PSHCE Skills Progression Document

Year 1	
Unit	**Learning Objective**
My Healthy Self	Name and recognise the six emotions. Recognise that people may show different emotions in a situation and understand why. Describe emotions and how they change. Explore what makes me and others feel excited and calm. Explore what makes us feel worried, annoyed or upset. Talk about how we can get help with our feelings.
Connecting With Others	Recognise what makes me special and talk about my strengths. Explore how families care for and support each other. Understand that families should help me feel safe and cared for. Explain how to be a good friend. Explore how to be kind even when you are angry or upset. Explore kind and respectful behaviours.
The Online World	Recognise when I am online. Recognise online activities and in-person activities. Recognize that polite behaviour online is the same as polite behaviour in person. Explain why it is good to balance screen time with in-person activities. Recognise when something online is not for children and know how to tell a trusted adult. Explain how I can stay safe when using a device.
Citizenship	Recognise some of the needs of babies and younger children. Understand that animals have different needs and how to care for them. Identify ways to look after the school environment. Show respect when sharing ideas and opinions. Recognise how people help look after the school and local environments. Recognise how rules help people, animals and places.

Growing Up	Not included in Y1 curriculum
Staying Safe	Identify what is safe and unsafe in the home. Identify what is safe and unsafe for our bodies Explain how rules can keep us safe. Describe how to stay safe near roads. Notice how I feel when something is unsafe. Recognise who and how to ask for help.

Year 2	
Unit	**Learning Objective**
My Healthy Self	Create an agreement through discussion. Describe how being active makes me feel. Explain why sleep is important and how a bedtime routine can help. Recognise and explain that fruits and vegetables help keep our bodies healthy. Explain how healthy food and drink choices help the body and mind. Identify ways to keep my teeth clean and healthy. Use what I know about looking after my body to create a healthy daily routine.
Connecting With Others	Recognise and celebrate how people are different. Recognise that all families are different and all are special. Solve a falling-out kindly. Practise telling others when something feels okay or not okay to me. Name who I can talk to and what I can say if something feels unsafe or wrong. Recognise bullying behaviour and know what to do if it happens.
The Online World	Describe some things people can do online and how to use devices safely. Understand that sharing information online means it can be seen by many people. Recognise that private information should not be shared online. Identify when private information has been shared online. Understand that not everything we see online is real. Explain what to do if something online worries me.

Citizenship	Identify the communities that people belong to. Explain how people contribute to a community. Describe jobs people do to help my local community. Describe how different jobs help people and communities. Understand what money is and how people use it. Recognise different ways adults get money.
Growing Up	Identify how we grow and change as we get older. Describe what people can do as they grow older. Express personal boundaries using simple language. Talk about body parts correctly. Talk about how to respect other people's belongings and bodies. Describe how to get help if you feel unsafe or uncomfortable.
Staying Safe	Understand that my body is special and belongs to me. Recognise simple rules that help keep my body safe. Understand how to stay safe at home. Identify how to stay safe in different places. Understand what to do if I cannot find my trusted adult. Recognise how to stay safe around water.

Year 3	
Unit	**Learning Objective**
My Healthy Self	Create an RSE and PSHE agreement through discussion. Describe how emotions can affect our bodies. Recognise how others might be feeling using clues. Understand that our minds and bodies are connected. Understand why sleep is important and how we can sleep well. Identify strategies that may be helpful when experiencing strong emotions. Understand how to support ourselves and get help with our feelings.
Connecting With Others	Recognise what self-respect is and why it is important.

	Identify my personal boundaries. Identify how families can spend time together and support each other. Describe what makes a good friend. Explore fair ways to respond after a falling-out. Identify what bullying is and how it might make someone feel.
The Online World	Identify ways people communicate online and in person. Describe respectful ways to communicate online. Explain how online communication can be misunderstood. Understand how to respond safely to online bullying. Explain why we must be careful when communicating online. Explain and practise ways to stay safe online and seek help.
Citizenship	Recognise that everyone has rights and responsibilities. Recognise that children have rights and why they matter. Understand how reducing what we use helps protect the environment. Understand how reusing items helps protect the environment. Recognise our responsibility to recycle at home, school and in the local area. Recognise how local councils look after local communities. Explore different jobs and how people might prepare for them. Understand what can influence people's career choices.
Health Protection	Understand how hygiene can help stop the spread of germs and prevent illness. Know how sun safety helps protect our health now and in the future. Understand how vaccination helps the immune system respond to some diseases. Identify when I can manage a health concern myself and when to ask for help. Recognise basic first aid responses for common injuries. Know how to get help in a medical emergency.

Year 4	
Unit	**Learning Objective**
My Healthy Self	Create an RSE and PSHE agreement through discussion.

