

PSHE Progression of Knowledge and Skills

Curriculum structure

The curriculum is organised into three key areas: Relationships, Living in the Wider World, and Health and Wellbeing. Key concepts are revisited with increasing complexity, independence and responsibility from Year 3 to Year 6.

1. RELATIONSHIPS

	Year 3	Year 4	Year 5	Year 6
Families and Relationships	Understand that families can have problems but support each other. Know that trust is an important part of relationships. Consider other people's thoughts and feelings. Identify who can keep me safe.	Understand what makes a healthy and safe relationship. Identify unhealthy relationships. Resolve differences by looking at alternatives. Celebrate differences.	Understand that families can support each other through difficult times. Recognise what makes a positive, healthy relationship. Balance my own needs with being kind to others. Understand civil partnerships and marriage.	Identify that families look different to everyone. Identify healthy and unhealthy relationships in person and online. Recognise and respond appropriately to a wider range of feelings in others. Understand new relationships at secondary school.
Friendships, Conflict and Peer Pressure	Know possible ways friends can resolve issues. Understand some of the impacts of bullying. Understand that trust is an important part of relationships.	Resolve differences by looking at alternatives. Identify unhealthy relationships. Recognise and manage dares.	Understand the difference between assertive, aggressive and passive behaviour. Recognise ways to manage peer pressure. Reconcile differences and conflict positively and safely, including finding a compromise.	Identify peer pressure and how to overcome it. Understand the consequence of my actions. Recognise healthy and unhealthy relationships in person and online.
Boundaries, Consent and Appropriate Behaviour	Know what is appropriate touch. Identify who can keep me safe.	Recognise healthy and unhealthy relationships. Recognise and manage dares.	Understand consent. Understand assertive, aggressive and passive behaviour. Manage peer pressure.	Identify healthy and unhealthy relationships in person and online. Identify appropriate and inappropriate online requests.
Diversity, Identity and Respect	Identify positives about what makes me, me. Understand gender stereotyping. Understand age stereotyping. Understand and build tolerance.	Celebrate differences. Understand discrimination. Understand that there are a wide range of beliefs in the UK. Identify some human rights.	Understand what contributes to my personal identity. Understand civil partnerships and marriage. Understand the importance of balancing my needs with being kind to others.	Identify the 9 protected characteristics. Challenge gender stereotypes. Understand human rights. Understand that families look different to everyone.
Online Relationships and Communication	Begin to identify who can keep me safe.	Understand the dangers of sharing information online. Understand that online images may be AI generated. Understand that images online can affect how people feel about themselves.	Recognise that AI can have positive and negative impacts. Understand how images can be manipulated or invented and how this can affect body image.	Identify healthy and unhealthy relationships online. Identify appropriate and inappropriate online requests. Understand that AI chatbots are not alternatives to friendships.

2. LIVING IN THE WIDER WORLD

	Year 3	Year 4	Year 5	Year 6
Rights, Responsibilities and Community	Understand my rights and responsibilities. Understand why we have rules and the consequences of breaking them. Understand that actions affect ourselves and others.	Identify some human rights. Know that rules are there to protect us. Know about my local area and what can be done to make changes. Understand discrimination.	Understand what being part of a community means. Recognise the importance of behaving responsibly.	Know my human rights. Understand the consequences of my actions. Understand anti-social behaviour and its impact.

	Identify groups that make up the community. Identify who helps the local community.			Understand some basic laws around becoming an adult at 18.
Personal Safety and Risk	Identify dangers inside the home. Keep safe around strangers. Understand safety on or near roads. Know how to stay safe on Bonfire Night.	Differentiate between risk, hazard and danger. Identify danger signs. Recognise and manage dares. Know how to be safe at a level crossing.	Identify risks in the local area. Identify risks on railway tracks. Recognise dangers over the summer holidays. Know how to make an emergency services call.	Recognise risks at the railway. Understand anti-social behaviour on Bonfire Night. Understand how to respond to inappropriate online requests. Apply knowledge of risk to a wider range of situations.
Money and Financial Education	Understand different ways to pay for things. Recognise that money can affect how we feel.	Understand changing payment methods. Understand the difference between debit and credit. Understand giving and receiving and explain choices.	Understand how wants and needs affect spending habits. Understand how spending choices can affect us.	Identify a variety of payment methods and their advantages/disadvantages. Understand the effects of spending choices. Understand how in-app purchases are linked to real money. Understand how to keep money safe online and avoid scams. Understand gambling and how it can affect people. Understand how money can affect feelings and work/life balance.
Careers, Aspirations and Work	Recognise different types of careers.	Identify the skills needed for some jobs. Recognise that different jobs require different skills.	Understand how people get into different jobs and career pathways. Consider what values matter to me when thinking about careers.	Reflect on achievements, strengths and areas for improvement. Set high aspirations and goals. Understand work/life balance and the relationship between work, money and wellbeing.
Environment and Sustainability	Understand that our actions affect ourselves and others, including plastic pollution.	Consider how individual actions can affect the wider community. Identify how changes can be made in the local area.	Understand how water usage affects the climate crisis.	Understand how fast fashion affects the planet. Consider the impact of personal consumption choices.
Digital World, AI and Online Safety	Begin to recognise that technology can be used in different ways.	Understand social media age restrictions. Understand that images online may be AI generated. Understand dangers of sharing information online.	Identify positives and negatives of AI. Understand how images can be manipulated or invented. Consider responsible use of AI.	Understand how to keep money safe online and avoid scams. Understand the relationship between AI, friendships and wellbeing. Understand in-app purchases and gaming. Identify the pros and cons of gaming.

