



PSHE Progression Map Key Stage 2 (Cambridge Education)



	Year 3		Year 4			Year 5		Year 6	
Myself and My Relationships	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		Myself and My Relationships: Family and Friends	Myself and My Relationships: My Emotions	Myself and My Relationships: Managing Change	
Healthy and Safer Lifestyles	Healthy and Safer Lifestyles: Managing Safety and Risk		Healthy and Safer Lifestyles: Personal Safety	Healthy and Safer Lifestyles: Digital Lifestyles	Healthy and Safer Lifestyles: Healthy Lifestyles	Healthy and Safer Lifestyles: Managing Safety and Risk	Healthy and Safer Lifestyles: Digital Lifestyles	Healthy and Safer Lifestyles: Healthy Lifestyles	Healthy and Safer Lifestyles: Personal Safety
Citizenship	Citizenship: Rights, Rules and Responsibilities		Citizenship: Diversity and Communities			Citizenship: Rights, Rules and Responsibilities		Citizenship: Diversity and Communities	
Relationships and Sex Education	Healthy and Safer Lifestyles: Relationships and Sex Education		Healthy and Safer Lifestyles: Relationships and Sex Education			Healthy and Safer Lifestyles: Relationships and Sex Education		Healthy and Safer Lifestyles: Relationships and Sex Education	

Myself and My Relationships

Year 3	Myself and My Relationships: Family and Friends	Myself and My Relationships: My Emotions
	<p>How do good friends behave on and offline and how do I feel as a result?</p> <p>What is a healthy friendship and how does trust play an essential part?</p> <p>What skills do I need for choosing, making and developing friendships and how effective are they?</p> <p>How can I help to resolve disagreements positively by listening and compromising?</p> <p>Can I empathise with other people in a disagreement?</p> <p>How can I check with my friends that their personal boundaries have not been crossed?</p> <p>How do my family members help each other to feel safe and secure even when things are tough?</p> <p>Who is in my network of special people now and how do we affect and support each other? FP</p>	<p>Why is it important to accept and feel proud of who we are? RR</p> <p>What does the word 'unique' mean and what do I feel proud of about myself?</p> <p>Why is mental wellbeing as important as physical wellbeing?</p> <p>How can I communicate my emotions?</p> <p>Can I recognise some simple ways to manage difficult emotions?</p> <p>What does it mean when someone says I am "over reacting" and how do I show understanding towards myself and others?</p> <p>How do my actions and feelings affect the way I and others feel?</p> <p>How do I care for other people's feelings?</p> <p>Who can I talk to about the way I feel?</p> <p>How can I disagree without being disagreeable?</p>

Year 4	Myself and My Relationships: Anti-Bullying	Myself and My Relationships: Managing Change
	<p>How are falling out and bullying different?</p> <p>How do people use power when they bully others?</p> <p>What are the key characteristics of different types of bullying?</p> <p>How can lack of respect and empathy towards others lead to bullying?</p> <p>What is the difference between direct and indirect forms of bullying?</p> <p>What are bystanders and followers and how might they feel?</p> <p>Do I understand that bullying might affect how people feel for a long time?</p> <p>How can I support people I know who are being bullied by being assertive?</p> <p>How does my school prevent bullying and support people involved?</p>	<p>What changes have I and my peers already experienced and what might happen in the future?</p> <p>What helps me when I'm experiencing strong emotions due to loss or change?</p> <p>What strategies help me to thrive when my friendships change?</p> <p>How might I behave when I feel strong emotions linked to loss and change?</p> <p>How might people feel when loved ones or pets die, or they are separated from them for other reasons?</p> <p>What changes might people welcome and how can they plan for these?</p>

Year 5	Myself and My Relationships: Family and Friends	Myself and My Relationships: My Emotions
	<p>What are the characteristics of healthy friendships on and offline and how do they benefit me?</p> <p>How do trust and loyalty feature in my relationships on and offline?</p> <p>What are the benefits and risks of making new friends, including those I only know online?</p> <p>Can I always balance the needs of family & friends & how do I manage this?</p> <p>Can I communicate, empathise & compromise when resolving friendship issues?</p> <p>How can I check that my friends give consent on and offline?</p> <p>How do people in my family continue to support each other as things change?</p> <p>Who are in my networks, on & offline, and how have these, changed and how do we support each other?</p>	<p>How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing?</p> <p>What does it mean to have a 'strong sense of identity' & 'self-respect'?</p> <p>What can I do to boost my self-respect?</p> <p>How do I manage strong emotions?</p> <p>How can I judge if my own feelings and behaviours are appropriate & proportionate?</p> <p>How do I recognise how other people feel and respond to them?</p> <p>What is loneliness and how can we manage feelings of isolation?</p> <p>How common is mental ill health and what self-care techniques can I use?</p> <p>What kinds of problems can be caused by impulsive online communication?</p> <p>How and from whom do I get support when things are difficult?</p>

