Subject: Personal, Social, Health and Citizenship Education

Progression Points

	Myself and My Relationships				Citizenship			Healthy and Safer Lifestyles				Economic Wellbeing
	Beginning & Belonging	Me & My Emotions/Managing Change	Family & Friends	Anti-Bullying	Working Together	Diversity & Communities	Rights, Rules & Responsibilities	Managing Risk	Digital Lifestyles & Personal Safety	Relationships & Sex Education	Healthy Lifestyles & Drug Education	Financial Capability
Year 6		How are my friendships and relationships changing? In what different ways do people grieve? How might I feel when I move to another school?	How can I develop new friendships and maintain existing ones? What different kinds of families are there?	Can I respond to bullying and seek support if necessary? Can I identify ways of preventing bullying in school and the wider community? http://www.anti-bullyingalliance.org.uk/			What are the basic rights of children and adults? Why do we have rules in our country and who enforces them?		How can I act to show I am assertive? When and how should I ask for help? https://www.childline.org.uk/somethings-not-right How can I keep my online information safe? https://www.thinkuknow.co.uk/8_10/	How are babies made? How can my words and actions affect how others feel?	How does drug use affect the way our body and brain works? What are some of the laws about drugs? https://www.drugwise.org.uk/what-are-the-uk-drug-laws/	Why don't people get all the money they earn? What is debt? What is poverty? https://cpag.org.uk/child-poverty/whats-poverty
Year 5	How do we build good relationships in our class? How do I solve problems? Who can I talk to when I need help?	What am I good at and what do I find difficult? What can I do when I realise I am in a bad mood? How do I cope when I disagree with someone?			What skills would I like to improve and how can I achieve this? How can I give, receive and act on sensitive and constructive feedback?	How can I show respect for different views, lifestyles and beliefs? Who cares for the environment and what is my contribution? https://www.wwf.org.uk/get-involved/schools/resources/primary-school-resources https://climatekids.nasa.gov/		When might it be good to take a risk? How can I keep myself and others safe? Can I carry out basic first aid? https://firstaidchampions.redcross.org.uk/educator-zone/	How can I stay safe on roads as a cyclist or pedestrian? https://www.think.gov.uk/education-resources/ How can I stay safe near railways, in my home and in the sun?	What are male & female sexual parts called and what do they do? What happens to boys and girls when they reach puberty? https://www.clickview.co.uk/free-teaching-resources/puberty/	What are the benefits to being healthy? I can I plan, prepare and cook healthy meals safely? https://www.foodafactoflife.org.uk/7-11-years/cooking/ How does physical activity help me? https://www.bbcchildreninneed.co.uk/resources/new-joe-wicks-top-tips-why-we-need-to-exercise-powerpoint/	
Year 4		What changes have I experienced already and might experience in the future? How might I feel at times of loss and change?	Do I know how to listen and support my friends? Who is in my network of special people, and how do we affect each other?	What are the key forms of bullying? https://anti-bullyingalliance.org.uk/anti-bullying-week/school-resources/primary-school-pack How can I keep myself safe if I am being bullied?			What part can I play in making and changing rules? How do we make democratic decisions in school?		What sorts of physical contact do I feel comfortable with? What are the SMART rules to staying safe online? https://www.childnet.com/resources/be-smart-online	What are the main stages of human life? https://www.bbc.co.uk/bitesize/topics/zgssgk7/articles/z2msv4j What am I responsible for now and how will this change?	What medical and legal drugs do I know about and what are their effects? https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zg982nb How can friends and the media influence me?	What does saving, spending and budgeting mean? What is 'value' for money? https://schools.beano.com/lesson_plan_category/moneyandme/
Year 3	What makes me feel like I belong and am valued in school? What helps us to feel safer and to learn well in class and school?	How do I cope with difficult emotions? https://www.partnershipforchildren.org.uk/ How do my actions and emotions affect others?			How can I share my views and opinions effectively? How can I persevere to overcome obstacles to my learning?	What are stereotypes and how can I challenge them? How do we choose pets and how do we look after them? https://www.rspca.org.uk/		What risks are there to my safety, my friendships and my feelings? What can I do in an emergency?	How do I keep myself safe during activities and visits? How can I reduce the risks concerning fires, roads and water? https://www.rospa.com/leisure-water-safety/water/advice/water-safety-code	How are males and females different? How do illnesses and diseases spread and what can I do to prevent this?	How can I have a healthy lifestyle? How can I look after my teeth and why is it important? https://www.dentalhealth.org/downloads-and-resources	

