



PSHE Progression Map Key Stage 1 (Cambridge Education)



	Reception			Year 1		Year 2		
Myself and My Relationships	Myself and My Relationships 1: Beginning and Belonging	Myself and My Relationships 2: My family and friends including Anti-Bullying	Myself and My Relationships 3: My Emotions	Myself and My Relationships: Family and Friends	Myself and My Relationships: My Emotions	Myself and My Relationships: Anti-Bullying	Myself and My Relationships: Managing Change	
Healthy and Safer Lifestyles	Healthy and Safer Lifestyles 3: Healthy Lifestyles			Healthy and Safer Lifestyles: Managing Safety and Risk	Healthy and Safer Lifestyles: Healthy lifestyles	Healthy and Safer Lifestyles: Healthy Lifestyles	Healthy and Safer Lifestyles: Personal Safety	Healthy and Safer Lifestyles: Digital lifestyles
Citizenship	Citizenship 1: Identities and Diversity			Citizenship: Rights, Rules and Responsibilities		Citizenship: Diversity and Communities		
Relationships and Sex Education	Healthy and Safer Lifestyles 1: My Body and Growing Up				Healthy and Safer Lifestyles: Relationships and Sex Education		Healthy and Safer Lifestyles: Relationships and Sex Education	

Myself and My Relationships

	Myself and My Relationships 1: Beginning and Belonging	Myself and My Relationships 2: Anti-Bullying	Myself and My Relationships 3: My Emotions
Reception	<p>How am I special and what is special about other people in my class?</p> <p>What have I learnt to do and what would I like to learn next?</p> <p>How do we welcome new people to our class?</p> <p>What can I do to make the classroom a safe and happy place?</p> <p>How can I play and work well with others?</p> <p>How can I respect the needs of others?</p> <p>How does my behaviour make other people feel?</p>	<p>Who are my special people and why are they special to me?</p> <p>Who is my family and how do we care for each other?</p> <p>What is a friend?</p> <p>How can I be a good friend?</p> <p>How do I make new friends?</p> <p>How can I make up with friends when I have fallen out with them?</p> <p>How does what I do affect others?</p> <p>Do I know what to do if someone is unkind to me?</p>	<p>Can I recognise and show my emotions?</p> <p>Can I recognise emotions in other people and say how they are feeling?</p> <p>Do I know what causes different emotions in myself and other people?</p> <p>How do I and others feel when things change?</p> <p>Do I know simple ways to make myself feel better?</p> <p>How can I help to make other people feel better?</p>

	Myself and My Relationships: Family and Friends	Myself and My Relationships: My Emotions
Year 1	<p>Can I describe what a good friend is and does and how it feels to be friends?</p> <p>Why is telling the truth important?</p> <p>What skills do I need to choose, make and develop friendships?</p> <p>How might friendships go wrong, and how does it feel?</p> <p>How can I try to mend friendships if they have become difficult?</p> <p>What is my personal space and how do I talk to people about it?</p> <p>Who is in my family and how do we care for each other?</p> <p>Who are my special people, why are they special and how do they support me?</p>	<p>What am I good at and what is special about me?</p> <p>How can I stand up for myself?</p> <p>Can I name some different feelings?</p> <p>Can I describe situations in which I might feel happy, sad, cross etc?</p> <p>How do my feelings and actions affect others?</p> <p>How do I manage some of my emotions and associated behaviours?</p> <p>What are the different ways people might relax and what helps me to feel relaxed?</p> <p>Who do I share my feelings with?</p>

Year 2	Myself and My Relationships: Anti-Bullying	Myself and My Relationships: Managing Change
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	<p>Why might people fall out with their friends?</p> <p>Can I describe what bullying is?</p> <p>Do I understand some of the reasons people bully others?</p> <p>Why is bullying never acceptable or respectful?</p> <p>How might people feel if they are being bullied?</p> <p>Who can I talk to if I have worries about friendship difficulties or bullying?</p> <p>How can I be assertive?</p> <p>Do I know what to do if I think someone is being bullied?</p> <p>How do people help me to build positive and safe relationships?</p> <p>What does my school do to stop bullying?</p>	<p>How are my achievements, skills and responsibilities changing and what else might change?</p> <p>How might people feel during times of loss and change?</p> <p>How do friendships change?</p> <p>What helps me to feel calmer when I am experiencing strong emotions linked to loss and change?</p> <p>How might people feel when they lose a special</p>
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Healthy and Safer Lifestyles

