



Learning at River View

Progression document PSHE

	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Being me in the word	Feeling specials and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter.	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions and consequences Choices Recognising feelings	Setting personal goals Self- identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Being part of a class team Being a school citizen Rights, Responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affect groups Democracy, having a voice, participating	Identifying goals for the year Global citizenship Children's universal rights Feeling welcomed and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling
Celebrating differences	Similarities and differences Understanding bullying and how to deal with it Making new friends Celebrating the difference in everyone	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Families and their differences Family conflict and how to manage it (child-centered) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem solving Identifying how special and unique everyone is First impressions	Cultural differences and how they can cause conflict Racism Rumours and name calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/ exclusion Differences as conflict, difference as celebration. Empathy
Dreams and Goals	Setting goals Identifying successes and achievements Working well and celebrating achievements with a partner Tackling new challenges	Achieving realistic goals Perseverance Learning strengths Learning with others Group cooperation Contributing to and sharing success	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group	Future dreams The importance of money Jobs and Careers Dream job and how to get there Goals in other cultures	Personal learning goals in and out of school Success criteria Emotions in success Making a difference in the world Motivation



	Identifying and overcoming obstacles Feelings of success		overcome obstacles Evaluate learning processes Manage feelings Simple budgeting	Celebrating contributions Resilience Positive attitudes	Supporting others (charity) Motivation	
Healthy Me	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine Safety/safety with household items Road safety Linking health and happiness	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Smoking, including vaping Alcohol Alcohol and antisocial behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Taking personal responsibility How substances affect the body Exploitation, including county lines and gang culture Emotional and mental health Managing stress
Relationships	Belonging to a family Making friends/ being a good friend Physical contact preferences People who help us Qualities in a friend and person Self acknowledgement Being a good friend to myself Celebrating different relationships	Different types of families Physical contact boundaries Friendships and conflicts Secrets Trust and appreciation Expressing appreciation for special relationships	Family roles and responsibilities Friendships and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware how my choices affect others Awareness of how other children have different lives Expressing appreciation for families and friends	Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use
Changing Me	Coping with change Changing classes Increasing independence Transition	Increasing independence Celebrating older relatives Changing classes Preparing for transition Using correct terminology.	Changing friendships Family stereotypes Challenging my ideas Changing classes Preparing for transition	Being unique Confidence in change Accepting change Preparing for transition Environmental change	Self and body image Influence of online media on body image Coping with change Preparing for transition Puberty for boys Puberty for girls	Self image Body image Reflections about change Transition <u>Sex Education</u> Conception to birth

