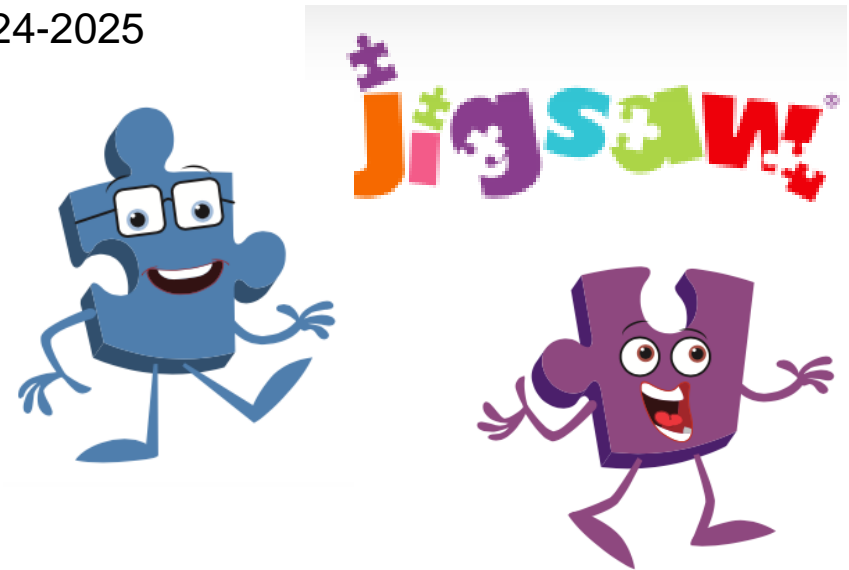




Christopher Pickering Progression Document 2024-2025

PSHE Progression EYFS – Y6



The Intention of the PSHE Curriculum

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education, and since the subject will hold statutory status as of September 2020, here at Christopher Pickering we hold this subject in high regard and have tailored our approach to meet the needs of our children. We have implemented and adapted 'Jigsaw' to help deliver our curriculum which we believe builds upon the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.



Year Group	Autumn 1 Being Me In My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
F1 – F2	<ul style="list-style-type: none"> - I understand how it feels to belong and that we are similar and different - I can start to recognise and manage my feelings - I can work together and consider other people's feelings - I understand why it is good to be kind and use gentle hands - I am starting to understand children's rights and this means we should be allowed to learn and play - I am learning what being responsible means <p>World Mental Health Day</p> <p>Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I can identify something I am good at and understand everyone is good at different things - I understand that being different makes us all special - I know we are all different but the same in some ways - I can tell you why I think my home is special to me - I can tell you how to be a kind friend - I know which words to use to stand up for myself when someone says or does something unkind <p>S&C PC</p> <p>Anti-Bullying Week</p> <p>White Ribbon Day</p> <p>Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I understand that if I persevere, I can tackle challenges - I can tell you about a time I didn't give up until I achieved my goal - I can set a goal and work towards it - I can use kind words to encourage people - I understand the link between what I learn now and the job I might like to do when I'm older - I can say how I feel when I achieve a goal and know what it means to feel proud <p>Safer Internet Day</p> <p>Children's Mental Health Week</p> <p>Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I understand that I need to exercise to keep my body healthy - I understand how moving and resting are good for my body - I know which foods are healthy and not so healthy and can make healthy eating choices - I know how to help myself go to sleep and understand why sleep is good for me - I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet - I know what a stranger is and how to stay safe if a stranger approaches me <p>S&C</p> <p>Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I can identify some of the jobs I do in my family and how I feel like I belong - I know how to make friends to stop myself from feeling lonely - I can think of ways to solve problems and stay friends - I am starting to understand the impact of unkind words - I can use Calm Me time to manage my feelings - I know how to be a good friend <p>S&C</p> <p>Mental Health Awareness Week</p> <p>Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I can name parts of the body - I can tell you some things I can do and foods I can eat to be healthy - I understand that we all grow from babies to adults - I can express how I feel about moving to Year 1 - I can talk about my worries and/or the things I am looking forward to about being in Year 1 - I can share my memories of the best bits of this year in Foundation <p>S&C</p> <p>Project Evolve Online Safety</p>



