Great Tey
Church of England
Primary School

PHSE
Curriculum and Skills Progression Map

Last reviewed March 2023

Skills Map - PHSE (EYFS - Personal, Social and Emotional Development)

Children will learn to:

	Reception (EYFS)	Aut	Spr	Su	Year 1/2 Year A	Aut	Spr	Su	Year 1/2 Year B	Aut	Spr	Su
Building Relationships	Say what makes them special Name special people in their lives Describe different feelings Talk about people who can help if they are upset and identify ways they can make themselves feel better	✓			Understand the importance of rules in the classroom Demonstrate good listening skills Show simple skills for resolving conflict Identify a range of feelings and know that feelings can be hurt Explain how emotions can affect our bodies	✓			Suggest ways to contribute positively to the class Know the conventions of good manners Use a range of words to describe feelings and talk about different ways to deal with them Describe ways to deal with bullying	✓		
Valuing Difference	Celebrate what makes us all unique Recognise similarities and differences Find out about their friends Know why kindness is important Build friendships	✓			Identify similarities and differences between people and say some of the positives about the differences Show empathy for others Recognise kindness, fairness and their opposites Know what bullying is	✓			Identify some non-physical differences between people Explain how people's behavior can affect others and how it feels to be part of a group / left out of a group Describe acts of kindness and unkindness and how they affect others Demonstrate active listening	✓		
Staying Safe	Talk about how to keep their bodies healthy and safe Know how to stay safe at home, at school, outside and around medicines Know some age-appropriate ways to stay safe online Know who keeps me safe in the community		✓		Know the importance of good sleep, healthy eating and keeping clean Know who can help when they feel unsafe Know the PANTS rules Know ways to stay safe online and what to do if something upsets us online Explore safety around medicines		✓		Identify safe and unsafe situations Identify who they can talk to if they feel unsafe or if someone makes them feel uncomfortable Recognize that some touches are not fun and can hurt or be upsetting Identify safe and unsafe secrets Recognize body language and facial expressions		✓	

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Children will learn to:

	Reception (EYFS)	Aut	Spr	Su	Year 1/2 Year A	Aut	Spr	Su	Year 1/2 Year B	Aut	Spr	Su
Rights and Responsibilities	Understand that things they do can make a difference to their local community and the natural world Identify ways they can care for their home, school, local community and special people		✓		Recognise how their behavior affects others Identify ways to care for our school environment Show care and responsibility e.g. by looking after a pet or plant Learn basic first aid		✓		Record strategies for getting on with others; use strategies for dealing with their own impulsive behavior Know the importance of keeping personal info safe online Understand the importance of making good choices about what we do with money		✓	
The Best Me	Begin to develop confidence and resilience in their learning Name and talk about different feelings Develop skills for approaching challenges Understand the importance of healthy choices and begin to make some healthy choices			✓	Recognize the importance of fruit and vegetables in a healthy diet Recognise the importance of regular hygiene Understand how diseases can spread Demonstrate attentive listening Demonstrate perseverence			✓	Suggest ways to encourage others Know which things they can choose and which things others choose for them Explain how germs are spread and know the importance of good dental hygiene Name major internal organs and how food, air and water get into our blood			✓
Changing as we Grow	Understand that animals and humans change as they grow Name the different stages of childhood and adulthood Understand babies are made by a man and a woman Use the correct vocabulary for parts of the body Know ways to stay safe			✓	Understand the body gets energy from food, water and air Identify what they could do as a baby and what they can do now Explain the difference between teasing an bullying Explain the difference between a secret and a nice surprise Identify which parts of the body are private			✓	Demonstrate ways of giving positive feedback to others Recognise the feelings associated with loss and how we can deal with them Know what privacy means and which parts of our body are private / which parts of the body are used to make babies Know there are secrets which shouldn't be kept			✓

Skills Map - PHSE (EYFS - Personal, Social and Emotional Development)

Children will learn:

	Year 3/4 Year A	Aut	Spr	Su	Year 3/4 Year B	Aut	Spr	Su
Building Relationships	Explain why we have rules and different rules for different age groups (especially online) Rehearse ways to deal with potential conflict situations Know ways to maintain positive relationships Demonstrate cooperation and collaboration skills Identify the qualities of a good friendship Express opinions and listen to others Explain what a dare is / no-one can force them to do a dare	✓			Demonstrate strategies for working collaboratively Explain what we mean by a positive, healthy relationship Recognize times when we need to say 'no' to a friend Describe how feelings affect us physically and that different people may have different feelings in the same situation Give examples of strategies to use in response to teasing, bullying, conflict	✓		
Valuing Difference	Give examples of respectful language and listening Recognise there are many types of family Define the term 'community' Know people living in the UK may have different origins Identify ways people can get on together despite (or because of) their differences Recognise and celebrate similarities and differences Explain reasons why someone might be bullied	✓			Define ' negotiation' and 'compromise' List ways people can be different - religion, culture, gender - and demonstrate ways to show respect for these differences Understand and identify stereotypes Recognise there is a variety of relationships (family, friend, acquaintance) and that these affect what is shared online and offline Understand they have a right to personal space	✓		
Staying Safe	Identify safe and unsafe situations - what is a risk and what is dangerous? Identify risk factors in different situations Recognise the potential risks of browsing or gaming online and give some strategies for safe use online Understand that medicines are drugs and can harm as well as help Identify key risks from cigarettes and alcohol		✓		Define 'danger', 'risk', 'hazard' and how they are different Suggest strategies for managing dares / identifying and managing risk Understand we can be influenced positively and negatively Identify images that are safe / unsafe to share online and stratagies we can use to stay safe online Understand the key risks from smoking and drinking alcohol Explain safety issues for medicine use		✓	

