



PSHE and Health Education Progression of Skills



Key:

taught in RSE	taught in PSHE/Health Education	taught in RSE and PSHE/Health Education
Mental Health and Emotional Wellbeing Relationships – Jigsaw	Physical Health and Wellbeing Drugs, alcohol and Tobacco Careers, financial, capability and economic wellbeing	Identity, Society and Equality Keeping Safe and Managing Risks

Year	Physical Health and Wellbeing	Identity, Society and Equality	Drugs, Alcohol and Tobacco	Keeping Safe and Managing Risks	Careers, Financial Capability and Economic Wellbeing
Foundation Stage	(Spring 2) Healthy Me (Jigsaw Planning) Pupils learn: <ul style="list-style-type: none"> Everybody's body We Like to Move it Move it! Food Glorious Food Sweet Dreams Keeping Clean 	(Autumn 1) (Jigsaw Planning) Pupils learn: <ul style="list-style-type: none"> Who...Me? How Am I Feeling Today? Being at Nursery/Pre-School Gentle Hands Our Rights (within nursery/school) Our Responsibilities (within nursery/school) 			
Year 1	(Autumn 1) Fun Times: Pupils learn: <ul style="list-style-type: none"> about food that is associated with special times, in different cultures. about active playground games from around the world about sun-safety. 	(Spring 1) Me and Others: Pupils learn: <ul style="list-style-type: none"> what makes themselves and others special about role and responsibilities at home and school about being cooperative with others 	(Spring 2) What do we put into and on to our bodies? Pupils learn: <ul style="list-style-type: none"> what can go into bodies and how it can make people feel. what can go on to bodies and how it can make people feel 	(Summer 1) Feeling Safe Pupils learn: <ul style="list-style-type: none"> safety in familiar situations about personal safety about people who help keep them safe outside the home 	(Summer 2) My Money Pupils learn: <ul style="list-style-type: none"> about where money comes from and making choices when spending money about saving money and how to keep it safe about the different jobs people do
Year 2	(Autumn 1) What keeps me healthy? Pupils learn: <ul style="list-style-type: none"> about eating well about the importance of physical activity, sleep and rest about people who help us to stay healthy and well and about basic health and hygiene routines 		(Spring 2) Medicines and Me Pupils learn: <ul style="list-style-type: none"> why medicines are taken where medicines come from about keeping themselves safe around medicines 	(Summer 1) Indoors and Outdoors Pupils learn: <ul style="list-style-type: none"> about keeping safe in the home, including fire safety. how to keep safe outside road safety 	

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Year 3	<p>(Autumn 1) What helps me choose? Pupils learn:</p> <ul style="list-style-type: none"> about making healthy choices about food and drinks about how branding can affect what foods people choose to buy about keeping active and some of the challenges of this 	<p>(Spring 1) Celebrating Differences: Pupils learn:</p> <ul style="list-style-type: none"> about valuing the similarities and differences between themselves and others about what is meant by community about belonging to groups 	<p>(Spring 2) Tobacco is a drug Pupils learn:</p> <ul style="list-style-type: none"> the definition of a drug and that drugs (including medicines) can be harmful to people about the effects and risks of smoking tobacco and second-hand smoke about the help available for people to remain smoke free or stop smoking 	<p>(Summer 1) Bullying. See it, Say it, Stop it. Pupils learn:</p> <ul style="list-style-type: none"> to recognise bullying and how it can make people feel. about different types of bullying and how to respond to incidents of bullying what to do if they witness bullying 	<p>(Summer 2) Saving, sending and budgeting Pupils learn:</p> <ul style="list-style-type: none"> about what influences peoples choices about spending and saving money how people can keep track of their money about the world of work
Year 4	<p>(Autumn 1) What is important to me? Pupils learn:</p> <ul style="list-style-type: none"> why people may eat or avoid certain foods (religious, moral, cultural or health reasons) about other factors that contribute to peoples food choices (such as ethical farming, fair trade and seasonality) the importance of getting enough sleep. 	<p>(Spring 1) Democracy: Pupils learn:</p> <ul style="list-style-type: none"> about Britain as a democratic society about how laws are made learn about the local council 	<p>(Spring 2) Making Choices Pupils learn:</p> <ul style="list-style-type: none"> that there are other drugs (other than medicines) that are common in everyday life, and why people choose to use them about the effects and risks of drinking alcohol about different patterns of behaviour that are related to drug use 	<p>(Summer 1) Playing Safe Pupils learn:</p> <ul style="list-style-type: none"> how to be safe in their computer gaming habits about keeping safe near roads, rail, water, building sites and around fireworks about what to do in an emergency and basic emergency first aid procedures 	
Year 5	<p>(Autumn 1) In the Media: Pupils learn:</p> <ul style="list-style-type: none"> that messages given on food adverts can be misleading about role models how the media can manipulate images and that these images may not reflect reality 	<p>(Spring 1) Stereotypes, discrimination and prejudice (including tackling homophobia): Pupils learn:</p> <ul style="list-style-type: none"> about stereotyping including gender stereotyping about prejudice and discrimination and how this can make people feel 	<p>(Spring 2) Different Influences Pupils learn:</p> <ul style="list-style-type: none"> about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis about different influences on drug use – alcohol, tobacco and nicotine products strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol 	<p>(Summer 1) When things go wrong Pupils learn:</p> <ul style="list-style-type: none"> about keeping safe online that violence within relationships is not acceptable about problems that can occur when someone goes missing from home 	<p>(Summer 2) Borrowing and earning money Pupils learn:</p> <ul style="list-style-type: none"> that money can be borrowed but there are risks associated with this about enterprise what influences peoples decisions about careers
Year 6		<p>(Spring 1) Human Rights: Pupils learn:</p> <ul style="list-style-type: none"> about people who have moved from other places (including the experience of refugees) about human rights and the UN Convention on the Rights of the Child about homelessness 	<p>(Spring 2) Weighing up risk: Pupils learn:</p> <ul style="list-style-type: none"> about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs about assessing the level of risk in different situations involving drug use about ways to manage risk in situations involving drug use 	<p>(Summer 2) Keeping safe out and about Pupils learn:</p> <ul style="list-style-type: none"> about feelings of being out and about in the local area with increasing independence about recognising and responding to peer pressure the consequences of anti-social behaviour (including gangs and gang related behaviour) 	