

# PSHE Curriculum Progression Map



School Purpose: To nurture curiosity every day, for every child, within a community acting as a beacon of the Catholic faith

Overarching Concepts							
Identity	Relationships	Risk	Diversity and Equality	Rights	Change	Power	Career
Core Themes							
Relationships			Living in the wider world			Health and Wellbeing	
Topics							
Healthy lifestyles			Healthy Relationships			Rights and Responsibilities	
Keeping Safe			Feelings and Emotions			Taking Care of the Environment	
Growing and Changing			Valuing Difference			Money	
Mental Health and Wellbeing							

		Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
		Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and Changing (Please refer to Live Life To The Full Overview)	Keeping safe
Year 1	F1/2		Understand that we can communicate online (S1)					Understand that screen time can affect sleep (L1)		Understand that we need to decide which games to play and what to watch (L2)
		1.2.2.1 To identify special people and what makes them special. The importance of the wider and nuclear family	Recognising privacy, staying safe and seeking permission (R10, 13, 15, 16, 17)  Understand why we shouldn't share personal information (S1)	1.13.1 That it is natural for us to relate to and trust one another. A language to describe our feelings	1.3.1.2 The importance of living in a community Jesus' teaching on who is my neighbour	Understand the basics of what the internet is (C2)	Strengths and interests; jobs in the community (L14, 16, 17)	Keeping healthy; food and exercise, hygiene routines and sun safety (H1, 2, 3, 5, 8, 9, 10)  We all need to have a healthy balance of online and offline activities and understand some online activities can be detrimental to our mental (L1)	1.1.1.1. That we are unique, with different gifts, talents and skills	Understand that we must decide what to do and not to do online (L2)

<b>Year 2</b>	<p>Making friends, feeling lonely, and getting help (R11, 12, 14, 18, 19, 20)</p>	<p>1.1.3.3. Simple strategies for managing feelings and for good behaviour That Choices have consequences and that when we make mistakes we are called to receive forgiveness That Jesus died on the cross so that we would be forgiven</p> <p><b>Give examples of how they might use technology to communicate with others they don't know well (S3)</b></p>	<p>1.1.3.2 Children will have a basic understanding that feelings and actions are two different things, and that our good actions can form our feelings and character</p> <p>1.2.2.3 To recognise when we have been unkind and say sorry</p>	<p>1.3.2.1 That they belong to different communities such as home, school, wider local community, nation and global community</p>	<p><b>Understand that we must decide what to do and what not to do online (L2)</b></p>	<p>What money is; needs wants and looking after money (L10, 11, 12, 13, 15)</p>	<p>Why sleep is important; medicines and keeping healthy, keeping teeth health, managing feelings and asking for help (H4, 6, 7, 16, 17, 18, 19, 20)</p>	<p>1.1.2.2. The names of the parts of our bodies 1.1.4.1 Children will know and appreciate that there are natural life stages from birth to death, and what these are 1.2.3.3. That there are different people who we can trust for help</p>	<p><b>Understand how to search safely (P3)</b></p>
<b>Year 3</b>	<p>What makes a family; features of family life (R1,6,7, 8, 9)</p>	<p>Personal boundaries; safely responding to others; the impact of hurtful behaviour (R19, 22, 24, 30)</p> <p><b>Understand that people on the internet are not always who they say they are and may have malicious intentions (P1)</b></p>	<p>2.1.2.1 Similarities and differences between people arise as they grow and make choices. Teamwork through community.</p> <p><b>Identify how to be kind in online and social environments (S1)</b></p>	<p>The value of rules; laws, rights, freedoms and responsibilities (L1,2,3)</p>	<p><b>Understand that websites use our age to target advertisements at us (C1)</b></p>	<p>Different jobs and skills; addressing stereotypes (L25,26,27,30)</p>	<p>2.1.22 Respecting our bodies as a gift</p>	<p>Personal strengths and achievements; managing and learning from setbacks (H27, 28, 29)</p>	<p>Risks and hazards; safety in the local environment and unfamiliar places (H38, 39, 41)</p> <p><b>Understand that not everything on the internet is appropriate for children (L3)</b></p>

