistakes can help us to learn. To know who can help if we are worried about our own or other people's mental health.

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Health and Wellbeing	Year 5		Year 6	
	Skills	Knowledge	Skills	Knowledge
Health and Prevention	Developing independence for protecting myself in the sun.	To understand the risks of sun	Considering ways to prevent illness. Identifying some actions to take if I am worried about my health or my friends' health.	To understand that vaccinations can give us protection against disease. To know that changes in the body could be possible signs of illness.
Physical health and wellbeing	Understanding the relationship between stress and relaxation. Considering calories and food groups to plan healthy meals. Developing greater responsibility for ensuring good quality sleep.	To know that relaxation stretches can help us to relax and de-stress. To know that calories are the unit that we use to measure the amount of energy certain foods give us. To know that what we do before bed can affect our sleep quality.	Identifying a range of relaxation strategies and situations in which they would be useful. Exploring ways to maintain good habits. Setting achievable goals for a healthy lifestyle.	To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health). To know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits.
Mental wellbeing	Taking responsibility for my own feelings.	To understand what can cause stress. To understand that failure is an important part of success.	Exploring my personal qualities and how to build on them. Developing strategies for being resilient in challenging situations	. To understand that a number of factors contribute to my mental health (Diet, exercise, rest/relaxation). To know the effects technology can have on mental health.

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Citizenship	Year 1		Year 2	
	Skills	Knowledge	Skills	Knowledge
	Recognising why rules are necessary and the consequences of not following rules. Discussing how to meet the needs of different pets. Exploring the differences between people. Recognising the groups that we belong to.	To know the rules in school. To know that different pets have different needs. To understand the needs of younger children and that these change over time. To know that voting is a fair way to decide. To understand that people are all different and that this is a good thing	Explaining why rules are in place in different settings. Identifying positives and negatives about the school environment. Learning how to discuss issues of concern to me. Recognising the importance of looking after the school environment. Identifying ways to help look after the school environment. Recognising the contribution people make to the local community	To know some of the different places where rules apply. To know that some rules are made to be followed by everyone and are known as 'laws'. To know some of the jobs people do to look after the environment in school and the local community. To understand how democracy works in school through the school council. To understand that different groups of people make different contributions to the community

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Citizenship	Year 3		Year 4	
	Skills	Knowledge	Skills	Knowledge
	Exploring how children's rights help them and other children. Considering the responsibilities that adults and children have to maintain children's rights. Discussing ways we can make a difference to	To understand the UN Convention on the Rights of the Child. To understand how recycling can have a positive impact on the environment. To know that the local council is responsible for looking after the local area.	Discussing how we can help to protect human rights. Identifying ways items can be reused. Explaining why reusing items is of benefit to the environment. Identifying the benefits different groups bring to the local community.	To know that human rights are specific rights that apply to all people. To know some of the people who protect our human rights such as police, judges and politicians.

	recycling rates at home/school. Identifying local community groups and discussing how these support the community.	To know that elections are held where adults can vote for local councillors. To understand some of the consequences of breaking rules. To understand the role of charities in the community.	Discussing the positives diversity brings to a community.	To know that reusing items is of benefit to the environment. To understand that councillors have to balance looking after local residents and the needs of the council. To know that there are a number of groups which make up the local community.

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Citizenship	Year 5		Year 6	
	Skills	Knowledge	Skills	Knowledge
	Explaining why reducing the use of materials is positive for the environment. Discussing how rights and responsibilities link. Exploring the right to a freedom of expression. Identifying the contribution people make to the community and how this is recognised. Developing an understanding of how parliament and Government work. Identifying ways people can bring about change in society.	To know what happens when someone breaks the law. To understand the waste hierarchy. To know that parliament is made up of the House of Commons, the House of Lords and the Monarch. To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work. To know that a pressure group is a group of people who feel very strongly about an issue and want to see something change.	Learning about environmental issues relating to food. Discussing how education and other human rights protect us. Identifying causes which are important to us. Discussing how people can influence what happens in parliament. Discussing ways to challenge prejudice and discrimination. Identifying appropriate ways to share views and ideas with others.	To know that education is an important human right. To know that our food choices can affect the environment. To know that the prime minister appoints 'ministers' who have responsibility for different areas, such as healthcare and education. To know that prejudice is making assumptions about someone based on certain information. To know that discrimination is treating someone differently because of certain factors

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Economic Wellbeing	Year 1		Year 2	
	Skills	Knowledge	Skills	Knowledge
	Discussing how to keep money safe. Discussing what to do if we find money. Exploring choices people make about money. Developing an understanding of how banks work.	To know that coins and notes have different values. To know some of the ways children may receive money. To know that it is wrong to steal money. To know that banks are places where we can store our money. To know some jobs in school. To know that different jobs need different skills.	Identifying whether something is a want or need. Recognising that people make choices about how to spend money. Exploring the reasons why people choose certain jobs.	To know some of the ways in which adults get money. To know the difference between a 'want' and 'need'. To know some of the features to look at when selecting a bank account.

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Economic Wellbeing	Year 3		Year 4	
	Skills	Knowledge	Skills	Knowledge
	Discussing the range of feelings which money can cause. Discussing the different attitudes people have to money. Exploring the impact our spending can have on other people. Considering the advantages and disadvantages of different payment methods	To understand that there are different ways to pay for things. To know that budgeting money is important. To understand that there are a range of jobs available. To understand that some stereotypes can exist around jobs but these should not affect people's choices.	Exploring the factors which affect whether something is value for money. Discuss some impacts of losing money. Identifying negative and positive influences that can affect our career choices.	To know that money can be lost in a variety of ways. To understand the importance of tracking money. To know that many people will have more than one job or career in their lifetimes. Exploring ways to overcome stereotypes in the workplace.

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Economic Wellbeing	Year 5		Year 6	
	Skills	Knowledge	Skills	Knowledge
	Discussing risks associated with money. Making a budget based on priorities. Discussing the role of money in selecting a job. Discussing how income can change and the feelings associated with this.	To know that when money is borrowed it needs to be paid back, usually with interest. To know that it is important to prioritise spending. To know that income is the amount of money received and expenditure is the amount of money spent. To know some ways that people lose money	Recognising differences in how people deal with money and the role of emotions in this. Discussing some risks associated with gambling. Identifying jobs which might be suitable for them.	To understand that there are certain rules to follow to keep money safe in bank accounts. To know that gambling is a risk where money, or something else, is swapped in the hope of winning something better or more money. To understand that different jobs have different routes into them. To understand that people change jobs for a number of reasons. To know that banks and organisations such as Citizens' Advice can help with money-related problems

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Citizenship	Year 1		Year 2	
	Skills	Knowledge	Skills	Knowledge
	Recognising our own strengths.	To understand that changes can be both positive and negative.	Identifying people who can help us when we are worried about changes.	To understand that change is part of life.

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Citizenship	Year 3		Year 4	
	Skills	Knowledge	Skills	Knowledge
	Learning strategies to deal with change.	To understand that change often brings about more opportunities and responsibilities.	Recognising our own achievements. Being able to set goals.	To know that setting goals can help us to achieve what we want.

HOLYPORT PRIMARY SCHOOL PSHE PROGRESSION OF SKILLS				
Citizenship	Year 5		Year 6	
	Skills	Knowledge	Skills	Knowledge
	Recognising own skills and how these can be developed.	To understand the skills needed for roles in school.	Exploring a greater range of strategies to deal with feelings associated with change.	To know that a big change can bring opportunities but also worries.