

# PSHE Progression Map



		Nursery	Reception	Year 1	Year 2
Families and relationships	Family	I know that all families are different. I know there are lots of different houses and homes. I can tell you about my family	To talk about our families. To understand that all families are valuable and special To talk about people that hold a special place in children's lives. To think about what it means to be a valued person	To understand that families look after us.	To begin to understand the role of the family in their lives To begin to understand the range of families they may encounter now and in the future
	Friendships	I can tell you how I could make new friends I know some kind words to encourage people with I understand how to make friends if I feel lonely I can tell you some of the things I like about my friends I know what to say and do if somebody is mean to me I can work together and enjoy being with my friends	To share their interests with the group. To work together as a group to overcome challenges. To communicate effectively with others. To understand the characteristics that make a good friend. To think about why it might be difficult for others to be a good friend all the time. To learn how to help, listen to and support others when working in a team. To plan a party to celebrate the special friendships within the class.	To begin to understand the importance and characteristics of positive friendships. To recognise how others show feelings and how to respond. To begin to understand how friendships can make us feel. To begin to understand that friendships can have problems but we can overcome them.	To recognise how others show feelings in different ways and how to respond. To begin to understand that some friendships might make us feel unhappy and how to deal with this.
	Respectful relationships	I understand how it feels to belong and that we are similar and different I can work together and consider other people's feelings I can use gentle hands and understand that it is good to be kind to people I can use my words to stand up for myself.	To explore diversity through thinking about similarities and differences. To understand why it is important to share and cooperate with others. To develop strategies to help when trying to share with others. To understand that it is ok to like different things. To understand that we all have different beliefs and celebrate in different ways. To think about the perspectives of others. To understand why sharing is important. To think about the perspectives of others in the class.	To begin to understand that being friendly to others makes them feel welcome and included. To begin to understand what is meant by a stereotype	To begin to understand the conventions of courtesy and manners. To describe how to make others feel welcome and included.
Health and Wellbeing	Physical Health and Wellbeing	I can tell you some of the things I need to be healthy I know the word 'healthy' and that some foods are healthier than others I know how to help myself go to sleep and that sleep is good for me I can wash my hands and know it is important to do this before I eat and after I go to the toilet I know the names for some parts of my body and am starting to understand that I need to be active to be healthy I understand that we all start as babies and grow into children then adults I know that I grow and change	To learn about the importance of exercise. To explore how exercise affects different parts of the body. To learn how yoga can help our bodies to stretch, relax and stay healthy. To explore guided meditation and relaxation Understand why it's important to take care of ourselves. To know and discuss factors that support overall health and well-being. To understand what it means to eat healthily. To understand the importance of healthy food choices. To explore what it means to have a balanced diet.	To begin to understand how germs are spread and how we can stop them spreading. To begin to understand the risks associated with the sun. To begin to understand allergies. To understand the benefits of physical activity and rest. To know how to relax in different ways.	To understand the benefits of physical activity. To use breathing exercises to relax To understand what it means to have a healthy diet. Understand ways of looking after our teeth. To understand that there are people in the local community who help to keep us healthy.
	Mental Wellbeing	I understand how feeling happy and sad can be expressed I know how it feels to be proud of something I am good at. I can tell you one way I am special and unique. I can keep trying until I can do something I can set a goal and work towards it I can feel proud when I achieve a goal I can use Calm Me time to manage my feelings	To identify different feelings and emotions To identify and express my feelings. To explore different coping strategies to help regulate our emotions. To identify our own feelings. To consider the reasons behind our emotions. To explore the different adjectives that can be used to describe feelings. To explore different facial expressions and what they mean. To identify different feelings and how to moderate behaviour socially and emotionally. To see themselves as a valuable individual. To understand the importance of persistence in the face of challenges. To develop confidence in their own ability to solve problems. To learn and practise 'grounding' coping strategies To understand the importance of perseverance in the face of challenge. To learn new skills, showing resilience and perseverance in the face of challenge.	To describe feelings and develop simple strategies for managing them. To recognise and celebrate my strengths and set simple but challenging goals. To understand their own strengths and to prepare for their move to a new class.	To describe a range of feelings and develop simple strategies for managing them. To understand strengths and set achievable goals. To identify strategies to help overcome barriers or manage difficult emotions To begin to understand the process and emotions relating to grief.
Safety	I know what to do if I get lost and how to say NO to strangers	To understand what it means to be a safe pedestrian.	To know how to respond to adults in a safe and familiar context. To recognise how to respond to adults in a range of situations. To recognise what to do if you get lost. To know what an emergency is and how to make a phone call if needed. To begin to understand the difference between acceptable and unacceptable physical contact. To begin to understand what is safe to put into or onto our bodies. To recognise that there are dangers at home and how these can be avoided To understand that there are people in the local community who help to keep us safe.	To understand what the internet is and how it can help us. To understand how to stay safe when using the internet. To begin to understand the difference between secrets and surprises. To understand ways to keep safe on and near roads. To begin to understand how to stay safe with medicines. To begin to understand the concept of privacy and the correct vocabulary for body parts. To understand safe and unsafe touches. To know my body is important and belongs to me.	
Citizenship	I am starting to understand children's rights and this means we should all be allowed to learn and play	To understand why we have rules. To understand why it is important to listen carefully. To understand why it is important to tell the truth and think about the feelings of others. To listen and respond to phrases and instructions that involve several ideas or actions.	To recognise the importance of rules. To understand that animals have different needs and how to care for them. To recognise some of the needs of babies and younger children. To begin to recognise ways in which we are both the same as and different from other people. To identify the range of groups that people belong to. To begin to recognise how democracy works.	To recognise the importance of rules To identify ways to look after the school environment. To recognise the roles people play in looking after the environment. To begin to understand the roles people have in the community. To begin to recognise how democracy works in school. To share and justify opinions by presenting ideas about how the school could be improved.	
Economic wellbeing	I am learning what being responsible means I can start to think about the jobs I might like to do when I'm older	To discover what money is and how it helps us. To consider ways to keep coins safe. To recognise the purpose of banks and building societies. To begin to understand the differences between spending and saving money. To identify the different job roles adults have in school. To identify and describe different jobs.	To explore the ways people receive money. To identify basic needs essential for healthy growth. To consider how people decide what they want. To explore how bank accounts and cards help with managing money. To identify my skills and talents and consider how these could link to jobs. To develop an understanding of stereotypes and how these might affect job/career choices.		