Year 4	<p>Positive friendships including online</p> <p>(R10, 11, 12, 13, 18)</p>	<p>2.2.11 The importance of forgiveness and reconciliation in relationships; we reflect God’s image in our relationship with others. This is intrinsic to who we are and our happiness</p>	<p>Respecting differences and similarities; discussing difference sensitively</p> <p>(R32,33)</p>	<p>2.3.2.1 To know that God wants His church to love and care for others and to find practical ways of loving and caring for others</p>	<p>2.1.3.2 To recognise that images in the media do not always reflect reality and can affect how people feel about themselves</p> <p><b>Have a more thorough and sophisticated understanding of personal information (C2)</b></p>	<p>Making decisions about money; using an keeping money safe (what to do with £1)</p> <p>(L17, 19, 20, 21)</p>	<p>2.1.3.1 That emotions change as they grow up (including hormonal effects)</p> <p>2.1.4.1 That they were handmade by God with the help of their parents. How conception and life in the womb fits into the cycle of life</p> <p><b>Understand that the amount of time we spend and the activities we do online can affect wellbeing (L1)</b></p>	<p>2.1.2.3 Learning what puberty means</p> <p>2.1.2.4 Learning the correct names of genitalia</p>	<p>Medicines and household products; drugs common to everyday life</p> <p>(H10, 38, 40, 46)</p>
	Year 5	<p>Managing friendships and peer influence</p> <p>(R14, 15, 16, 17, 18, 26)</p>	<p>Physical contact and feeling safe</p> <p>2.1.2.1 Self-confidence arises from loving oneself and being loved, not from status etc...</p>	<p>Responding respectfully to a wide range of people; recognising and challenging prejudice and discrimination</p> <p>(R20, 21, 31, 33)</p> <p><b>Understand that people sometimes behave online in a way that they would not in real life. Know a range of strategies to deal with online abuse (S2)</b></p>	<p>Protecting the environment and compassion towards others</p> <p>(L4, 5, 19)</p> <p><b>Understand that social media can exert pressure on us by making us feel jealous or insecure about our own lives (L1)</b></p>	<p>2.1.3.1 To recognise that images in the media do not always reflect reality and can affect affect how people feel about themselves</p> <p><b>Understand how advertising on the internet allows people to make money from your clicks (C1)</b></p>	<p>Identifying job interests and aspirations; finding our purpose</p> <p>Challenging workplace stereotypes</p> <p>(L27, 28, 29, 31, 32)</p>	<p>Healthy sleep habits, sun safety medicines, vaccinations, immunisations and allergies</p> <p>2.1.3.2 To deepen their understanding of the range of intensity of their feelings (H8,9,10,12)</p>	<p>Personal identity; recognising individuality and different qualities</p> <p>2.1.1.1 Physically becoming an adult is a natural stage of life</p> <p>2.1.2.2/3 That human beings are different to other animals and that their bodies are a gift from God to be looked after</p> <p>2.1.4.1 Making Babies (P1): How a baby grows and develops in its mother’s womb</p>

Year 6	Attraction to others; romantic relationships, civil partnership and marriage (R1,2,3,4,5,7)	Recognising and managing pressure; consent in different situations; managing pressure (R26, 28, 29)  <b>Unhealthy attention (P3)</b>	Expressing opinions and respecting others points of view; including discussing topical issues (R30, 34)	Valuing diversity; challenging discrimination and stereotypes (L8,9,10,R21)  2.3.2.1 Pupils with learn to apply the principles of Catholic Social teaching to current issues and find ways of representing God's love in their community  <b>Online stereotypes (L5)</b>	Evaluating media sources and sharing things (H37, L11, L13, L15, L16)	Influences and attitudes to money and financial risks (L18, 22, 23, 24)	What affects mental health and ways to take care of it; managing change, loss and bereavement (H13, 14, 15, 20, 21, 22, 23, 24)	2.1.2.4 How to make good choices to have an impact on health; rest and sleep, personal hygiene e, avoiding the excessive use of electronic entertainment etc..  2.1.4.2 Making Babies Pt 2: Basic scientific facts about sexual intercourse between a man and a woman	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media (H37, 42, 46, 47, 48, 49, 50)  <b>Fake News (N2)</b> <b>Echo Chambers (N4)</b>

