



# Bonneygrove and Millbrook Primary Federation

## Progression of Skills

### PSHE

| Jigsaw Pieces               | EYFS                                                                                                                                                                                                                                                           | Year One                                                                                                                                                                                                                                                          | Year Two                                                                                                                                                                                                                                                              | Year Three                                                                                                                                                                                                                                                                                   | Year Four                                                                                                                                                                                                                                                                                       | Year Five                                                                                                                                                                                                                                                                                                                       | Year Six                                                                                                                                                                                                                                                                           |
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| <b>Being Me In My World</b> | <ul style="list-style-type: none"> <li>Children will explore who they are, what makes them special, and the talents they have.</li> <li>They will learn to understand and talk about their feelings, as well as how they grow and change over time.</li> </ul> | <ul style="list-style-type: none"> <li>Children will learn what it means to feel special, safe and part of a class community.</li> <li>They will explore rights and responsibilities, understand rewards and consequences and take ownership of shared</li> </ul> | <ul style="list-style-type: none"> <li>Children will begin by sharing their hopes and fears for the year, while helping to create a safe and fair learning environment.</li> <li>They will learn about rights and responsibilities, understand rewards and</li> </ul> | <ul style="list-style-type: none"> <li>Children will further develop their sense of self by setting personal goals and reflecting on their identity, self-worth and strengths.</li> <li>They will also begin to see situations from others' perspectives, helping them to develop</li> </ul> | <ul style="list-style-type: none"> <li>Children will take on a more active role within their class and school community, learning what it means to be a responsible citizen.</li> <li>They will explore rights, responsibilities and democracy through group decision-making, having</li> </ul> | <ul style="list-style-type: none"> <li>Children will begin the year by reflecting on what it means to be a citizen within their school and wider community. They will revisit rights, responsibilities, rewards, consequences and explore how behaviour can affect groups.</li> <li>Children will also develop their</li> </ul> | <ul style="list-style-type: none"> <li>Children will begin the year by setting personal goals and reflecting on their role as global citizens. They will explore children's universal rights and what it means to feel welcome, valued and included within a community.</li> </ul> |

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|  | <ul style="list-style-type: none"> <li>Children will develop an understanding of their role in the community, including their rights and responsibilities at home, in school and where they live.</li> </ul> | expectations for learning and behaviour. | consequences and recognise how their choices and contributions affect others. | empathy and more thoughtful decision-making. | a voice, and understanding how behaviour is influenced and motivated. | understanding of democracy by having a voice and participating in decisions that affect them. | <ul style="list-style-type: none"> <li>They will continue to develop an understanding of choices, consequences and rewards, while considering how group dynamics, democracy and having a voice influence school life and beyond.</li> <li>They will deepen their understanding of behaviour and relationships by exploring anti-social behaviour, role-modelling, power struggles and</li> </ul> |
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| <b>Celebrating Differences</b> | <ul style="list-style-type: none"> <li>The children will learn how to stand up for themselves and understand the importance of family life and friendships.</li> </ul> | <ul style="list-style-type: none"> <li>They will develop respect for similarities and differences, while learning to celebrate diversity and treat others with kindness.</li> <li>Children will understand what bullying is, how it affects others and how to respond to it, while building skills to make new friends and feel included.</li> </ul> | <ul style="list-style-type: none"> <li>They will develop emotional awareness by recognising and managing their feelings, while also exploring assumptions and stereotypes, including those related to gender.</li> <li>Children will learn to understand bullying, stand up for themselves and others and build positive relationships by making new friends and celebrating</li> </ul> | <ul style="list-style-type: none"> <li>Children will develop greater awareness of bullying, including what to do if they witness it and understand how words can impact others. They will also practise giving and receiving compliments, strengthening positive communication and respect.</li> </ul> | <ul style="list-style-type: none"> <li>They will deepen their understanding of identity and relationships by challenging assumptions, including judging by appearance and learning to accept themselves and others.</li> <li>Children will explore bullying and develop problem-solving skills, while recognising what makes each person unique and reflecting on first impressions.</li> </ul> | <ul style="list-style-type: none"> <li>They will deepen their awareness of diversity by exploring cultural differences and how misunderstandings can lead to conflict.</li> <li>Children will learn about racism, bullying behaviours such as rumours and name-calling and how to show respect for other cultures while valuing difference.</li> </ul> | <ul style="list-style-type: none"> <li>Children will develop empathy by learning about disability, inclusion and exclusion and how differences can sometimes lead to conflict or celebration. They will also build a clearer understanding of bullying, including its effects and how it can be challenged.</li> <li>Children will set and evaluate personal learning goals</li> </ul> |

