

Fulbourn Primary School PSHE Skills Progression

		EYFS	Y1/2	Y3/4	Y5/6
Myself and Relationships	Beginning and Belonging	Understand how to respect, play and work with others. To know how behaviour makes other people feel.	Understand how to be safe and happy in the classroom, help others and adapt to new situations.	Understand responsibilities in school, how to build relationships and manage new situations.	Understand responsibilities towards others, take responsibility for building relationships and be resilient in a range of situations.
	My Emotions	Understand and recognise emotions of self and others, exploring simple ways to make myself and others feel better.	Recognise what's special about myself and how to stand up for myself. Name and describe feelings and start to learn to manage some emotions and associated behaviours.	Understand the importance of wellbeing, communicate emotions, recognise ways to manage difficult emotions and explore how actions and feelings affect the way people feel.	Develop sense of identity and self-respect. Learn to manage strong emotions. Recognise how other people feel and respond to them. Explore mental health and self-care techniques.
	Family and Friends	Recognise special people, including friends and family. Learn how to make new friends, be a good friend and make up with friends when fallen out. Know what to do if someone is unkind.	Describe good friends, skills to develop friendship and mend friendships. Explore importance of honesty, personal space and how we care for special people.	Learn skills to choose, make and develop healthy friendships based on trust. Empathise and resolve disagreements by listening and compromise. Know the role of family members in keeping safe and supporting.	Learn characteristics of offline and online healthy relationships. Check that friends give consent online and offline. Explore role of family in support through change.
	Anti-bullying	Know how my behaviour makes other people feel and how to make the classroom a safe and happy place. Know what to do if someone is unkind.	Describe what bullying is, understand reasons for bullying, how people feel and what to do in a bullying situation	Consider use of power in bullying, key characteristics of different types of bullying, the difference between direct and indirect bullying and the role of a bystander.	Define characteristics of different forms of bullying, know use of technology and social media in bullying and how to manage it. Learn how to respond assertively to bullying online and offline. Know how bullying affects mental wellbeing.
	Managing Change	To explore how I feel when things change and	Explore how people might feel in times of loss or change and how to feel calmer when	Explore changes in own life and what helps when experiencing strong emotions	Explore positive and negative impacts of change and how emotions can evolve over

		know how to make things better.	experiencing feelings due to loss or change.	linked to loss or change. Think about how people may feel when loved ones or pets die, or if separation occurs.	time. Devise strategies to manage emotions, and link to moving to Secondary school.
Healthy and Safer Lifestyles	Managing Safety and Risk	How to know if something is safe or unsafe and understand simple safety rules for home, school and outside.	Learn name, address and phone number, who to ask for help in an emergency. Learn safety of roads, the sun, water and getting lost.	How I feel and my body reacts in risky situations, how to respond to strangers, how to call emergency services. Explore safety on roads, in water, fire and preventing accidents.	Exploring physical, social and emotional risks and the benefits of taking these. Think about ways to keep self and others safe as getting older including walking and cycling alone, safety on railways and public transport and being sun safe. Carry out basic first aid and know how to get help in emergencies.
	Digital Lifestyles		Identify benefits of technology use. Explore online identity and how it might be different from real life. Identify examples of online content which may make me feel unsafe, worried or upset. What sort of information is safe to put online and how to report concerns.	Explore change in use of technology with age, online identity and how to communicate online. Think about difference between facts, opinions and beliefs online. To know that technology use should be healthy (time spent and age restrictions)	Think about principle for contact and online conduct, including anonymity. Critically consider online friendships, contacts, sources of information and make positive contributions. Explain how data is shared and used online. How to identify, flag and report inappropriate content.
	Relationships and Sex Education	Know what my body looks like, how body has changed and what it can do. Know similarities and differences between bodies, how bodies are kept clean and looked after. Start to take care of myself and what I need help with. Think about	Know names of body parts, be in charge of actions and body, keep body clean and avoid spreading common illnesses and diseases. Know how babies change and grow, what babies and children need from their families and growing responsibilities with age. Look	Know differences between male and female body parts and name parts. Know importance of keeping body clean and changes in responsibility. Know how common illnesses and diseases spread and how to prevent this. Know main stages of human life cycle,	Naming male and female sex parts and knowing their function. Know the changes that happen to bodies during puberty, keep the growing and changing body clean and reduce spread of viruses and bacteria. Know different ways babies are conceived and born, think

