



Complete Primary PSHE Skills Progression

Year Group	Health and Wellbeing <i>Healthy Lifestyles, Mental Health, and Physical Health</i>	
Year 1	Mental health	Identify feelings such as happiness, sadness, anger, and fear. Identify facial expressions that can tell us how a person feels.
	Healthy lifestyles	Identify examples of healthy and unhealthy foods. Discuss what it means to 'eat well'. Identify ways we can keep our teeth clean and healthy. Identify ways that we can keep ourselves safe in the sun.
	Physical health	Recognise the importance of keeping our bodies clean. Discuss a variety of ways we can keep our bodies fit and healthy.
Year 2	Mental health	Recognise and name a range of feelings. Use a variety of words to describe feelings. Identify examples of BIG feelings. Describe how we can manage BIG feelings. Explain why it is good to share our feelings with others.
	Healthy lifestyles	Identify routines that are good for our health. Describe how to correctly brush your teeth. Describe a healthy bedtime routine.
	Physical health	Discuss medicines that can be used to treat pain, allergies, coughs and infections. Describe how medicines can help people feel better when they are unwell
Year 3	Mental health	Identify strategies to manage difficult emotions. Identify strategies that can help us to manage setbacks. Describe how we can 're-frame' unhelpful thinking. Explain why our emotions and feelings are important when we are trying to learn. Describe how physical exercise can help our mental wellbeing.
	Healthy lifestyles	Identify foods that should be eaten as a part of a healthy, balanced diet. Explain the risks of eating an unhealthy diet. Identify healthy and unhealthy lifestyle choices. Describe how healthy and unhealthy habits can affect our bodies in different ways.
	Physical health	Identify reasons why physical exercise is good for our health. Identify risks associated with an inactive lifestyle.
Year 4	Mental health	Identify how our emotions can change when we go through puberty. Describe how we can manage our feelings and identify ways that we can get help.
	Healthy lifestyles	Identify a range of factors that can help us to stay healthy. Identify healthy and unhealthy habits in ourselves and others. Describe the role of complex carbohydrates in maintaining healthy energy levels. Give advice to others about how they can improve their lifestyle.
	Physical health	Identify different types of allergies and ways they can be managed. Describe how to respond to both mild and severe allergic reactions. Identify ways that we can protect our bodies from disease. Describe what a vaccine does and identify examples of pathogens. Explain how pathogens make us ill and describe how vaccines can prevent disease. Identify examples of drugs that are common to everyday life. Describe how to take medicines correctly. Identify some of the effects of different drugs.

		Explain the importance of taking medicines correctly.
Year 5	Mental health	Use a range of vocabulary to describe our feelings. Describe the ways in which external factors can influence our emotions. Explain how our feelings can vary in intensity over time. Explain why it is important to maintain a healthy level of self-esteem. Describe what we mean when we talk about mental health and mental health issues. Explain how we can look after our mental health.
	Healthy lifestyles	Describe how we can maintain good dental hygiene. Describe how poor hygiene and diet can damage teeth and gums. Explain why we should keep good dental hygiene. Identify the measures we need to take to protect ourselves from sun damage. Describe how the sun can harm us if we aren't careful. Explain the consequences of long-term direct sun exposure. Identify the benefits of good quality sleep. Describe the symptoms of sleep deprivation. Describe the consequences of poor sleep on our health and wellbeing.
	Physical health	Identify basic techniques for dealing with common minor injuries. Explain why it is important to know a basic level of first aid. Describe differences between viruses and bacteria. Explain how viruses spread and describe how we can prevent the spread of germs. Explain how bacteria can be either healthy or unhealthy.
Year 6	Mental health	Identify the emotional changes we can expect when we go through puberty. Describe how mental and physical changes can affect us emotionally. Explain how hormones cause emotional and physical changes throughout puberty. Identify mental health warning signs and ways that we can access help. Describe what it means to have positive or negative mental well-being. Describe how to identify mental health warning signs in others. Explain how any one of us could experience mental ill-health. Explain why it is important to share our feelings with others.
	Healthy lifestyles	Identify all 5 food groups and two or more types of exercise. Create a healthy, balanced meal and describe its role in meeting our nutritional needs. Describe how different types of exercise (endurance, strength, balance, flexibility) can help our bodies to stay fit and healthy. Explain the risks of an unhealthy, unbalanced diet and the consequences of a sedentary (inactive) lifestyle. Identify how sugary, caffeinated drinks affect the body. Describe the meaning of 'free sugars', how much we should be consuming, and how this relates to the consumption of fizzy drinks.
	Physical health	Describe how habits and routines can affect our health in positive and negative ways. Explain the science behind why unhealthy habits and addictions are difficult to stop. Explain the health risks associated with processed fatty foods in relation to cholesterol and its harmful effects on the body. Explain why children and young people should avoid caffeinated, energy drinks, reflecting on the health problems they can cause.

