





CORE THEME PROGRESSION SKILL	CORE THEME SECTION	YEAR 3	YEAR 4	YEAR 5	YEAR 6
HEALTH AND WELLBEING	(physical wellbeing)	healthy lifestyle; routines that support good quality sleep; effects of	how to keep safe from sun damage	exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle H9. bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it. H10 how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations;	support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to
		images about the cycle of feelings and behaviour; Chloe can't sleep, Chloe told a lie, Deepak I'll do it later H16. strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing	images about the cycle of feelings and behaviour; understanding your feelings, looking at things differently, Deepak doesn't understand H18. about everyday things that affect feelings and the importance of expressing feelings	health, is part of daily life We eat elephants: use modelled images about the cycle of feelings and behaviour (Chloe keeps failing, Adam's grandpa is unwell, doing things that make you feel better) H16. strategies and behaviours that	







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things for others, clubs, and activities, hobbies
H17. to recognise that feelings can change over time and range in intensity
H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately

proportionately in different situations

H21. to recognise warning signs about mental health and wellbeing and how to seek support for themselves and be resolved with help and support;

H22. it is important to discuss feelings change over time and intensity. With a trusted adult; to recognise that anyone can experience mental ill health; that most difficulties can expressing feelings

time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies, spending time with family and friends can support mental health/wellbeing.
H17. Recognise that feeling can schange over time and intensity.
H18. about everyday things that I affect feelings and the importance of expressing feelings
H19. varied vocabulary to use when talking about feelings; about how to express feelings in different ways; H20. strategies to respond to feelings, including intense or

and respond to feelings appropriately and proportionately in different situations
H21. recognise warning signs about mental health and wellbeing, how to seek support for themselves, others H22. recognise anyone can experience mental ill health; that most difficulties can be resolved with help and support; that it is important to discuss feelings with a trusted adult.

conflicting feelings; how to manage

H23 change and loss, including death, how these affect feelings; ways of expressing, managing grief and bereavement.

H24. problem-solving strategies for dealing with emotions, challenges and change.





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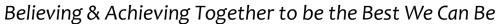


between classes and key stages

Ourselv		ndividuality and	H27. to recognise their individuality	H25. personal identity; what	H <sub>2</sub> 6. for some people gender identit
growin			and personal qualities	contributes to who we are (e.g.	does not correspond with their
changii			H28. to identify personal strengths,	ethnicity, family, gender, faith,	biological sex
	skills, achievements a		and how these contribute to a sense		H30. identify the external genitalia
	H29. how to manage	setbacks /	of self-worth	H27. to recognise their individuality	and internal reproductive organs in
	perceived failures,		H29. how to re-frame unhelpful	and personal qualities	males and females, how the process
	H35. new opportunit		thinking		of puberty relates to human
	responsibilities that i	•		skills, achievements and interests,	reproduction
	independence may b				H31. about the physical and
	H36. strategies to ma		5	self-worth	emotional changes that happen
	between classes and	key stages		Fire safety and water safety.	when
				PSHE Start and end of year transition	
				to Year 6	(including menstruation, key facts
				H36. strategies to manage transitions	
				between classes and key stages	menstrual wellbeing, erections and
					wet dreams)
					H <sub>32</sub> . about how hygiene routines
					change during the time of puberty,
					the importance of keeping clean and
					how to maintain personal hygiene
					H <sub>33</sub> . the processes of reproduction
					and birth as part of the human life
					cycle; how babies are conceived and
					born (and that there are ways to
					prevent a baby being made); how
					babies need to be cared for
					H34. about where to get more
					information, help and advice about
					growing and changing, especially
					about puberty
					H29. about how to manage
					setbacks/perceived failures, includin
					how to re-frame unhelpful thinking
					H35. about the new opportunities
					and responsibilities that increasing
					independence may bring
					H36. strategies to manage transition









#### Keeping safe

H<sub>37</sub> reasons for following and complying with regulations and restrictions (including age restrictions);

H<sub>3</sub>8. how to predict, assess and manage risk in different situations H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe H41. strategies for keeping safe in the firework safety; safe use of digital local environment or unfamiliar places (rail, water, road)

H<sub>37</sub> how age restrictions they promote personal safety and wellbeing with reference to social media, television programmes, films, alcohol and medicines) and their games and online gaming H40. about the importance of taking use can become a habit which can be personal safety and wellbeing with medicines correctly and using household products safely, (e.g. following instructions carefully) H41. strategies for keeping safe in devices when out and about H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say

H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, impact on health; recognise that drug restrictions); how they promote difficult to break

surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines); H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns

#### Mini Police.

H<sub>37</sub>. reasons for following and complying with regulations and restrictions (including age reference to social media, television H47. to recognise that there are laws programmes, films, games and online gaming.