	Healthy and Safer Lifestyles 3: Healthy Lifestyle's	Healthy and Safer Lifestyles 1: My Body and Growing Up
Reception	<p>What things can I do when I feel good and healthy?</p> <p>What can't I do when I am feeling ill or not so healthy?</p> <p>What can I do to help keep my body healthy?</p> <p>Do I understand why food and drink are good for us?</p> <p>Do I understand what exercise is and why it is good for us?</p> <p>Do I understand why rest and sleep are good for us?</p>	<p>What does my body look like?</p> <p>How has my body changed as it has grown?</p> <p>What can my body do?</p> <p>What differences and similarities are there between our bodies?</p> <p>How can I look after my body and keep it clean?</p> <p>How am I learning to take care of myself and what do I still need help with?</p> <p>Who are the members of my family and trusted people who look after me?</p> <p>How do I feel about growing up?</p>

	Healthy and Safer Lifestyles: Managing Safety and Risk	Healthy and Safer Lifestyles: Digital Lifestyles
Year 1	<p>What are risky situations and how do they make me feel?</p> <p>What is my name, address and phone number and when might I need to give them?</p> <p>What is an emergency and who can help?</p> <p>What makes a place or activity safe for me?</p> <p>What are the benefits and risks for me when walking near the road, and how can I stay safer?</p> <p>What are the benefits and risks for me in the sun and how can I stay safer?</p> <p>What do I enjoy when I'm near water and how can I stay safer?</p> <p>What are the risks for me if I am lost and how can I get help?</p> <p>How can I help to stop simple accidents from happening and how can I help if there is an accident?</p>	<p>What are some examples of ways in which I use technology and the internet and what are the benefits?</p> <p>What is meant by "identity" and how might someone's identity online be different from their identity in the physical world?</p> <p>What are some examples of online content or contact which might mean I feel unsafe, worried or upset?</p> <p>What sort of information might I choose to put online and what do I need to consider before I do so?</p> <p>When might I need to report something and how would I do this?</p> <p>What sort of rules can help to keep us safer and healthier when using technology?</p> <p>Who can help me if I have questions or concerns about what I experience online or about others' online behaviour?</p>

Year 2	Healthy and Safer Lifestyles: Healthy Lifestyles	Healthy and Safer Lifestyles: Personal Safety
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	<p>How can I stay as healthy as possible?</p> <p>What does it feel like to be healthy?</p> <p>What does healthy eating mean and why is it important?</p> <p>Why is it important to be active & what are the opportunities for physical activity?</p> <p>What foods do I like and dislike and why?</p> <p>What can help us eat healthily?</p> <p>Why do we need food?</p> <p>What healthy choices can I make?</p>	<p>Can I identify different feelings and tell others how I feel?</p> <p>Which school/classroom rules are about helping people to feel safe?</p> <p>Can I name my own Early Warning Signs?</p> <p>How do I know which adults and friends I can trust?</p> <p>Who could I talk with if I have a worry or need to ask for help?</p> <p>What could I do if a friend or someone in my family isn't kind to me?</p> <p>Can I identify private body parts and say 'no' to unwanted touch?</p> <p>What could I do if I feel worried about a secret?</p> <p>What could I do if something worries or upsets me when I am online?</p>
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Citizenship

	Reception: Citizenship 1: Identities and Diversity	Year 1: Citizenship: Rights, Rules and Responsibilities	Year 2: Citizenship: Diversity and Communities
Citizenship	<p>Who are the people in my class and how are we similar to and different from each other?</p> <p>Who are the different people who make up a family?</p> <p>What things are especially important to my family and me?</p> <p>What are some of the similarities and differences in the way people including families live their lives?</p> <p>How can we value different types of people including what they believe in and how they live their lives?</p> <p>How do we celebrate what we believe in and how is this different for different people?</p>	<p>How do rules make me feel happy and safe?</p> <p>How do I take part in making rules?</p> <p>Who looks after me and what are their responsibilities?</p> <p>What jobs and responsibilities do I have in school and at home?</p> <p>Can I listen to other people, share my views and take turns?</p> <p>Can I take part in discussions and decisions in class?</p>	<p>What makes me 'me', what makes you 'you'?</p> <p>Do all boys and all girls like the same things?</p> <p>What is my family like and how are other families different?</p> <p>What different groups do we belong to?</p> <p>What is a stereotype and can I give some examples?</p> <p>Who helps people in my locality and what help do they need?</p> <p>What does 'my community' mean and how does it feel to be part of it?</p> <p>How do people find out about what is happening in my community?</p> <p>How do we care for animals and plants?</p> <p>How can I help look after my school?</p>

Relationships and Sex Education

	Year 1	Year 2
RSE	<p>What are the names of the main parts of the body?</p> <p>What can my amazing body do?</p> <p>When am I in charge of my actions and my body?</p> <p>How can I keep my body clean?</p> <p>How can I avoid spreading common illnesses and diseases?</p>	<p>How do babies change and grow? (Statutory NC Science Y2)</p> <p>How have I changed since I was a baby? (Statutory NC Science Y2)</p> <p>What's growing in that bump? (Sex Education/NC Science)</p> <p>What do babies and children need from their families?</p> <p>Which stable, caring relationships are at the heart of families I know?</p> <p>What are my responsibilities now I'm growing up?</p>