Year Group	Autumn 1 Being Me In My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Y1	<ul style="list-style-type: none"> - I can feel special and safe in my class. - I can understand the rights and responsibilities as a member of my class. - I can recognise how it feels to be proud of an achievement. - I can recognise the choices I make and understand the consequences. - I can understand my rights and responsibilities within our Learning Charter. <p>World Mental Health Day Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I can identify similarities between people in my class. - I can identify differences between people in my class. - I can explain what bullying is. - I know some people who I could talk to if I was feeling unhappy or being bullied. - I know how to make friends. - I can explain some ways I am different from my friends. <p>S&C PC</p> <p>Anti-Bullying Week White Ribbon Day Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I can set simple goals. - I can set a goal and work out how to achieve it. - I can understand how to work well with a partner. - I can tackle a new challenge and understand that this might stretch my learning. - I can identify obstacles which make it more difficult to achieve my challenge and work out how to overcome them. - I can explain how I felt when I succeeded in a new challenge. <p>Safer Internet Day Children's Mental Health Week Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I can understand the difference between being healthy and unhealthy. - I know how to make healthy lifestyle choices. - I know how to keep myself clean and healthy and understand how germs cause disease. - I know that all household products, including medicines, can be harmful. - I can understand that medicines can help me if I feel poorly. - I know how to keep safe when crossing the road. - I can explain why I think my body is amazing. <p>Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I can identify the members of my family and understand that there are lots of different types of families. - I can identify what being a good friend means to me. - I know appropriate ways of physical contact to greet my friends and know which ways I prefer. - I know who can help me in my school community. - I can recognise my qualities as a person and a friend. - I can tell you why I appreciate someone who is special to me. <p>S&C</p> <p>Mental Health Awareness Week Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I can start to understand life cycles of humans and animals. - I can tell you some things about me that have changed and some things that have stayed the same. - I can tell you how my body has changed since I was a baby. - I can identify the parts of the body that can make boys different to girls. - I can understand that every time I learn something new I change a little bit. - I can tell you about changes that have happened in my life. <p>S&C</p> <p>Project Evolve Online Safety</p>



Year Group	Autumn 1 Being Me In My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Y2	<ul style="list-style-type: none"> - I can identify some of my hopes and fears for this year. - I can understand the rights and responsibilities for being a member of my class and school. - I can listen to other people and contribute my own ideas about rewards and consequences. - I can understand how following the Learning Charter will help me and others learn. - I can recognise the choices I make and understand the consequences. <p>S&C</p> <p>World Mental Health Day Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I can understand that sometimes people make assumptions (stereotypes) about boys and girls. - I can understand that bullying is sometimes about difference. - I can recognise what is right and wrong. - I can understand that it is okay to be different from other people and to be friends with them. - I can explain some ways I am different from my friends. <p>S&C PC</p> <p>Anti-Bullying Week White Ribbon Day Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I can choose a realistic goal and think about how to achieve it. - I can persevere even when I find things difficult. - I can recognise who I work well with and who is more difficult for me to work with. - I can work well with a group. - I can tell you some ways I worked well with my group. - I know how to share success with other people. <p>Safer Internet Day Children's Mental Health Week Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I know what I need to keep my body healthy. - I can show or tell you what relaxed means and I know some things that make me feel relaxed or stressed. - I can understand how medicines work in my body. - I can sort foods into the correct food groups and know which foods my body needs to keep me healthy. - I can make some healthy snacks. - I can decide which foods give my body energy. <p>Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I can identify the different members of my family. - I can understand that there are lots of forms of physical contact within a family and some is acceptable and some is not. - I can identify some of the things that can cause conflict with my friends. - I can understand that sometimes it is good to keep a secret and sometimes it is not. - I can recognise and appreciate people who can help me in my family, school and community. - I can express my appreciation for the people in my special relationships. <p>S&C</p> <p>Mental Health Awareness Week Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - I can recognise life cycles in nature. - I can tell you about the natural process of growing from young to old. - I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old. - I can recognise the physical differences between boys and girls and use the correct names for parts of the body. - I can understand there are different types of touch and can explain which ones I like and don't like. - I can identify what I am looking forward to in Year 3. <p>Project Evolve Online Safety</p>