> H<sub>3</sub>8. how to predict, assess and manage risk in different situations H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about. H44. how to respond and react in an

emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say. H45. that female genital mutilation (FGM) is against British law, what to do, whom to tell if they think they or someone they know might be at risk H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others. H<sub>42</sub>, importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact







Drugs, alcohol and tobacco				Mini Police. H46 the risks and affect of legal drugs common to every life (eg. Cigarettes, vaping, alcohol and medicine) and their impact on health. H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others.
RELATIONSHIPS Families and close positive relationships	R1. recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships) R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another R8. recognise shared characteristics of healthy family life, including commitment, care, spending time together; R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice R10. the importance of friendships; strategies for building positive friendships; how positive friendships; how positive friendships support wellbeing R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties);	different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships) R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another R8. to recognise other shared characteristics of healthy family life, including being there for each other in times of difficulty R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice R10. the importance of friendships; how positive friendships support	life is caring relationships; about the different ways in which people care for one another.  R8. To recognise shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty.  R9. How to recognise family relationships are making them feel unhappy or unsafe and how to seek help.	Sex Education. R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong R4. forcing anyone to marry against their will is a crime; help and support is available to people who are worried about this for themselves or others R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give







	support if feeling lonely or excluded	others may feel lonely or excluded; strategies for how to include them		family members love, security and help
	R14. that healthy friendships make people feel included; recognise when others may feel lonely or excluded;			
Friendships	R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; R16. about making new friends and the benefits of having different types of friends R17. that friendships have ups and downs;	recognise the effect of online actions on others	friendships; strategies for building positive friendships; how positive friendships support wellbeing rR11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); the same principles apply to online friendships as to face-to-face relationships R12. to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face R13. the importance of seeking support if feeling lonely or excluded R15. strategies for recognising and managing peer influence, a desire for peer approval in friendships; recognise the effect of online actions on others R16. how friendships can change over time, making new friends, the benefits of having	others may feel lonely or excluded; strategies for how to include them R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others R16. how friendships can change overtime, about making new friends and the benefits of having different types of friends R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively







			R18. recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary	
Managing hurtful behaviour and bullying	including offline and online, and the consequences of hurtful behaviour		including offline and online, and the consequences of hurtful behaviour R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support R22 about privacy and personal	behaviour experienced or witnessed,
Safe relationships	R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact R26. about seeking and giving permission (consent) in different situations	or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a	CAP workshops R25 Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact. R27 Keeping something confidential or secret, when this should or not should be agreed to and when it is right to break a confidence or a secret.	CAP workshops R25 recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact. Mini Police. R26. about seeking and giving permission (consent) in different situations R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online)







	Respecting self and others	confidence or share a secret R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online) R30. that personal behaviour can affect other people; R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others R32. about respecting the differences	treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships R33. to listen and respond respectfully, including to those	themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships	Mini police R30 that personal behaviour can affect other people; to recognise and model respectful behaviour online. R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background R33. to listen and respond respectfully to a wide range of people, including those whose
LIVING IN THE WIDER WORLD Money Heroes Financial Education	Shared	respectfully to a wide range of people, L1. to recognise reasons for rules and laws;	R34. how to respect other people's point of view and constructively challenge those they disagree with  L1. consequences of not adhering to rules and laws L2. to recognise there are human rights, that are there to protect everyone	L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others	different to their own R34. how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with Mini police L2. recognise there are human rights, that are there to protect everyone L3. about the relationship between rights and responsibilities L5. ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)







Communities	L6. the different groups that make up	L10. about prejudice; how to	L8. diversity: what it means; the	Civic Award – introduced citizenship
		recognise behaviours/actions which	1	in the community/ charity work.
	L9. about stereotypes; how they can			L6 about the different groups that
		responding to it if witnessed or		make up their community; what
		experienced	L9. about stereotypes; how they can	
	for challenging stereotypes	'	negatively influence behaviours and	L7. to value the different
	3 3 71			contributions that people and groups
				make to the community
			L10. about prejudice; how to	,
			recognise behaviours/actions which	
			discriminate against others; ways of	
			responding to it if witnessed or	
			experienced	
Media literacy &			L11. recognise ways in which the	L11 Police internet safety talk.
digital resilience			internet and social	L13. some different ways
			media can be used both positively	information, data is shared and used
			and negatively	online, including for commercial
				purposes
				L15. recognise things appropriate to
			how to make safe, reliable choices	share and things that should not be
				shared on social media; rules
			L14. how information on the internet	
				L16. about how text and images in
			1.	the media and on social media can be
			connected devices share information	,
				to evaluate the reliability of sources
				and identify misinformation
Economic	Ways to pay	Keeping records	,	Simple financial records
wellbeing:	I know that cash is only one way to	I know some different ways of	I know that different forms of money	
How to manage		keeping track of my money e.g.	are used in other countries.	basic financial information e.g.
money		counting, keeping receipts.		receipts, bills, bank statements.
	don't involve cash e.g. debit cards,	I can plan and track my saving and	based on exchange rates.	I can use simple financial information
		spending by keeping simple records.		to plan and manage a basic budget
	I understand the reasons for using	I understand why it is important to		and keep track of my spending.
	different forms of payment including	keep track of my saving and spending		I understand that planning my
	the difference between debit and		-	spending helps me to stay in control
	credit cards.			of my money.