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	Year 3/4 Year A	Aut	Spr	Su	Year 3/4 Year B	Aut	Spr	Su
Rights and Responsibilities	Understand the difference between fact and opinion Define what a volunteer is and how volunteering helps ourselves and those around us Understand the terms 'income', 'saving' and 'spending' and know there are services we need to pay for Know people earn a living through working and how much you earn is influenced by different factors		✓		Define what is meant by ' being responsible' Understand humans have rights and need to respect the rights of others Suggest and engage with ways they can contribute to decision -making in school Define the word influence and explain some of the ways they are influenced by the media / online Explain the role of the bystander		✓	
The Best Me	Explain how each of the Eatwell food groups benefits the body and what is meant by a balanced diet Explain how hygiene routines can prevent the spread of dis-ease Name major internal body parts and how digestion works Develop skills in discussing and debating, including valuing others' opinions Identify their achievements and areas for development - know different people have different strengths and that these can be developed			✓	Identify ways in which everyone is unique and appreciate their own uniqueness Recognise there are times they will make different choices to their friends Know the body gets energy from food, water , oxygen and that sleep and exercise are important for health Understand ways they can contribute to caring for he environ-ment (7 'Rs') Define what is meant by community and know ways others sup-port the school community			✓
Changing as we Grow	Identify different types of relationships Know what is meant by personal space / body space Recognise and describe appropriate behaviour online and offline; know what constitutes personal information Know babies come from eggs and sperm joining together and what happens when an egg doesn't meet a sperm Know that periods are a normal part of puberty for girls			✓	Describe changes that happen to people as they grow Role play how to compromise Identify parts of the body males and females have in common and those that are different Know that periods are a normal part of puberty for girls - identify ways to cope better with periods Know that marriage includes opposite sex and same sex partners			✓

Skills Map - PHSE (EYFS - Personal, Social and Emotional Development)

Children will learn:

	Year 5/6 Year A	Aut	Spr	Su	Year 5/6 Year B	Aut	Spr	Su
Building Relationships	Explain what collaboration, negotiation and compromise mean and demonstrate them in different ways Understand that online communication can be misinterpreted Demonstrate how to respond to a wide range of feelings in others Identify what makes a relationship unhealthy Identify characteristics of passive, aggressive and assertive behaviours	✓			Demonstrate a collaborative approach to a task Suggest positive strategies for negotiation and compromise Recognise some of the challenges that arise from friendships Describe the consequences of reacting to others in a positive or negative way Recognise and empathise with patterns of behaviour in peer group dynamics / recognise basic emotional needs	✓		
Valuing Difference	Define some key qualities of friendship Rehearse active listening skills Recognise some of the feelings associated with being left out and give examples of some of the ways people discriminate against others Describe the benefits of living in a diverse society and explain the importance of mutual respect	✓			Recognise that bullying and discriminatory behaviour can result from disrespect of people's differences Know that all people are unique but we have far more in common than what is different about us; understand the terms prejudice, stereotype and bias Consider how bystanders can help when others are being bullied	✓		
Staying Safe	Recognise that some people are bullied because of the way they express their gender Demonstrate strategies to deal with bullying online and offline Understand that things we see online are not always true; reflect on the information they share online Recognise which situations are risky and how to decrease the risk - know that risks can be positive or negative Explain the differences between habits and addictions		✓		Accept that responsible and respectful behaviour is necessary online and offline Identify strategies for keeping personal info safe online Know it is illegal to create and share sexual images of children under 18; explore the risks of sharing photos of themselves Define what is meant by addiction and understand it can stem from basic emotional needs not being met Explain how drugs are categorised and that some drugs are against the law		✓	

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Children will learn:

	Year 5/6 Year A	Aut	Spr	Su	Year 5/6 Year B	Aut	Spr	Su
Rights and Responsibilities	Identify, discuss and write about issues that are currently in the media concerning health and wellbeing Identify facts and opinions in the media and how they influence us Define the difference between respect, rights and duties and discuss what can make them difficult to follow Identify the impact on individuals and groups if duties are not carried out		✓		Define the terms fact, opinion, biased, unbiased Analyse reports to find the facts Know the legal age for having social media accounts and the reasons behind these; recognize that not everyone we meet online is who they say they are Explain some benefits of saving money, including showing an understanding of interest Understand what we mean by democracy		✓	
The Best Me	Know the basic functions of internal organs and systems Identify their own strengths and talents Identify areas that need improvement and think of strategies they could try State what is meant by a community and suggest ways to improve the school community Recognise that the way people are portrayed in the media isn't always accurate Learn basic first aid			✓	Identify aspirational goals and the actions needed to achieve them Present information on health and wellbeing based on their own research Identify risk factors in given situations, including alcohol. Understand there are ways to mitigate risk and know what some of these are. Explain what the five ways to wellbeing are and give examples of how they can be implemented Learn basic first aid			✓
Changing as we Grow	Identify products they may need during puberty Know what menstruation is and why it happens Know the correct words for the external sex organs Recognise how our bodies feel when we are relaxed, nervous or sad Explain how it feels to be separated from someone we care about			✓	Define the word puberty and describe some of the physical and emotional changes associated with it; identify that some of these changes take place to allow sexual reproduction to occur Know how babies are made Know the legal age of consent and what it means			✓