Year Group	Autumn 1 Being Me In My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Y3	<ul style="list-style-type: none"> - To recognise my positive traits and achievements. - To demonstrate that I can ask for help when I need it. - To understand why rules are needed. - To understand that my actions affect myself and others. - To make responsible choices and work co-operatively in a group. - To explain a situation from another person's point of view. <p>World Mental Health Day Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To understand that everybody's family is different and important to them. - To understand that differences and conflicts sometimes happen among family members. - To understand what it means to be a witness or bystander to bullying. - To understand that witnesses or bystanders can make the situation better or worse by what they do. - To recognise that some words are used in hurtful ways. - To explain a time when my words affected someone's feelings. <p>S&C PC LGBTQ</p> <p>Anti-Bullying Week White Ribbon Day Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To explain about a person who has faced difficult challenges and achieved successes. - To identify a dream or ambition that is important to me. - To face new learning challenges and working out the best ways to achieve them. - To be enthusiastic about achieving our new challenge. - To recognise obstacles which might hinder my achievement and take steps to overcome them. - To evaluate my own learning process. <p>Safer Internet Day Children's Mental Health Week Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To understand how exercise affects my body and know why my heart and lungs are important. - To understand that the amount of calories, fat and sugar I put into my body will affect my health. - To express my knowledge and attitude towards drugs. - To identify some strategies for how to keep safe. - To identify when something feels safe or unsafe. - To understand how complex my body is and how important it is to take care of it. <p>S&C</p> <p>Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To identify the roles and responsibilities of each member of my family and reflect on expectations for males and females. - To identify and put into practice some of the skills of friendship. - To know and can use some strategies for keeping myself safe online. - To explain how some of the actions and work of people around the help and influence my life. - To understand how my needs and rights are shared by children around the world. - To know how to express my appreciation for friends and family. <p>Mental Health Awareness Week Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To understand what a baby needs to live and grow - To understand that boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up - To recognise how I feel about these changes happening to me and know how to cope with these feelings - To begin to recognise stereotypical ideas around parenting and family roles <p>Project Evolve Online Safety</p>



Year Group	Autumn 1 Being Me In My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Y4	<ul style="list-style-type: none"> - To understand that my attitudes and actions make a difference to the class team. - To understand who is in my school community, the roles they play and how I fit in. - To understand how democracy works through the School Council. - To understand that my actions affect myself and others. - To understand how groups come together to make decisions, including collaboration and compromise. - To understand how democracy and having a voice benefits the school community. <p>World Mental Health Day Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To understand that sometimes we make assumptions based on what people look like. - To understand what influences me to make assumptions based on how I look. - To know that bullying can be hard to spot but I know what to do if I think it could be going on. - To explain why witnesses sometimes join in with bullying. - To identify what is special about me and values the ways in which I am unique. - To explain a time when a first impression of someone changed when I got to know them. <p>S&C PC</p> <p>Anti-Bullying Week White Ribbon Day Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To explain my own hopes and dreams. - To understand not all hopes and dreams are successful. - To know how to reflect on positive experiences to counteract disappointment. - To know how to make a new plan and set new goals even when I am disappointed. - To know what steps to take to achieve an independent or group goal. - To know identify the contributions made by myself and others to the group's achievements. <p>Safer Internet Day Children's Mental Health Week Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To recognise how different friendship groups are formed, how I fit into them and the friends I value the most. - To understand there are people who take on the roles of leaders or followers in groups and know the role I take on in different situations. - To understand the facts about smoking and its effects on health. - To understand the facts about alcohol and its effects on health. - To recognise when people are putting me under pressure and explain ways to resist this. - To know myself well enough to have a clear picture of what I believe is right and wrong. <p>S&C</p> <p>Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To recognise situations that can cause jealousy in relationships. - To identify someone that is special to me and explain why I love them. - To recognise how friendships change. - To understand how to make new friends and deal with 'falling out' situations. - To understand that boyfriend/girlfriend relationships are personal and special. - To understand how to show love and appreciation for people or animals that are special to me. <p>Mental Health Awareness Week Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To understand how and why people are unique including how some personal characteristics come from birth parents - To understand and am able to name changes that are out of my control - To identify changes I would like to make and how to go about it - To describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this <p>Project Evolve Online Safety</p>