Year Group	Health and Wellbeing <i>Identity and Growing Older, Staying Safe and Physical Health</i>	
Year 1	Identity and growing older	Recognise that we all vary in our likes and dislikes. Recognise that everyone has something that makes them special and unique. Identify some of your strengths and interests.
	Staying safe	Recognise how rules can help us to stay safe. Identify examples of safety rules
	Online safety	Identify examples of digital devices. Describe how people use the internet. Identify ways we can keep ourselves safe when we go online.
Year 2	Identity and growing older	Identify stages in the human life cycle. Describe how our bodies change as we grow up. Explain why our needs change as we grow older.
	Staying safe	Identify safety risks and hazards in the home. Describe how to stay safe in different places (home, school, out and about). Identify safe places to cross the road. Describe how to use a pelican crossing safely.
	Online safety	Identify examples of information that should be kept private when we go online. Describe how we can search for information safely online.
Year 3	Identity and growing older	Define identity in your own words. Identify qualities and characteristics that make up your identity. Describe what makes you special and unique. Identify achievements and personal strengths that you are proud of. Describe what it means to be an individual. Explain why embracing your individuality is important.
	Staying safe	Identify hazards in the home, at school, and in the local environment. Predict, assess and manage risky situations. Describe why it is important to follow safety rules. Recall fire safety rules, e.g. stop, drop and roll. Identify fire hazards around the home. Describe what you should do in a fire emergency.
	Online safety	Identify ways that the internet can be used positively and negatively. Describe how we can make safe, reliable choices when browsing or communicating online. Explain why it is important to be careful when we search for things online.
Year 4	Identity and growing older	Identify how our bodies change when we go through puberty. Describe how we can manage changes during puberty.
	Staying safe	Identify the risks involved in 'playful dares' and online challenges. Describe how we can resist pressure to participate in risky behaviour. Explain why we should never participate in activities that make us feel pressurised or at risk.
	Online safety	Identify examples of online risks such as harmful content or contact. Describe how we can protect ourselves from harmful content or contact online.
Year 5	Identity and growing older	Identify achievements and positive personal qualities in both yourself and others. Describe how we can celebrate the successes of our competitors, friends, and family.
	Staying safe	Identify the potential risks and health hazards of using fireworks and sparklers. Describe how we can stay safe during firework demonstrations.

		Describe the potential consequences of failing to take the proper precautions.
	Online safety	<p>Identify strategies for recognising online risks and ways to report concerns.</p> <p>Explain why some people behave differently online including pretending to be someone they are not (trolling/grooming).</p> <p>Explain the strategies for recognising online risks.</p> <p>Explain how to report concerning online behaviour.</p> <p>Identify the dangers presented by the social side of online gaming.</p> <p>Describe how we can avoid these dangers.</p> <p>Describe the different dangers we need to be wary of to play safely online.</p> <p>Describe what we should do if we are concerned.</p> <p>Explain why we should not meet up with people we don't know in real life.</p> <p>Explain what the consequences of this could be.</p>
Year 6	Identity and growing older	<p>Identify our own different identities.</p> <p>Describe how our family history helps shape our identity.</p> <p>Explain how we can have many identities and still be British.</p> <p>Identify the changes we go through during puberty.</p> <p>Describe the changes in detail as well as how and when they will happen.</p> <p>Explain why we go through puberty and how everyone develops differently.</p> <p>Identify different parts of the male and female reproductive system.</p> <p>Describe how human reproduction happens and how a baby starts to be created.</p> <p>Explain the different roles of the male and female body parts in human reproduction.</p>
	Staying safe	<p>Identify different drugs and the harm they can cause to us.</p> <p>Describe how we can recognise different kinds of drugs.</p> <p>Explain why some people choose to take different drugs despite knowing they are dangerous and often illegal.</p> <p>Identify what happens to the body when people drink.</p> <p>Identify reasons why people do or don't drink alcohol.</p> <p>Explain the effects alcohol abuse has on the body.</p> <p>Identify some of the short and long-term consequences of smoking and vaping.</p> <p>Describe the factors that contribute to the growing trend of vaping among young people.</p> <p>Explain why young people should understand the risks of vaping, its impact on the environment, and how effective our laws are at addressing these issues.</p> <p>Identify what we mean by FGM.</p> <p>Identify the dangers of FGM and where to go for help.</p>
	Online safety	<p>Describe the risks involved in consuming media from controversial, unproven sources.</p> <p>Explain why it's important to be critical of online influencers, particularly those who promote unhealthy ideals and make a name for themselves by spreading messages of fear and hate.</p>

