PSHE skills progression map

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
AUTUMN 1	 Self-regulation 	 Family and 	 Family and 	 Family and 	 Family and 	 Family and 	 Family and
	: My feelings	relationships	relationships	relationships	relationships	relationships	relationships
					 Health and 		
					wellbeing		
Session 1	You Choose by	Elmer By David	Can I join your	This is our	Along came a	Kenny Lives	King of the Sky
	Nick Sharratt &	Mckee	Club? By John	House By	Different By	with Erica and	By Nicola Davis
No Outsiders	Pippa Goodheart	I can recognise ways in which I	Kelly and Steph Laberis	Michael Rosen I can recognise	Toby McLaughlin	Martina By Olly Pike	l can understand that
	I can make simple choices between activities	am unique and understand that there has never been another me	I can respect similarities and differences in others,	discrimination, teasing, bullying and aggressive behaviours	I can appreciate difference and diversity in school, community, UK and around the world.	I can recognise how their actions affect themselves and others and begin to consider my actions as a result	discrimination and prejudice is unacceptable.
Session 2	I can identify different feelings and emotions.	I can understand that families look after us L1	I can begin to understand the range of families they may encounter now	I can understand that families love and support each other but	I can develop understanding of courtesy and manners in a	I can explore the ups and downs of friendships L2	l can understand what we mean by respect and

			and in the	sometimes	range of		why it is
			future	problems can	situations		important
			L2	occur and help	L1		L1
				is available if			
				needed			
				L1			
Session 3	l can explore	I can begin to	I can begin to	l can	l can	l can	l can
	different coping	understand the	understand that	understand that	understand the	understand the	understand that
	strategies to	importance and	some	friendships have	physical and	concept of	respect is two-
	help regulate	characteristics	friendships	ups and downs	emotional	marriage	way and how
	my emotions.	of positive	might make us	and that	boundaries in	L3	we treat others
		friendships	feel unhappy	problems can be	friendships		is how we can
		L2	and how to deal	resolved	L2		expect to be
			with this	L2			treated
			L4				L2
Session 4		I can begin to	I can begin to	l can	l can	I can begin to	l can
		understand that	understand the	understand the	understand the	understand self-	understand
		friendships can	conventions of	impact of	impact of	respect	stereotypes and
		have problems	courtesy and	bullying	bullying and the	L4	be able to share
		but we can	manners	L3	responsibility of		information on
		overcome them	L5		bystanders to		them
		L5			help		L4
					L4		
AUTUMN 2	 Self-regulation 	• Family &	• Family &	 Family & 	• Family &	• Family &	• Family &
	: My feelings	relationships	relationships	relationships	relationships	relationships	relationships

		• Health & Wellbeing	 Health & Wellbeing 		• Health & Wellbeing		 Health and Wellbeing
Session 1	Red Rockets	Going to the	How to be a	We're All	Dogs Don't Do	The Suitcase By	The Only Way is
No Outsiders	and Rainbow Jelly by Sue Heap and Nick Sharratt I can appreciate that others might think differently to them or believe in different things.	Volcano By Andy Stanton I can explain the ways in which we are the same as all other people and what we have in common with everyone else	Lion By Ed Vere I can recognise what I am good at	Wonders By R.J. Palacio I can get help if they experience or witness teasing or bullying	Ballet By Anna Kemp Sarah Oglivie I can recognise what they are good at and strive to reach set goals	Chris Naylor Ballesteros I can understand human rights and children's rights	Badger By Stella J Jones & Carmen Saldana I can understand and appreciate the viewpoints of others
Session 2	I can explore the different adjectives that can be used to describe feelings.	I can begin to understand that being friendly to others makes them feel welcome and included L6	I can begin to understand how loss and change can affect us L6	I can understand why trust is an important part of positive relationships L5	I can recognise that stereotypes can relate to a number of factors L6	I can begin to understand that family relationships can sometimes make children feel unhappy and what they can do if this happens	I can resolve disputes and conflict through negotiation and compromise L5

						L5	
Session 3	I can explore	I can begin to	I can develop an	I can begin to	I can explore	l can	I can begin to
	different facial	understand	understanding	understand the	how we can	understand	understand the
	expressions and	what is meant	of stereotypes	differences	help following a	more about	process and
	what they	by a stereotype	and how these	between people	bereavement	bullying and	emotions
	mean.	L7	might affect	and why it is	L8	how to get help	relating to grief
			job/career	important to		L6	L6
			choices	respect these			
			L7	differences			
				L6			
Session 4		I can describe	I can describe a	I can recognise	l can	l can explore	l can
		and understand	range of feelings	that stereotypes	understand how	the impact of	understand and
		my feelings	and develop	are present in	we can look	stereotypes and	plan for a
		L1	simple	everyday life	after our teeth	how they can	healthy lifestyle
			strategies for	L7	L1	lead to	L3
			managing them			discrimination	
			L1			L8	