Year Group	Autumn 1 Being Me In My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Y5	<ul style="list-style-type: none"> - I can describe how to be positive when facing new challenges and setting new goals. - I can understand the rights and responsibilities of UK citizens. - I understand the rights and responsibilities of people in school. - I can understand how behaviour can impact on a group. - I understand how democracy works, including through school council, and the benefits of pupil voice. <p style="text-align: center;">World Mental Health Day Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To understand how cultural differences can cause conflict. - To understand what racism is. - To understand different forms of bullying - To explain the differences between direct and indirect bullying. - To compare my life with people in the developing world. - To understand about a culture that is different from my own. <p style="text-align: center;">S&C PC LGBTQ</p> <p style="text-align: center;">Anti-Bullying Week White Ribbon Day Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To know about a range of jobs and careers. - To understand how income and salary changes depending on careers. - To identify a future career and understand what is needed to achieve it. - To describe my own dreams and goals. - To describe dreams and goals of someone from a different culture. - To identify ways to support someone else with their dreams or goals. <p style="text-align: center;">Safer Internet Day Children's Mental Health Week Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To know the risks of smoking and how tobacco affects health. - To know some of the risks of misusing alcohol and the effect on heart and liver. - To understand what is meant by the term anti-social. - To understand that body image can affect mental health. - To investigate and evaluate the effect of social media on body image. - To understand the different role of food in people's lives and link to body image and eating disorders. <p style="text-align: center;">Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To understand myself in terms of my personal qualities and characteristics. - To understand that belonging to an online community can have positive and negative consequences. - To understand and explain the rights and responsibilities of an online community and social network. - To understand and can explain the rights and responsibilities of gaming online. - To can recognise and understand the need for 'screen time' limitation and explain the reasons why. - To know how to stay safe online. <p style="text-align: center;">S&C</p> <p style="text-align: center;">Mental Health Awareness Week Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To describe my own self-image and explain how body image fits into that. - To explain the changes that happen in girls' and boys' bodies during puberty. - To understand the importance of looking after myself, physically and emotionally. - To understand how conception through intercourse can lead to a baby being made. - To identify what I am looking forward to about becoming a teenager. - To identify what I am looking forward to when I move to my next class. <p style="text-align: center;">Project Evolve Online Safety</p>



Year Group	Autumn 1 Being Me In My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Y6	<ul style="list-style-type: none"> - To identify goals for the forthcoming year. - To explain fears and worries for the future and the best ways to express them. - To understand that there are universal rights for children but for some children these are not met. - To understand how my own actions can affect others locally and globally. - To make choices about my own behaviour because I understand how rewards and consequences feel. - To understand how an individual's behaviour can impact on a group. - To understand how democracy and having a voice benefits the school community. <p>World Mental Health Day Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To understand there are different perceptions of what 'being normal' is - To know how being different can affect people's lives - To explain the ways in which an individual or group, can have power over others - To identify some of the reasons people may use bullying behaviour over others - To give examples of people with disabilities who lead amazing lives. - To explain in which difference can be a source of conflict and a cause for celebration. <p>S&C PC LGBTQ</p> <p>Anti-Bullying Week White Ribbon Day Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To know my own learning strengths and can set realistic achievable goals (in and out of school). - To work out the steps needed to achieve my goal. - To identify and explain about a problem in the world. - To describe ways I can make the world a better place. - To explain what other people in my class like or admire about me. <p>Safer Internet Day Children's Mental Health Week Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To take responsibility for my own health and wellbeing choices. - To know the effect different drugs can have on the body, especially the liver and heart. - To identify how people can be exploited to do things against the law. - To explain why some people join gangs and the risk this involves. - To understand what it means to be emotionally well and explore people's attitudes towards mental health/illness. - To recognise stress and the triggers that cause this. <p>Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To know why it is important to take care of mental health and ways in which I can do this. - To understand there are different stages of grief (and different types of loss). - To recognise when people are trying to gain power or control. - To judge whether something online is safe or hurtful. - To use technology positively and safely to communicate with my friends and family. <p>S&C</p> <p>Mental Health Awareness Week Project Evolve Online Safety</p>	<ul style="list-style-type: none"> - To describe own self-image and explain how body image fits into that - To explain the changes that happen in girls and boys' bodies during puberty - To understand the importance of looking after myself, physically and emotionally - To explain how a baby develops from conception through to pregnancy - To identify and explain hopes and worries related to the transition to secondary school <p>PC</p> <p>Project Evolve Online Safety</p>

Key to annotations

S&C – Safe-guarding and/or consent

PC – Protected characteristics - aligning Jigsaw PSHE to the Equality Act

LGBTQ – Coverage of LGBTQ issues

Key Dates – To enhance the Jigsaw curriculum