	Myself and My Relationships: Anti-Bullying	Myself and My Relationships: Managing Change
Year 6	<p>Can I explain the differences between friendship difficulties and bullying?</p> <p>Can I define the characteristics and different forms of bullying?</p> <p>How do people use technology & social media to bully others and how can I help others to prevent and manage this?</p> <p>What do all types of bullying have in common?</p> <p>Might different groups experience bullying in different ways?</p> <p>How can people's personal circumstances affect their experiences?</p> <p>How does prejudice sometimes lead people to bully others?</p> <p>Can I respond assertively to bullying, online and offline?</p> <p>How might bullying affect people's mental wellbeing and behaviour?</p> <p>How and why might peers become colluders or supporters in bullying situations?</p> <p>Can I identify ways of preventing bullying in school and the wider community?</p>	<p>What positive and negative changes might people experience?</p> <p>How do people's emotions evolve over time as they experience loss and change?</p> <p>How can I manage the changing influences and pressures on my friendships and relationships?</p> <p>What different strategies do people use to manage feelings linked to loss and change and how can I help?</p> <p>How might people whose families change feel?</p> <p>When might change lead to positive outcomes for people?</p> <p>What positive and negative changes have I experienced and how have these experiences affected me?</p> <p>What strategies will help me to thrive when I move to my next school?</p>

Healthy and Safer Lifestyles

Year 3	Healthy and Safer Lifestyles: Managing Safety and Risk How do I feel in risky situations and how might my body react? Can I make decisions in risky situations and might my friends affect these decisions? When might I meet adults I don't know & how can I respond safely? What actions could I take in an emergency or accident and how can I call the emergency services? What are the benefits of using the roads and being near water and how can I reduce the risks? How is fire risky and how can I reduce the risks? How do I keep myself safe during activities and visits? How can I stop accidents happening at home and when I'm out?	Healthy and Safer Lifestyles: Personal Safety How do I recognise my own feelings and communicate them to others? Which school/classroom rules are about helping people to feel safe? Can I recognise when my Early Warning Signs are telling me I don't feel safe? What qualities do trusted adults and trusted friends have? Who is on my personal network and how can I ask them for help? What could I do if I feel worried about a friendship or family relationship? What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted? How can I decide if a secret is safe or unsafe? How can I keep safe online?
Year 4	Healthy and Safer Lifestyles: Healthy Lifestyles What does healthy eating and a balanced diet mean? What is an active lifestyle and how does it help me to be healthier? What is mental wellbeing and how is it affected by my physical health? How much sleep do I need & what happens if I don't have enough? How do nutrition and physical activity work together? How can I plan and prepare simple, healthy meals safely? How can I look after my teeth and why is it important? Who is responsible for my lifestyle choices and how are these choices influenced?	Healthy and Safer Lifestyles: Digital Lifestyles How might my use of technology change as I get older, and how can I make healthier and safer decisions? How does my own and others' online identity affect my decisions about communicating online? How might people with similar likes & interests get together online? Can I explain the difference between "liking" and "trusting" someone online? What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact? When looking at online content, what is the difference between opinions, beliefs and facts? Why is it important to ration the time we spend using technology and/or online? How might the things I see and do online affect how I feel and how healthy I am, and how can I get support when I need it? Why are social media, some computer games, online gaming and TV/films age restricted and how does peer influence play a part in my decision making?
Year 5	Healthy and Safer Lifestyles: Managing Safety and Risk When might it be good for my mental health for me to take a risk? What are the possible benefits and consequences of taking physical, emotional and social risks? When am I responsible for my own safety as I get older and how can I keep others safer? How can I safely get the attention of a known or unknown adult in an emergency? Can I carry out basic first aid in common situations, including head injuries? What are the benefits of cycling and walking on my own and how can I stay safer? How can being outside support my wellbeing & how do I keep myself safe in the sun? What are the benefits of using public transport and how can I stay safe near railways? How can I prevent accidents at school and at home, now that I can take more responsibility?	Healthy and Safer Lifestyles: Digital Lifestyles What are some examples of how I use the internet, the services it offers, and how do I make decisions? What are the principles for my contact and conduct online, including when I am anonymous? How can I critically consider my online friendships, contacts and sources of information, and make positive contributions? How might the media shape my ideas about various issues and how can I challenge or reject these? Can I explain some ways in which information and data is shared and used online? How can online content impact on me positively or negatively? What are my responsibilities for my own and others' mental and physical wellbeing online and how can I fulfil these? What are some ways of reporting concerns and why is it important to persist in asking? Can I identify, flag and report inappropriate content?
Year 6	Healthy and Safer Lifestyles: Healthy Lifestyles How does physical activity help me & what might be the risks of not engaging in it? What could characterise a balanced or unbalanced diet and what are the associated benefits and risks? What are the different aspects of a healthy lifestyle and how could I become healthier? What are the factors influencing me when I'm making lifestyle choices and how might these change over time? What might be the signs of physical illness and how might I respond? What are the benefits and risks of spending time online/on electronic devices, in terms of my physical and mental health? Why are online apps and games age restricted?	Healthy and Safer Lifestyles: Personal Safety How do I recognise my own feelings and consider how my actions may affect the feelings of others? Can I use my Early Warning Signs to judge how safe I am feeling? How do I judge who is a trusted adult or trusted friend? How can I seek help or advice from someone on my personal network and when should I review my network? How could I report concerns of abuse or neglect? Can I identify appropriate & inappropriate or unsafe physical contact? How do I judge when it is not right to keep a secret and what action could I take? How can I recognise risks online and report concerns? What strategies can I use to assess risk and help me feel safer when I am feeling unsafe?