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
SPRING 1	• Building relationships :	 Health and wellbeing 	 Health and wellbeing 	 Health and wellbeing 	 Health and wellbeing 	 Health and wellbeing 	 Health and wellbeing
	special relationships		 Safety and the changing body 				 Safety and the changing body

Session 1	Hello Hello By	Want to play	The Great Big	Beegu By Alexis	Red: A crayon's	Mixed By Arree	Leaf By Sandra
No Outsiders	Brendan Wenzel I can understand that I have lots of similarities and difference.	trucks? By Ann Stott and Bob Graham I can explain the ways in which we are the same as all other people and what we have in common with everyone else	Book of Families By Mary Hoffman & Ros Asquith I can understand the heritage of others	Deacon I can recognise feelings in others and respond to how others are feeling	Story By Michael Hall I can recognise what they are good at	Chung I can recognise and care about other people's feelings and respond to them appropriately	Dieckmann I can tolerate and understand different cultural traditions
Session 2	I can talk about people that hold a special place in my life.	I can understand the benefits of physical activity and rest L3	I can identify strategies to help overcome barriers or manage difficult emotions L5	I can understand and plan for a healthy lifestyle including physical activity, rest and diet L1	I can develop a growth mindset and understand that mistakes are useful L3	I can understand the benefits of sleep L2	I can understand the potential impact of technology on physical and mental health L4
Session 3	I can understand why it is important to share and	I can begin to understand how germs are spread and how	l can understand what it means	l can understand the different	I can identify what's important to me and to take	I can use vocabulary to describe their feelings and	I can reflect on skills they have developed to identify and

	cooperate with	we can stop	to have a	aspects of my	responsibility	take	respond to
	others.	them spreading	healthy diet	identity	for my own	responsibility	difficult
		L5	L6	L3	happiness	for them	situations
					L5	L5	L5
Session 4	I can understand that it is ok to like different things as I am a valuable individual.	I can begin to understand the risks associated with the sun L6	I can understand ways of looking after our teeth L7	I can break down barriers into smaller, achievable goals L5	I can understand a range of emotions L6	I can understand and be able to plan healthy meals L6	I can understand ways that we help prevent ourselves and others becoming ill
							L6
Session 5	I can explore diversity through thinking about similarities and differences.	I can begin to understand allergies L7	I can understand how to stay safe when using the internet L1	I can recognise when to give consent L6	I can begin to understand what mental health is and who can help if I need it L7	I can understand risks associated with the sun and how these can be avoided L7	I can understand what happens when we are ill and begin to understand when to seek support L8
SPRING 2	Building relationships : my family and friends	 Safety and the changing body 	 Safety and the changing body 	 Safety and the changing body 	 Safety and the changing body 	 Safety and the changing body 	 Safety and the changing body

Session 1	The Family	Max The	Amazing By	The Truth about	Aalfred and	How to Heal a	The Island By
No Outsiders	Book By Todd	Champion By	Steve Antony	Old People By	Aalbert By	Broken Wing By	Armin Greder
No Outsiders	Parr	Sean Stockdale, Alexandra Strick	I can listen to	Elina Ellis	Morag Hood	Bob Graham	I can further
	I can recognise	& Ros Asquith	other people	I can recognise	I can recognise	I can resolve	tolerance and
	that I am unique		and play and	that there are	and care about	differences by	understanding
		l can explore	work	many different	other people's	looking at	of different
		similarities and	cooperatively	types of family	feeling and	alternatives,	cultural
		difference		and that at	respect and	seeing and	
		between my		Gainsborough	constructively	respecting	
		friends and me		we value all	challenge if	others' points of	
				types of family	necessary, their	view, making	
				equally	point of view.	decisions and	
						explaining	
						choices.	
Session 2	l can	I can respond to	I can begin to	l can	l can	l can	l can
	understand that	adults in a safe	understand the	understand the	understand that	understand	understand the
	we all have	and familiar	difference	role I can take in	age restrictions	some issues	risks of alcohol
	different beliefs and celebrate	context.	between secrets	and emergency	are designed to	related to online	L1
	special times in	L1	and surprises	situation.	protect us	friendships	
	different ways		L3	L1	L1	including the	
						impact of their	
						actions	
						L1	

Session 3	l can	l can	I can begin to	l can	l can	I can learn	I
	understand why	understand how	understand the	understand that	understand the	about staying	can understand
	sharing is	to respond to	concept of	cyberbullying	benefits and	safe online	that online
	important	adults in a range	privacy and the	involves being	risks of sharing	L2	relationships
		of situations	correct	unkind online.	material online		should be
		L2	vocabulary for	L4	L2		treated in the
			body parts				same way as
			L4				face to face
							relationships
							L2
Session 4	l can	I can recognise	l can	I can begin to	I can develop	l can	l can
	understand the	an emergency is	understand safe	recognise who	understanding	understand	understand the
	characteristics	and how to	and unsafe	and what can	of privacy and	physical	changes that
	that make a good friend.	make a phone	touches	influence our	the difference	changes during	happen during
	good menu.	call if needed	L5	decisions.	between secrets	puberty	puberty.
		L4		L7	and surprises	L3	L4
					L4		
Session 5	I can consider	I can begin to	l can	I can develop an	I can recognise	l can	l can
	why it is	understand the	understand	understanding	the physical	understand the	understand the
	important to	difference	ways to keep	of safety on or	differences	menstrual cycle	biology of
	support each other by being	between	safe on and	near roads.	between	L4	conception.
	kind.	acceptable and	near roads	L8	children and		L5
		unacceptable	L8		adults		
		physical contact			L7		
		L5					