Year Group	Relationships Education <i>Friends and Family, Unwanted Touch and Boundaries, and Respectful relationships</i>	
Year 1	Friends and family	Identify people who are important to me. Identify people in my life who help me. Describe how an important person in my life cares for me. Recognise different kinds of families. Recognise that all families are different. Understand how to get help if we feel upset or worried about our family. Identify positive features of family life.
	Unwanted touch and boundaries	Identify parts of the body that are private. Identify people we can talk to about our private parts. Describe what it means to keep something private. Identify different types of touch. Identify types of touch that are wanted or unwanted. Describe how to respond to inappropriate or unwanted touch. Identify situations when we should always ask for permission. Describe how to ask for permission. Describe how you should respond if someone says no to you.
	Respectful relationships	Identify ways that we can show kindness to others. Identify an example of when someone has shown kindness to you. Describe how being kind or unkind can change the way people feel. Recognise the importance of sharing when playing with others. Identify situations where it is important to share. Describe how we can share and play fairly with others.
Year 2	Friends and family	Identify ways that we can meet new people. Describe what you should say when you want to make a new friend. Identify qualities that are important in a good friend. Describe how you can be a good friend to others.
	Unwanted touch and boundaries	Identify the correct names for the external genitals. Describe the unsafe touch 'swimwear rule'. Explain why we need to learn the correct names for our body parts. Identify examples of good and bad secrets. Explain how to get help if we feel worried, unsafe, or under pressure to do something that feels wrong.
	Respectful relationships	Describe how we should behave when playing with others. Explain why it is important to listen and compromise when playing with others. Identify ways that we can show respect to others. Describe the Golden Rule in your own words. Explain how we can apply the Golden Rule to different situations Identify different types of bullying. Explain how we should respond if someone tries to bully us. Identify examples of kind and unkind words. Describe how we should respond to hurtful words, including online. Explain how words can affect people in positive and negative ways.
Year 3	Friends and family	Recognise and respect that all families are different. Identify different types of family structures. Describe what it means to be a family.
	Unwanted touch and boundaries	Identify situations where you should ask others for permission. Describe how to ask for, give and withhold permission in different scenarios. Explain why we should be respectful when someone withholds their permission. Revisit and describe the unsafe touch 'swimwear rule'. Explain why personal boundaries are important. Explain what we should do if we ever feel unsafe. Identify examples of friendship boundaries.

		<p>Describe how we can set friendship boundaries with others. Explain why friendship boundaries are important. Explain what we should do if someone crosses our boundaries.</p>
	Respectful relationships	<p>Identify examples of respectful behaviour. Describe how we can model respectful behaviour in different scenarios. Explain why it is important to set a good example for others. Identify examples of respectful behaviour. Identify key qualities of a positive role model. Describe how we can positively influence our peers. Explain how positive role models can inspire us and help us all to make good choices. Identify whether the situations are 'teasing' or bullying. Describe how teasing and joking affect people in different ways. Explain the difference between teasing and bullying and how you can tell.</p>
Year 4	Friends and family	<p>Identify reasons why some couples choose to marry or become civil partners. Describe how our attitudes and ideas about marriage have changed over time. Explain why it is important to recognise and respect different types of families. Identify key features of positive, healthy friendships. Describe how qualities such as trust, respect and shared interests can help us to build positive relationships with others. Explain why some friendships are bad for us and how we will know if we are in an unhealthy friendship.</p>
	Unwanted touch and boundaries	<p>Identify examples of good secrets and bad secrets. Describe when it is right to keep a secret and when it is important to share a secret. Explain the importance of sharing bad secrets and ways that we can access help.</p>
	Respectful relationships	<p>Identify ways that we can communicate respectfully online. Describe why we need to be careful how we express ourselves online. Recognise differences and similarities between people in our community. Describe how shared values can help us to form positive relationships with others. Explain the importance of respecting differences and similarities. Recognise the effect our actions have on the feelings of others. Describe how we should respond if we witness or experience hurtful behaviour. Explain the importance of kindness and treating others with respect. Identify what it means to bully, and ways we can help prevent and stop bullying. Describe how we can support friends and classmates who are bullied. Explain different reasons why people bully and why it is important we learn about bullying.</p>
Year 5	Friends and family	<p>Identify the key characteristics of a welcoming, positive friendship. Describe the emotional impact of being excluded. Describe how we can develop healthy, positive, inclusive friendships. Explain why it is important to be mindful of the feelings of others. Describe how we should respond if a friend is feeling left out. Reflect on the importance of being there for others in good times and bad. Explain why a shy person may feel uncomfortable in social situations. Offer practical advice for overcoming social difficulties.</p>
	Unwanted touch and boundaries	<p>Identify different types of peer pressure Identify strategies that we can use when we feel pressurised by others. Describe the best strategies to use to overcome peer pressure. Explain why resisting peer pressure can be difficult and describe how different strategies can be used in a variety of situations.</p>
	Respectful relationships	<p>Describe how we can behave politely in a variety of contexts. Describe how manners and social etiquette can vary depending on social context. Explain why we should try to conform to social norms in unfamiliar situations. Identify ways that we can model respectful behaviour, both online and offline. Describe the positive and negative effects that our behaviour can have on others. Explain why we should be mindful of the impact of our behaviour on others and how we can encourage our peers to behave respectfully. Identify strategies that we can all use to prevent bullying and hurtful behaviour. Describe what it means to be an upstander. Explain why it is everyone's responsibility to respond to bullying/hurtful behaviour.</p>