Citizenship

Citizenship	Year 3	Year 4
	<p>What does it mean to be treated and to treat others with respect?</p> <p>Who are those in positions of authority within our school and communities and how can we show respect?</p> <p>Why do we need rules at home and at school?</p> <p>What part can I play in making and changing rules?</p> <p>What do we mean by rights and responsibilities?</p> <p>What are my responsibilities at home and at school?</p> <p>How do we make democratic decisions in school?</p> <p>What is a representative and how do we elect them?</p>	<p>What have we got in common and how are we different?</p> <p>How might others' expectations of girls and boys affect people's feelings and choices?</p> <p>How are our families the same and how are they different?</p> <p>Do people who live in my locality have different traditions, cultures and beliefs?</p> <p>How does valuing diversity benefit everyone?</p> <p>Why are stereotypes unfair and how can I challenge them?</p> <p>How do people in my locality benefit from being part of different groups?</p> <p>What are the roles of people who support others with different needs in my community?</p> <p>How does the media work in my community?</p> <p>How can we care for the local environment and what are the benefits?</p> <p>What do animals need, and what are our responsibilities?</p>

Citizenship	Year 5	Year 6
	<p>What are the conventions of courtesy & manners and how do these vary? RR</p> <p>How does my behaviour online affect others & how can I show respect?</p> <p>Why is it important to keep my personal information private, especially online?</p> <p>How can I contribute to making and changing rules in school?</p> <p>How else can I make a difference in school?</p> <p>Are there places or times when I have to behave differently?</p> <p>What are the basic rights of children and adults?</p> <p>Why do we have laws in our country?</p> <p>How does democracy work in our community and in our country?</p> <p>What do councils, councillors, parliament and MPs do?</p> <p>Can I take part in a debate and listen to other people's views?</p>	<p>How do other people's perceptions, views and stereotypes influence my sense of identity?</p> <p>How do views of gender affect my identity, friendships, behaviour & choices?</p> <p>What are people's different identities, locally and in the UK?</p> <p>How can I show respect to those with different lifestyles, beliefs & traditions?</p> <p>What are the negative effects of stereotyping?</p> <p>Which wider communities & groups am I part of & how does this benefit me?</p> <p>What are voluntary organisations and how do they make a difference?</p> <p>What is the role of the media and how does it influence me and my community?</p> <p>Who cares for the wider environment and what is my contribution?</p>

Relationships and Sex Education

	Year 3	Year 4
RSE	<p>How are male and female bodies different and what are the different parts called?</p> <p>When do we talk about our bodies, how they change, and who do we talk to?</p> <p>What can my body do and how is it special?</p> <p>Why is it important to keep myself clean?</p> <p>What can I do for myself to stay clean and how will this change in the future?</p> <p>How do different illnesses and diseases spread and what can I do to prevent this?</p>	<p>What are the main stages of the human life cycle? Science</p> <p>How did I begin? Sex Education</p> <p>What does it mean to be 'grown up'?</p> <p>What am I responsible for now and how will this change?</p> <p>How do different caring, stable, adult relationships create a secure environment for children to grow up?</p>

	Year 5	Year 6
RSE	<p>What are male and female sexual parts called and what are their functions?</p> <p>How can I talk about bodies confidently and appropriately?</p> <p>What happens to different bodies at puberty?</p> <p>What might influence my view of my body?</p> <p>How can I keep my growing and changing body clean?</p> <p>How can I reduce the spread of viruses and bacteria?</p>	<p>What are different ways babies are conceived and born? (Sex Education)</p> <p>What effect might puberty have on people's feelings and emotions?</p> <p>How can my words or actions affect how others feel, and what are my responsibilities?</p> <p>What should adults think about before they have children?</p> <p>Why might people get married or become civil partners?</p> <p>What are different families like?</p>