Economic	Decisions about saving and spending	Spending and saving priorities	Influences on saving and spending	Value for money
wellbeing:	I know that the decisions I make	I know how to prioritise between	I know that advertising is used to	I know that some things are better
Becoming a	about saving and spending my	needs and wants.	persuade me to spend my money.	value for money than others.
	money can be influenced by, and	I can make spending decisions based	I can recognise when my choices	I can make comparisons between
	have an impact on, other people.	on my priorities, needs and wants.	around money are being influenced	prices when deciding what is best
	I can take account of other people's	I understand that it may not be	by advertising. I understand why we	value for money, including for
			should all be critical consumers,	services such as electricity, phones
	decisions about saving and spending		thinking carefully about how we use	and the internet.
		need to save money for things I want		I understand why making informed
		to buy in future.		decisions will help me make the most
	different people have different	,		of the money I have.
	attitudes to, and feelings about,			,
	saving and spending money.			
	Using accounts to keep money safe			Saving and borrowing
0	and to save	I know that if I don't have enough	I know there are financial risks	I know what interest is and that it
			associated with spending money	may be added to money I save and
		borrow, but that if I do I will have to	online e.g. scams and phishing.	borrow.
associated with	and what benefits this might have.	pay it back.	I can describe some ways to keep my	I can explain some of the benefits of
money	I can explain why I might use an	I can explain why I might want to	money and personal information safe	saving, and some of the risks
	account e.g. bank, building society,	borrow money and how this might	when using the internet e.g.	involved in borrowing money.
	credit union.	make me feel.	protecting passwords and PINs.	I understand it is important to
	I understand managing money can be		I understand some consequences of	consider any risks and potential
	complex and using an account is one		financial scams and how they might	consequences before borrowing
	way of making it easier e.g. receiving	enough money and that this has	make me feel.	money, including the impact on my
	updates and statements.	consequences e.g. I could get into		feelings and those of others.
		debt		
			Links between work and money	Wider communities
_	I know that there is a range of jobs –	I know why it is important to help	I know that money to be earned is	I know that money is deducted from
		others e.g. by donating to charity.	one factor which may influence	earnings to provide things we all
	I can describe different jobs that I	I can explain how my spending	choosing a job.	need e.g. through taxes and National
	_	decisions can help support others,	I can describe how having a job will	Insurance.
our lives		e.g. buying fair trade products, using	allow me to achieve certain goals in	I can describe some ways in which
	•	charity shops.	my life including financial ones.	the government uses money to
	jobs pay more than others.	I understand why I might, or might		provide for my needs and those of
		not, want to give money to help	the choices I make about work and	my local community.
		others.	money will affect my life.	I am beginning to understand why
				and how some of the money we earn supports the wider community







#### Believing & Achieving Together to be the Best We Can Be

Economic
wellbeing:
Aspirations, work
and career

L25. recognise positive things about themselves and their achievements: set goals to help achieve personal outcomes

L26. there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life L28. about what might influence people's decisions about a job or career (e.g. personal interests and values, family connections to certain unpaid trades or businesses, strengths and assumptions can deter people from aspiring to certain jobs) L30. some of the skills that will help them in their future careers e.g. teamwork, communication and

negotiation

L25. recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes

L27. stereotypes in the workplace and that a person's career aspirations L28. about what might influence should not be limited by them L29. that some jobs are paid more than others and money is one factor which may influence a person's job or trades or businesses, strengths and career choice; that people may choose to do voluntary work which is assumptions can deter people from L31.identify the kind of job that they | L29. that some jobs are paid more qualities, ways in which stereotypical  $\mid$ might like to do when they are older  $\mid$ than others and money is one factor careers (e.g. college, apprenticeship, career choice; that people may university)

L26. there is a broad range of different jobs/careers that people can have; that people often have more than one career/type of job during their life people's decisions about a job or career (e.g. personal interests and values, family connections to certain qualities, ways in which stereotypical aspiring to certain jobs) L32. recognise a variety of routes into which may influence a person's job or choose to do voluntary work which is unpaid L31. identify the kind of job that they

might like to do when they are older

L25. recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes

L27. stereotypes in the workplace and that a person's career aspirations should not be limited by them L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation

L32. recognise a variety of routes into careers (e.g. college, apprenticeship, university)