3. HEALTH AND WELLBEING

	Year 3	Year 4	Year 5	Year 6
Mental Health, Emotions and Emotional Regulation	Recognise the different Zones of Regulation. Understand when I might be in different zones. Know how my body reacts in different zones. Identify triggers that move me out of the Green Zone. Identify tools to help regulate emotions. Identify the size of a problem and how this affects emotions.	Identify tools to regulate emotions. Build self-esteem through gratitude. Reflect on achievements.	Identify tools to regulate emotions. Understand that emotions may change during puberty. Identify strategies for feeling lonely. Understand that people experience and manage grief differently. Consider other people's thoughts and feelings.	Use tools to regulate emotions. Recognise and respond appropriately to a wider range of feelings in others. Recognise good and bad feelings in my body. Understand that feeling lonely is normal. Understand factors that positively and negatively affect physical, mental and emotional health. Reflect on strengths and areas for improvement.
Healthy Lifestyles	Know what helps me sleep better.	Understand why sleep is important.	Identify early signs of physical illness. Identify the benefits of exercise.	Understand how lack of sleep can affect me.

	Understand why we need to wash our hands.	Recognise how too much sugar can affect health. Identify the benefits of exercise. Know how to use medicines safely.	Identify safe and unsafe exposure to the sun. Understand facts and science relating to vaccinations.	Understand factors that positively and negatively affect physical health. Recognise good and bad feelings in my body.
Medicines, Drugs and Substances	Know when it is safe to take medicines. Recognise who can help keep me safe.	Know how to use medicines safely.	Know the definition of a drug. Understand risks and effects of legal drugs including cigarettes, vaping, alcohol and medicines. Recognise that some drugs are illegal to own, use or give to others. Know that some drugs can be addictive.	Build on understanding of drugs and health. Understand how choices and behaviours can affect health.
Puberty, Growing Up and Reproduction			Identify body changes during puberty. Understand personal hygiene during puberty.	Understand how bodies and emotions change through puberty. Understand personal hygiene and changes during puberty. Understand and explain human reproduction. Understand some basic laws around becoming an adult at 18.
First Aid, Emergencies and Keeping Safe	Identify if someone needs help or first aid. Understand my role in an emergency. Identify who can keep me safe.	Know some basic first aid. Recognise danger signs.	Know some basic first aid. Know how to make an emergency services call. Identify local risks.	Understand some basic first aid. Recognise when and how to seek appropriate help.
Body Image and Media	Identify positives about what makes me, me. Celebrate differences.	Recognise that images in the media do not always reflect reality. Understand that online images can affect how people feel about themselves. Understand that some images may be AI generated.	Understand how images can be manipulated or invented. Understand how manipulated images can affect body image. Recognise positives and negatives of AI.	Recognise that images in the media and online do not always reflect reality. Understand how media and online images can affect how people feel about themselves. Challenge unrealistic representations.
Loneliness, Grief and Emotional Wellbeing	Understand that families and friends can support us. Consider other people's thoughts and feelings.	Develop self-esteem and gratitude. Reflect on achievements.	Identify strategies for feeling lonely. Understand that people experience grief differently. Consider other people's thoughts and feelings.	Understand that feeling lonely is normal. Recognise feelings in ourselves and others. Understand that AI chatbots are not alternatives to friendships.

OVERALL PSHE PROGRESSION

Year 3 – RECOGNISE	Year 4 – UNDERSTAND	Year 5 – APPLY	Year 6 – EVALUATE & PREPARE
Develop foundational knowledge and begin to recognise emotions, relationships, rights, responsibilities, hazards, healthy choices, careers, communities and the impact of actions on others.	Develop understanding of healthy/unhealthy relationships, risk, discrimination, human rights, money, online safety, AI, healthy lifestyles, self-esteem and growing up.	Apply knowledge through communication, consent, peer pressure and conflict resolution; responsible choices about money, careers, AI, drugs, puberty, loneliness, grief and environmental issues.	Evaluate, make informed decisions and prepare for greater independence through relationships, online life, money, rights, health, puberty, reproduction, transition and future aspirations.