Year 6	Friends and family	<p>Identify different ways of showing commitment.</p> <p>Identify the different types of families we can have.</p> <p>Describe how people show commitment to each other.</p> <p>Explain how types of families have changed over time.</p> <p>Explain why people might want to show commitment to each other.</p> <p>Describe how we can avoid dangerous relationships and maintain positive ones.</p> <p>Explain ways dangerous people seek out the vulnerable and how we can stay safe.</p> <p>Analyse how the internet could be made safer and how particular relationships could turn into negative situations if left unchecked.</p> <p>Identify the different types of love and what we mean by abuse.</p> <p>Describe what to do if you think you, or someone you know, is being abused.</p> <p>Explain why real love does not tolerate abuse.</p> <p>Describe some common signs of abuse.</p>
	Unwanted touch and boundaries	<p>Identify what we mean when we talk about our personal space, as well as unwanted and inappropriate contact.</p> <p>Describe how much personal space we are all allowed to have and how we are all in charge of what happens to our own bodies.</p> <p>Explain how we seek consent and why it's always important to do this if we want to show physical affection to someone, even if it's just a hug.</p> <p>Recognise unwanted and inappropriate behaviour, that may be considered as sexual harassment.</p> <p>Describe the concept of 'sexual harassment' and its connection to the principles of consent and respecting personal boundaries.</p> <p>Explain why it's important to respect and follow laws relating to privacy, consent, and sexual harassment, including the consequences for those who break these laws.</p>
	Respectful relationships	<p>Identify how we can reduce conflict, respect the views of others and disagree with people respectfully.</p> <p>Describe how we can react respectfully in different situations where we disagree with other people's viewpoints.</p> <p>Explain why it is so important to respect the views and opinions of other people, whether we agree with them or not.</p> <p>Identify examples of cyberbullying as well as strategies to respond to online bullying.</p> <p>Describe the similarities and differences between different types of bullying.</p> <p>Explain how to respond to online bullying and describe how this could differ from face-to-face bullying.</p>