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
SUMMER 1	Managing self	 Safety and the 	 Citizenship 	Citizenship	 Safety and the 	 Safety and the 	 Safety and the
	: taking on	changing body			changing body	changing body	changing body
	challenges	 Citizenship 			Citizenship	Citizenship	 Citizenship
Session 1	Mommy, Mama	My World Your	What the	The Hueys in	When Sadness	The Little Island	Introducing
No Outsidans	and Me by	World By	Jackdaw Saw By	the New	Comes To Call	By Smriti	Teddy By Jessica
No Outsiders	Leslea Newman	Melanie Walsh	Julia Donaldson	Jumper By	By Eva Eland	Prasadam-Hallis	Walkton &
	& Carol		& Nick Sharratt	Oliver Jeffers		& Robert	Dougal
	Thompson	I can explain the			I can make	Starling	MacPherson
		ways in which	I can use a	I can recognise	choices to make		
	I can recognise	we are the same	range of social	that there are	a balanced	I can solve	I can develop an
	ways in which	as all other	skills	many different	lifestyle	disputes and	understanding
	my family /	people and		types of family		conflict through	and key terms
	carer is special	what we have in		and that at		negotiation and	related to
		common with		Gainsborough		appropriate	sexual identity
		everyone else		we value all		compromise	and gender
				types of family			identity
				equally			
Session 2	l can	I can begin to	l can	I can begin to	I can begin to	l can	l can
	understand why	understand	understand the	understand the	understand the	understand how	understand how
	we have rules	what is safe to	importance of	UN convention	risks of smoking	to help	to help
		put into or onto	rules	on the rights of	and the benefits	someone who is	someone who is
		our bodies.	L1	the child	of being a non-	bleeding	unresponsive
		L6		L1	smoker	L6	L8
					L8		

No Outsiders	Chameleon By Emily Gravet	By Gillian Hibbs I can ask for help if they are	Welcome By Alexandra Penfold &	Accidental Trouble Magnet By Zanib Mian	Mermaid By Jessica Love	Makes Three By Justin	of Marlon Bundo By
Session 1	Blue	Errol's Garden	All are	Planet Omar:	Julian is a	And Tango	A Day in the Life
SUMMER 2	 Managing self : my wellbeing 	• Economic Wellbeing	• Economic Wellbeing	• Economic Wellbeing	• Economic Wellbeing	 Citizenship Economic Wellbeing 	 Economic wellbeing Identity Dealing with change
Session 4	I can understand the importance of perseverance in the face of challenge.	I can begin to recognise ways in which we are both the same as and different from other people L4	I can understand ways to share an opinion L7	I can begin to understand how democracy works in the local area L6	I can understand the value of diversity in a community L5		I can recognise prejudice and discrimination and learn how this can be challenged L4
Session 3	I can develop confidence in my own ability to solve problems	I can begin to understand the importance of rules. L1	I can recognise similarities and differences between people in the local community L5	I can understand that charities care for others and how people can support them L5	I can begin to understand the Human Rights convention L1	I can begin to understand the influence others have on us and how we can make our own decisions L7	I can understand human rights, including the right to education. L1

	I can express my	worried about	Suzanne	l can	I can listen and	Richardson &	Marlon Bundo &
	likes, dislikes and preferences.	something.	Kaufman I can understand that there are many different types of family and that at Gainsborough we value all types of family equally	understand and appreciate a range of different cultures	respond respectfully to a wide range of people	Peter Parnell I can give rich and constructive feedback and support to benefit others as well as themselves	Jill Twiss I can understand democracy and how laws can change
Session 2	I can understand how exercise affects different parts of the body and why it is important	I can understand what money is and where it comes from L1	l can understand where money comes from L1	I can understand the different ways to pay for things and why people might choose them L1	I can begin to understand the importance of keeping track of money L2	l can understand how parliament works L6	I can begin to understand how government works L6
Session 3	I can understand what it means to be a safe pedestrian.	I can begin to understand that people make different choices about	I can understand that banks look after money and the	I can understand that there are a range of jobs available and to	I can understand that people's decisions about their careers	l can understand some risks associated with money	I can understand the range of jobs people might do L4

		spending and	benefits of bank	think about	can be	L3	
		saving money	accounts	what job they	influenced by a		
		L4	L4	might want to	variety of things		
				do	L4		
				L5			
Session 4	l can						l can
	understand						understand that
	what it means						the media
	to eat healthily						manipulates
							images
							L2

*EYFS follow the Development Matter objectives (all of which cover the objectives above) progressively across the year. These are recorded in the children's All About Me books.