



AUSTHORPE PRIMARY SCHOOL

CURRICULUM PROGRESSION

PSHE



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Personal and Social Health	<ul style="list-style-type: none"> • Start to understand “friends” and use language about being a friend • Listen to other people – children and adults • Know that people care for me • Take turns when talking to others 	<ul style="list-style-type: none"> • Say why it is important to have different friends • Listen to other people’s suggestions • Know that people in my family are important and care for me • Share my ideas about something 	<ul style="list-style-type: none"> • Know when someone is being treated fairly or unfairly • Know what makes a good friend • Know that sometimes I can disagree and fall out with people but that breakdowns in relationships can also be repaired • Explain the different relationships within my family 	<ul style="list-style-type: none"> • Form an opinion on something and review this when I listen to other peoples’ ideas • Offer ideas on ways to solve problems when other people have a disagreement • Understand some of the difficulties that can occur when a parent is bringing up a child 	<ul style="list-style-type: none"> • Know what makes me happy and how to help others to feel happy too • Know that peoples’ health can vary depending on where they are in the country/world 	<ul style="list-style-type: none"> • Know when I have made mistakes and can then use these experiences to change my approach to the future • Can explain something I am good at • Know that if I eat well, exercise and look after my hygiene I will ‘feel’ good • Know that if I am confident about doing something I am more likely to do it well and if I am not confident I am less likely to do well 	<ul style="list-style-type: none"> • Understand that ‘being healthy’ includes looking after my mind and body and having a healthy lifestyle • Know that if I have good friends and do the activities I enjoy I am likely to be happier • Suggest ways that I can help provide a safe and healthy environment



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<p>Healthy Mind</p>	<ul style="list-style-type: none"> • Know what exercise is • Start to recognise different feelings and use words or images to describe them • Safely, try new things 	<ul style="list-style-type: none"> • Know that exercise has a positive effect on our minds • Know that my feelings can change depending on what is happening around me • Know what I would like to achieve and whether this is realistic or not • Know determination means not giving up when things are difficult • Know when I have achieved what I have set out to do 	<ul style="list-style-type: none"> • Can tell when other people are happy, sad, worried, etc • Can suggest ways of making someone happier if they are sad • Can give reasons why I have been successful or why I have failed a task 	<ul style="list-style-type: none"> • Can set myself a challenge and know how well I am doing • Understand that when I feel sad or happy my body can change too • Know what steps to take to achieve what I want • Know that some things are not easy to get and that if I don't keep trying I will not achieve my goal 	<ul style="list-style-type: none"> • Know what can cause people to be upset or worried • Understand that it is important I feel good about myself • Can suggest ways of dealing with difficult situations and emotions • Know that sleep helps me keep healthy 	<ul style="list-style-type: none"> • Know what can cause people to be upset or worried and I can suggest ways to help • Now that sleep helps to keep me healthy and that if I don't get enough sleep that it can affect my health and ability to do some things • Can tell when someone is not feeling good about something and may need some help • Know that as I grow older I will change the amount of exercise and the activities that I do 	<ul style="list-style-type: none"> • I can set achievable goals and know the steps to take to achieve them • Know that 'mental health' is about feeling good about myself, having good friends and family and being focussed on what I want to achieve • Know how to control and influence my feelings
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