	Explore the importance of having a balanced diet. Investigate how physical activity affects the body. Examine how daily habits and choices can affect our energy levels. Recognise when someone may need support and how to seek help. Understand how a growth mindset helps us respond to challenges. Understand that being kind can help me too.
Connecting With Others	Use positive thoughts and words when things are challenging. Practise being respectful in different settings. Describe a range of ways to build trusting friendships. Explain how our actions help us look after our friendships. Explain when and how to ask for help if I see bullying. Recognise stereotypes in everyday life.
The Online World	Recognise how the internet can be helpful and challenging Recognise that not all online content is appropriate for children. Recognise that some online information can be misleading. Check whether online information is reliable. Evaluate multiple sources of online information. Recognise the importance of questioning online content.
Citizenship	Explore different ways to pay for things. Recognise how tracking money can help people make spending and saving decisions. Recognise how a budget can help support spending choices. Recognise how people decide if something is good value for money. Recognise the impact of spending choices. Recognise that money can impact how people feel.
Growing Up	Explain what body boundaries are and how to communicate them. Explore how bodies change during puberty. Explain how to manage emotions and feelings during puberty. Explain what a period is and what happens when you have one. Describe how and why we should treat others with kindness and respect. Identify trusted adults and explain how they can help with worries about growing up and change.

Staying Safe	Identify warning signs that a situation may be unsafe. Respond to an uncomfortable situation safely. Identify common risks and explain how to stay safe when walking, cycling or scooting. Understand how to stay safe in and around water. What drugs are safe or unsafe? Recognise hazards and explain how thinking ahead reduces risk.

Year 5	
Unit	**Learning Objective**
My Healthy Self	Create a PSHE agreement by working as a class. Explore how food labels can help in making healthier choices. Reflect on how active I am. Compare the impact of different physical activities on the body. Recognise a range of complex feelings. Recognise and respond to strong and complex feelings. Recognise how to look after mental health.
Connecting With Others	Describe how our identities are influenced by different factors. Understand what commitment means and how it is shown in family relationships. Identify different ways that families can support and protect each other. Evaluate healthy and unhealthy friendships. Develop and apply positive ways to respond to friendship challenges. Reflect on what assertive communication looks like and why it is important.
The Online World	Analyse how online adverts influence what we click, buy or watch. Explain how online adverts are targeted. Recognise how different types of online content influence choices and behaviour. Explain how online trends influence behaviour. Analyse how opinions shared online can shape our views. Recognise that online messages can be misleading.
Citizenship	Recognise how to show care for others.

	Recognise how individuals and groups can contribute to a community. Recognise how the UK Government works. Understand the role of a local councillor. Recognise the role of pressure groups. Recognise how people can influence decisions made by the government. Prioritise needs over wants. Create a weekly budget. Understand how borrowing and loans work. Explain risks when spending money online. Explain how money can be kept safe online and offline. Recognise the risks of gambling.
Growing Up	Discuss the physical and emotional changes that happen during puberty. Explain why personal hygiene is important during puberty. Recognise how to treat others with kindness during puberty. Identify emotions that may change during puberty and know who to talk to for support. Describe what a period is and how to manage it. Recognise personal boundaries and know how to respond when they are crossed.

Year 6	
Unit	**Learning Objective**
My Healthy Self	Create an RSE and PSHE agreement by working as a class. Understand how daily habits protect long-term dental health. Interpret nutritional information to help make informed choices about food. Describe how habits can influence long-term health. Recognise and regulate strong and complex feelings. Explain how our mindset can affect our personal growth. Understand how my actions can impact myself and others.
Connecting With Others	Make links between values and personal growth. Evaluate how to be respectful in different situations.

	Set and respect personal boundaries, including seeking and giving consent. Evaluate safe, respectful ways to challenge unfairness in everyday situations. Describe how to respond to bullying safely. Explain when to seek help for yourself or someone else.
The Online World	Understand how online platforms engage users and recognise ways to manage online activity. Recognise why some online gaming can be risky and how to make safe choices. Analyse how online content can influence how people think and feel. Recognise and respond to harmful online behaviours. Understand how what we share online can affect ourselves and others. Recognise the impact of online experiences on wellbeing and how to respond positively.
Citizenship	**To be added to Kapow in Dec 2026!**
Option 1: Further First Aid - Ocotber 2026! **Option 2: Sex Education**	**Sex Ed Objectives:** Use the correct scientific vocabulary to name private body parts respectfully. Describe how a baby is made using scientific vocabulary. Understand the stages of pregnancy and the different ways babies are born. Recognise that families can be formed in different ways. Consider some of the responsibilities of having a baby. Understand what consent means.
Staying Safe	Describe how to keep myself safe when I am at home without adult support. Predict and plan for risks outside the home. Explain how to stay safe near railways. Manage risk in, on and around water by following the water safety code. Recognise and respond to peer pressure. Recognise the risks of drug misuse and how to make safe choices.