

Curriculum Progression Map

We want all our children at Warden Hill to grow up to be healthy, happy, safe and able to manage challenges and opportunities in modern Britain. Our PSHE curriculum is designed to equip our children with the knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them to succeed in adult life. We realize that work in this area not only supports children's social and mental development but their academic chances as well. Our curriculum ensures the children understand the importance of the sense of belonging to our school, the community and wider world. Our curriculum is accessible to all, enabling pupils to make choices to be healthy, independent and to become responsible members of society. Each year, the children explore the areas of me, myself and relationships, healthy and safer lifestyles, citizenship and economic well-being. We look at many of the social, moral and cultural issues which are part of growing up and what it means to belong to a diverse society.

We also support the mental health and well-being of our children in a number of ways, hoping to tackle barriers to learning, raise aspirations and improve the life chances of the most vulnerable and disadvantaged pupils. Each year we have a healthy schools week with a number of activities going on which promotes being healthy and we have wellbeing days, focussing on the five ways to wellbeing.

By the time our children leave Warden Hill they will:

- Have a sense of belonging in our school, the community and wider world.
- Understand and appreciate what it means to belong to a diverse society.
- Know how to build positive and safe relationships valuing family and friends.
- Be able to manage my emotions and use positive strategies when dealing with change.
- Understand the importance of treating each other with respect.
- Understand our increasing rights and responsibilities as we grow into adulthood.
- Know how to keep myself and others safe and healthy.



Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Beginning and Belonging How we are special How I can make the classroom safe and happy How to play and work with others How my behaviour makes other people feel	Beginning and Belonging How I feel when I am doing something new What helps me manage in new situations Who can help me at home and at school	Family and Friends Why telling the truth is important How I can try to mend friendships if they have become difficult My personal space and how I talk to people about it	Beginning and Belonging How we build relationships How we help children and adults to feel welcome in school	Family and Friends What a healthy friendship is and how trust plays an essential part What skills I need for choosing, making and developing friendships and how effective they are Empathising with other people in a disagreement	Beginning and Belonging What my responsibilities are for helping others in school to feel happy and safe How different people might feel when starting something new and how I can help What helps me to be resilient in a range of new situations Ways I can get help now and seek support	Family and Friends The characteristics of healthy friendships on and offline and how they benefit me How trust and loyalty feature in my relationships on and offline How to check that my friends give consent on and offline My networks on and offline, and how these have changed and how we support each other
Family and Friends Who my special people are and why they are special How to be a good friend How to make new friends What to do if someone is unkind to me	My Emotions Situations in which I might feel happy, sad, cross etc How my feelings and actions affect others How I manage some of my emotions and associated behaviours	Anti-bullying What bullying is Why bullying is never acceptable or respectful How people might feel if they are being bullied Who I can talk to if I have worries about friendships difficulties or bullying	My Emotions Why it is important to accept and feel proud of who we are Recognising simple ways to manage difficult emotions What it means when someone says I am 'over-reacting' and showing understanding towards myself and others How my actions and feelings affect the way I feel	My Emotions How falling out and bullying are different Key characteristics of different types of bullying The difference between direct and indirect forms of bullying How to support people I know who are being bullied by being assertive How my school prevents bullying and supports people involved	My Emotions How we make mental wellbeing a normal part of daily life How common mental health is what self-care techniques I can use How and from whom to get support when things are difficult	Anti-Bullying How people use technology and social media to bully others and how to help others to prevent and manage this How prejudice sometimes leads people to bully others Responding assertively to bullying on and offline How bullying might affect people's mental wellbeing and behaviour