Year Group	Living in the Wider World <i>Money and Careers, Digital Resilience, and Rules, Diversity and Community</i>	
Year 1	Money and careers	Give examples of jobs people do to earn money. Identify strengths and interests that are suited to different jobs. Describe the strengths someone may need to do a particular job.
	Digital resilience	Identify examples of digital devices. Describe how people use the internet.
	Rules, Diversity and community	Identify rules that apply in different situations, e.g. at home or school. Recognise that all people should be included and made to feel welcome. Identify ways that we can welcome and include others. Name people who help us in the local community. Identify the best people to help us in different situations. Recognise our shared responsibility to look after our classroom environment. Identify roles and responsibilities that help keep our classroom clean, safe, and tidy.
Year 2	Money and careers	Discuss different ways that people paid for things in the past. Discuss different ways to pay for things (now). Identify different ways adults and children get money. Describe how we can save up for the things we want. Identify reasons why people save their money. Describe how we can manage our money using spend, save and share jars. Identify examples of wants and needs. Explain why we can't always have the things that we want.
	Digital resilience	Recognise that not all online information is trustworthy. Identify examples of trustworthy websites.
	Rules, Diversity and community	Recognise that people can belong to many different groups. Identify which groups you are a part of and what role you play in each group. Describe how we can help people from different groups to feel welcome and included. Identify ways that you are the same as and different from other people. Describe what it means to be unique. Explain why it's good to be different.
Year 3	Money and careers	Identify skills or interests that you would like to develop. Describe how to set SMART targets to develop skills. Identify examples of jobs, careers and the sectors that people can work in. Identify examples of skills that employers often look for in the workplace. Describe the difference between 'soft skills' and 'hard skills'. Identify examples of gender stereotypes. Describe how gender stereotypes can harm a person's career choices and aspirations.
	Digital resilience	Recognise whether games, websites and films are appropriate for your age group. Describe how we can tell if a game, website, magazine or film is age-appropriate. Identify strategies that can help us to recognise unreliable news stories and information online.
	Rules, Diversity and community	Identify examples of rules and laws. Describe the potential consequences of failing to obey the law. Identify examples of rights including those that apply to children. Describe the reasons why we have human rights.
Year 4	Money and careers	Describe what makes something 'good value for money'. Identify different ways to pay for things. Identify examples of spending responsibly. Describe how our spending decisions can affect others. Identify different ways that we can keep track of money. Describe how we can create a budget to keep track of how much we spend.

		<p>Identify examples of gambling</p> <p>Identify the risks involved in gambling</p> <p>Describe the impact that gambling can have on our health and wellbeing.</p>
	Digital resilience	<p>Identify key features of online adverts.</p> <p>Describe how the information in an online advert is different from information from factual sources e.g. trustworthy news articles.</p> <p>Identify tell-tale signs that online images have been digitally altered or faked.</p> <p>Describe how online images are altered and identify the reasons why this happens.</p> <p>Define the term 'digital footprint' in your own words.</p> <p>Describe how we can recognise what is or isn't appropriate to share online.</p>
	Rules, Diversity and community	<p>Define prejudice and discrimination in your own words.</p> <p>Identify different types of discrimination.</p> <p>Identify examples of racism</p> <p>Describe the impact of racism on individuals and wider society.</p> <p>Identify examples of different types of communities.</p> <p>Describe what it means to live in, and belong to a community.</p> <p>Explain why we should help and support our local community.</p>
Year 5	Money and careers	<p>Identify factors that could influence our future career choices.</p> <p>Reflect on the suitability of different roles in relation to our own abilities.</p> <p>Describe the importance of diversity and inclusion in the workplace.</p> <p>Reflect on how stereotypes can have a negative effect on our career choices.</p> <p>Explain the impact of stereotyping in the workplace, and how we can all challenge it.</p>
	Digital resilience	<p>Identify reasons for complying with age restrictions in the media.</p> <p>Describe how inappropriate content can adversely affect our safety and wellbeing.</p> <p>Explain why it is important to adhere to age restrictions both on and offline.</p>
	Rules, Diversity and community	<p>Identify examples of opportunities and responsibilities.</p> <p>Identify different ways that we can protect the planet from climate change.</p> <p>Describe how we can live sustainably.</p> <p>Explain the importance of protecting the planet.</p> <p>Reflect on how our everyday actions can either support or damage the environment.</p>
Year 6	Money and careers	<p>Identify the problems of bartering to pay for things.</p> <p>Identify what we mean by goods and services.</p> <p>Describe how banknotes developed.</p> <p>Explain why we moved from coins to banknotes.</p> <p>Explain the problems people had before modern money.</p> <p>Explain how money could change in the future.</p>
	Digital resilience	<p>Identify what we mean by online privacy.</p> <p>Describe how we can take measures to protect our privacy online.</p> <p>Identify different situations where a person might experience FOMO.</p> <p>Describe what FOMO means and what we can do about it.</p> <p>Describe how social media can make FOMO worse.</p> <p>Describe the dangers of listening to harmful gender stereotypes as well as the risks involved in consuming media from controversial, unproven sources.</p> <p>Explain why it's important to be critical of online influencers, particularly those who promote unhealthy ideals and make a name for themselves by spreading messages of fear and hate.</p>
	Rules, Diversity and community	<p>Describe the different types of diversity in the UK</p> <p>Explain the meanings of race, religion, and nationality</p>

