PSHRE Progression

Skills Focus	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships	New Beginnings Circle of Love	Healthy relationships: who's in my family? Healthy relationships: What makes a good friend Power in relationships: When do I feel safe?	Healthy Relationships: What does a family look like? Power in relationships should I keep secrets?	Healthy relationships: How can I help my family? Healthy relationships: Are friendships ever perfect? Power in relationships: Who does my body belong to?	Healthy relationships: Do all families look the same? Healthy relationships: Are all friends the same? Power in relationships: What does a healthy relationship feel like?	Healthy relationships: Is there such a thing as a perfect family? Healthy relationships: How can I be a great friend? Power in relationships: How do I get help if I don't feel safe?	Healthy relationships: How can we live in harmony? Healthy relationships: How can we have healthy boundaries? Power in relationships: What are my boundaries?
Community (5 weeks)	Circle of trust	Communities: Who am I? Who are you?	Communities: Who is in my community?	Communities: What does it mean to be British?	Healthy relationships: Are all friends the same? Communities: How are we all different?	Power in relationships: How do I get help if I don't feel safe? Communities: How can we ensure fairness and respect for women and girls?	Power in relationships: What are my boundaries? Communities: How can we show respect to people of different races and cultures? Communities: How can we show respect to people of

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Online Safety (6 weeks)	Staying safe	Media influence	Media influence: Is everything I see online true?	Media influence: How do I keep myself safe online? Our online lives: How can I be kind and happy online?	Media influence: What is fake news?	Media influence: Who decides what I experience in the online world? Our online lives: How do I thrive online? Our online lives: How do I thrive online?	Media influence: How do I decide what is true online? Our online lives: What should I share online?
Wellbeing (5 weeks)	Squeaky Clean	Emotions: How do I feel today? Physical health: How can I look after my body? Staying safe and healthy: How can I look after my body?	Emotions: What helps me to be happy? Physical health: How do I eat a balanced diet? Food Risky substances: How do I stay safe at home? Staying safe and healthy: How can I take	Emotions: How can I manage my emotions? Physical health: How can I get active and eat well every day? Staying safe and healthy: How can I stay safe while out and about?	Emotions: How can we add to our emotions toolkit? Physical health: What makes a balanced lifestyle?	Emotions: How can we manage challenges? Physical health: Is it hard to be healthy? Risky substances: Why do people get addicted? Staying safe and healthy: How can I avoid harm?	Emotions: How can we manage our emotions through periods of change? Physical health: How do I plan a healthy week? Risky substances: Why do people use alcohol and drugs?

			responsibility for my health?				
Growing up (7 weeks)	Circle of Life Same and Different				Puberty: How will I change as I grow up?		Puberty: What happens during adolescence
Financial Education (6 weeks)		An introduction to money	My money and me	The purposes of money	Making money decisions	Priority spending	*Financial Education enterprise* Budgets and ethical spending