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My Emotions Recognising and showing my emotions and emotions in others What causes different emotions How we feel when things change Simple ways to make myself feel better How I can help to make other people feel better	Diversity and Communities What makes me 'me', what makes you 'you' Whether all boys and all girls like the same things What 'my community' means and how it feels to be part of it	Rights, Rules and Responsibilities How rules and conventions help me to feel safe Listening to other people, sharing my views and taking turns Taking part in discussions and decisions in class	Diversity and Communities How families are the same and different The different traditions, cultures and beliefs of people in my community How valuing diversity benefits everyone Why stereotypes are unfair and how I can challenge them	Rights, Rules and Responsibilities What it means to be treated and to treat others with respect Why we need rules and conventions at home and in school What we mean by rights and responsibilities My responsibilities at home and at school	Diversity and Communities How views of gender affect my identity, friendships, behaviour and choices How people's identities are different locally and in the UK Showing respect to those with different lifestyles, beliefs and traditions The negative effects of stereotyping?	Rights, Rules and Responsibilities How my behaviour online affects others and how to show respect Why it is important to keep my personal information private, especially online The basic rights of children and adults? Why we have laws in this country How democracy works in our community and in our country What councils, councillors, parliament and MPs do
Identities and Diversity How we are similar and different to each other Who the different people who make up a family are Similarities and differences in way people and families live their lives Valuing different people, what they believe in and how they live their lives	Drug Education What substances might enter our bodies, how they get there and what they do What medicines are and why and when some people use them When and why people have an injection from a doctor or a nurse Who is in charge of what medicine I take	Managing Safety and Risk What my name, address and phone number is and when might I need to give them What an emergency is and who can help The benefits and risks for me when walking near the road, and how I can stay safe The benefits and risks for me in the sun and how I can stay safe	Digital Lifestyles How my identity can affect my decisions when communicating online How similar people might get together online The difference between liking and trusting someone online Why we should ration our time spent online Why some online games and TV/films have age restrictions	Financial Capability Different ways to earn and spend money What saving, spending and budgeting means What my family might have to spend money on	Managing Safety and Risk How fire is risky and how to reduce the risks? Carrying out basic first aid in common situations, including head injuries The benefits of cycling and walking on my own and how to stay safe The benefits of using public transport and	Financial Capabilities Why don't people get all the money they earn How money is used to benefit the community or the wider world What poverty is

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	What persuasion is and how it feels to be persuaded	The risks for me if I am lost and how to get help How to stop simple accidents from happening and how I to help if there is an accident			how to stay safe near railways Preventing accidents at school and at home, now that I can take more responsibility	
Keeping Safe (including drug education) What I have to keep safe from How to know if something is safe or unsafe Simple safety rules for when I am home, at school or out and about How to say 'No' if I feel unsure about something and it does not feel safe or good How to ask for help and to tell people if I am worried or upset Who the people who keep me safe are What goes onto and into my body and who puts it there Why people use medicines Safety rules relating to medicines	Healthy Lifestyles How to stay as healthy as possible What it feels like to be healthy What healthy eating means and why it is important Why it is important to be active and the opportunities there are for physical activity What can help us eat healthily What healthy choices I make	Digital Lifestyles What sort of rules help to keep us safe and healthy when using technology Who can help me if I have questions or concerns about what I experience online or about others online behaviour?	Healthy Lifestyles What healthy eating and a balanced diet means What an active lifestyle is and how it helps me to be healthy How nutrition and physical activity work together How to plan and prepare simple, healthy meals safely How to look after my teeth and why this is important	Managing Safety and Risk When I might meet adults I don't know and how I can respond safely What actions I can take in an emergency or accident and how I can call the emergency services The benefits of using roads and being near water and how I can reduce any risks	Drug Education What I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them? How drug use affects the way a body or brain works How medicines help people with different illnesses What immunisations I have had or may have in the future and how they keep me healthy What drug misuse is Understanding some of the laws about drugs Assessing risk, recognising peer influence & responding assertively Understanding when and how I should check information about drugs	Digital Lifestyles The principles for my contact and conduct online, including when I am anonymous How the media might shape my ideas about various issues and how to challenge or reject these How online content impacts on me positively or negatively My responsibilities for my own and others' mental and physical wellbeing online and how to fulfil these Identifying, flagging and reporting inappropriate content

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Healthy Lifestyles How I keep my body healthy Why food and drink is good for us How I can make healthier choices about food			Personal Safety What physical contact I feel comfortable with and what I can do if physical contact is unwanted How I would explain if a secret is safe or unsafe		Healthy Lifestyles How physical activity helps me and what the risks of not engaging in it are What characterises a balanced or unbalanced diet has and the associated benefits and risks The different aspects of a healthy lifestyle and how I could become healthier	Managing Change How people's emotions evolve over time as they experience loss and change How people whose families change might feel Strategies that will help me to thrive when I move to my next school
					Personal Safety How I could report concerns of abuse or neglect Identifying appropriate and inappropriate or unsafe physical contact	