		how I feel about growing up.	at stable, caring relationships at the heart of different families.	what it means to be 'grown up', comparing responsibilities now and in the future and how different relationships create a secure environment for children to grow up in.	about how puberty impacts feelings and emotions. Consider different families, marriage, civil partnership and what adults should think about before they have children.
	Healthy Lifestyles	Know how to keep my body healthy and how I feel when it's healthy or ill. Understand why food, drink, exercise and sleep are good.	Know how to stay as healthy as possible and the importance of eating healthy and being active. Know why we need food and how to make healthy choices.	Know importance of balanced diet, active lifestyle and the impact on mental wellbeing. Know the importance of sleep, oral hygiene and how to plan and prepare simple, healthy meals safely.	Know health risks of not engaging in physical activity and the benefits/risks of a balanced/unbalanced diet. Know signs of physical illness and how to respond and benefits/risks of spending time online in terms of physical and mental wellbeing.
	Drug Education	Discuss use of medicines and safety for using medicine.	Explore which substances might enter our bodies, how they get there and what they do. Why people take medicines and how to keep safe with medicines and substances at home.	Discuss medical and legal drugs and their effects, prescriptions and immunisations and safety rules for substances (including what to do if something risky is found, like a syringe).	Explore understanding of medicines, alcohol, smoking, solvents and illegal drugs and why people use them. Know how drugs affect the body and brain, what drug misuse is and laws about drugs.
	Personal Safety	To know how to say 'no' if unsure about something if it doesn't feel safe or good. Ask for help or tell people if worried or upset.	Name own Early Warning Signs. Know trusted adults and how to tell others about worries (in real life or online). Identify private body parts and say 'no' to unwanted touches.	Recognise when own Early Warning Signs are signalling not feeling safe. Identify network of support and how to get support. Know what to do if physical contact is unwanted. Know how to keep safe online and decide if secrets are safe or unsafe.	Use Early Warning Signs to judge safe feelings. Know how to seek advice from network, how to report concern of abuse or neglect. Know how to recognise risk online and identify inappropriate or unsafe physical contact.
Citizenship	Working Together	Work and play cooperatively and take turns. Show sensitivity to the needs to others.	Identify what I am other people are good at, what skills I'd like to develop. Learn to	Learn to share views and opinions effectively, persevere and overcome	Know how my strengths and skills are seen by others, identify new skills to achieve and know how to achieve

			listen, work well in a group and take turns.	obstacles in learning, work well in a group and evaluate.	them. Think about jobs people do and how skills can match for future employment. Learn to share views effectively and negotiate to reach agreements, and to give, receive and act on sensitive and constructive feedback.
	Diversity and Communities	Explore similarities and differences between people in the class, value and celebrate differences. Know about my neighbourhood and who lives and works there.	Explore what makes us and our families different and what groups we belong to in communities. Explore and give examples of stereotypes.	Explore stereotypes of girls and boys, different traditions, cultures and beliefs of others and the importance of valuing diversity. Learn to challenge stereotypes.	Explore negative impact of stereotyping and how they influence sense of identity. Think about belonging to wider community groups and the work of voluntary organisations.
	Rights, Rules and Responsibilities	Know how to help look after the school and care for things at home.	Know how rules keep people happy and safe. Know about the responsibilities of yourself and others. Listen to others, share views and take turns.	Understand the need for respect. Know why we need rules and conventions at home and at school. Know what we need by rights and responsibilities and how we make democratic decisions in schools.	Know how my behaviour online affects others and how to show respect and know how to keep personal information private. Understand how to contribute to making and changing rules at school, the basic rights of children and adults, laws and democracy (including the role of MPs, councils, councillors and parliament)
Economic Wellbeing	Financial Capability	Know what is money, why we need it and how we save it.	Know how to get money, how things are paid for, choices we make with money and what charity is.	Know different ways to earn and spend money, what savings, spending and budgeting mean. Think about what to spend money on and what families might need to spend money on.	Understand the need to afford things that are bought and 'value for money'. Understand why people don't get all the money they earn. Know how money can benefit the community or wider world and what poverty is.