Year 2		How am I changing as I grow up? How do I cope when friendships change? What helps me to feel better when I am experiencing strong emotions linked to loss and change?	How might friendships go wrong and how does it feel? Who is in my family and how do we care for each other?	What is bullying and how does it make people feel? Do I know what to do if I or someone I know is being bullied? https://www.anti-bullyingalliance.org.uk/			How do rules help me feel happy & safe? Can I listen to others, share my views and take turns?		Who could I talk to if I felt unsafe or unsure? What are good and bad secrets? https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/ How can I stay safe online? https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew	How do babies change and grow? What do babies and children need from their families?	What are medicines and why/when do some people use them? What substances could be risky at home/school?	Where does money come from? How do we pay for things? https://schools.beano.com/lesson_plan_category/moneyandme/ What is a charity?
Year 1	How can I help make my school a safer and happier place? How can I help make someone feel welcome?	Do I know what makes me feel happy, sad and cross? How can I manage some of my emotions and associated behaviours? https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/relaxation-exercises-to-do-at-home-with-your-kids (Relaxation techniques)			What are my strengths and how can I work well in a group? How can I negotiate to sort out disagreements?	How am I different/similar to others? What are stereotypes and can I give some examples? How can I look after animals and plants? https://www.keepbritaintidy.org/		What is a risky situation? What is my name, address and phone number and when might I need them?	Where are safe places to play? How can I keep safe on the roads, in the sun and by water? https://www.roadwise.co.uk/schools/using-the-road/green-cross-code/ What are some examples of ways in which I use technology and the internet?	What are the names of the parts of the body? How can I keep my body clean and free from illness?	How can I stay healthy? What does healthy eating mean? https://www.foodafactoflife.org.uk/3-5-years/healthy-eating/eatwell-guide/ Why is it important to be active? https://www.bbcchildreninneed.co.uk/schools/primary-school/five-to-thrive-hub/be-active/	
EYFS	How am I special and what is special about other people in my class? How can I play and work well with others?	Do I know what causes different emotions in me and in other people? https://www.partnershipforchildren.org.uk/ https://www.ecmhc.org/ideas/emotions.html How can I make myself feel better and help others to feel better?	Who is my family and how do we care for each other? What is a friend and how can I be a good friend?			How are my classmates similar/different to each other? https://www.bbc.co.uk/programmes/p08kthlh What things are important to me and my family? How can I help to look after my school and the local outdoor environment?			What are the clues my body gives me if I am feeling unsafe? Do I understand simple safety rules for at home, at school and when I am out and about? https://www.childnet.com/resources/smartie-the-penguin https://www.thinkuknow.co.uk/4_7/ Who are the people who help to keep me safe?	What can my body do? https://www.bbc.co.uk/cbeebies/watch/yoga-with-rebecca-and-duggee How can I look after my body and keep it clean? What are the parts of my body called and how has it changed since I was a baby?	What can I do to keep my body healthy? https://www.nhs.uk/change4life/activities Why is exercise, rest and sleep good for us? https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-sleep How can I keep my teeth clean? https://www.bbc.co.uk/teach/school-radio/eyfs-playtime-toothbrush/zk4p2sg Why do people use medicines?	What is money and why do we need it? How do we save money?

Key Vocabulary

Year group	Myself and My Relationships				Citizenship				Healthy and Safer Lifestyles				Economic Wellbeing
EYFS	family	friends	feelings	happy	same	different	environment		safe/unsafe	internet	body	healthy	money
	sad	angry	self-regulate	actions					exercise	rest/sleep	medicines	grow	save
	consequence								change				spend
1	rules	resilience		emotions	negotiate	skills	goals	discuss	emergency	accident	risk	identity	
	cross	upset	expression	worried	disagree	stereotype		respect	reporting	online	penis	testicles	
	impulse	relax/calm	assertive	talents	culture	belief			vulva/vagina	disease	illness		
2	truth	friendship		respect	rules	laws	decisions	views	medicines	injections	risky substances		charity
	anti-bullying	personal space		bully					early warning signs		safe/unsafe secrets		banks
	transition	wellbeing		change					trust	relationships	marriage	pregnant	
3	rules	class charter	support network	belong	views	opinions	persevere	decisions	risk	emergency services	accident	online safety	
	pride	unique	respect	disagree	communicate		skills		accident prevention		reliability	dental care	
					stereotypes		animal welfare		age restrictions (games, social media)		hygiene	Eatwell Guide	
4	empathy	trustworthy		assertive	authority	respect	democracy	debate	syringe	immunisation	legal drugs	medicines	budgeting
	bereavement	compromise			school council		responsibilities		safe/unsafe secrets	online safety	trusted adults	personal boundaries	charities
	support network	conflict resolution		cyberbullying					grown-up	life-cycle	egg	male seed/sperm	value for money
5	ground rules	belonging	responsibilities		courtesy	goals	perseverance		basic first aid	risk reduction strategies		puberty	
	resilience	self-respect		empathy	negotiation	debate	gender	diversity	consequences	mental/physical wellbeing		menstruation	
	loneliness	self-care	isolation		pressure groups	sustainability		the media	viruses/bacteria	foreskin/penis/scrotum testicle	anus/pubic hair	vulva/vagina/labia clitoris	
6	cyberbullying	loyalty	empathy	consent	courtesy	manners	respect	democracy	drug misuse	immunisation	alcohol	solvents	earnings
	compromise	co-operation		trust	morals	parliament/MPs		rules	early warning signs	personal boundaries	sexual reproduction	human lifecycle	debt
	homophobic, transphobic & biphobic bullying			peer influence	laws	conflicting responsibilities				marriage/civil partnership	abuse	neglect	credit
	emotions	transition											poverty