diversity.

both inside and outside of school, using success criteria to reflect on achievement and progress.

- They will explore emotions linked to success and failure, develop motivation, and learn how to recognise their own achievements as well as those of others. They will also understand the importance of giving and receiving compliments and taking increasing personal

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| <b>Dreams and Goals</b> | <ul style="list-style-type: none"> <li>They will learn how to behave kindly and respectfully in the classroom and beyond and begin to explore different jobs people do.</li> </ul> | <ul style="list-style-type: none"> <li>They will set goals, recognise their achievements and take pride in their successes. By exploring different learning styles and working with others, they will learn how to face new challenges, overcome obstacles and develop confidence in their abilities.</li> </ul> | <ul style="list-style-type: none"> <li>They will learn how to set realistic goals, stay motivated and persevere when things feel challenging.</li> <li>By working with others, they will develop cooperation skills, recognise their learning strengths and take pride in contributing to shared success.</li> </ul> | <ul style="list-style-type: none"> <li>They will be encouraged to approach challenges with positivity, make responsible choices, and deepen their understanding of rules, rights, responsibilities and consequences.</li> <li>Children will also be introduced to basic money management, such as simple budgeting and begin to understand attitudes towards drugs. They will learn how to stay safe both online and offline and why making healthy and safe choices</li> </ul> | <ul style="list-style-type: none"> <li>They will build resilience by exploring hopes and dreams, learning how to cope with disappointment and setting new, realistic goals. Through group work, they will develop positive attitudes, celebrate contributions and strengthen their ability to work collaboratively.</li> </ul> | <ul style="list-style-type: none"> <li>They will explore ideas around the wider world and future aspirations, including dreams, careers and the importance of money.</li> <li>Children will begin to think about different jobs, including their own future ambitions and how goals may vary across cultures.</li> <li>They will also consider the importance of supporting others through charity and acts of kindness.</li> </ul> | <ul style="list-style-type: none"> <li>Children will explore their hopes and dreams for the future, including learning about jobs, careers, money, and the steps needed to achieve their goals. They will also discuss motivation, helping others through charity, and how goals and aspirations can differ across cultures. The children will compare their own hopes and dreams with those of young people from around the world and</li> </ul> |

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|                   |                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                          | is important for themselves and others.                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                            | reflect on how this helps them to understand and appreciate different experiences and perspectives.                                                                                                                                                                                                                                                    |
| <b>Healthy Me</b> | <ul style="list-style-type: none"> <li>They will learn how to look after their bodies by staying active, eating healthy food, getting enough sleep, keeping clean, and staying safe. They will also develop respect for their own bodies as they grow.</li> </ul> | <ul style="list-style-type: none"> <li>Children will learn how to keep themselves healthy and safe by making positive lifestyle choices, including hygiene, exercise and healthy habits. They will also understand how to stay safe in everyday situations, including around medicines, household items and on the roads, and</li> </ul> | <ul style="list-style-type: none"> <li>children will learn about making healthy choices to support their wellbeing. They will explore healthy eating, nutrition, relaxation, and healthier snacks, while learning why some foods and medicines are good for their bodies and recognising less healthy or unsafe choices. The children will also reflect on their own choices and how healthy,</li> </ul> | <ul style="list-style-type: none"> <li>They will deepen their understanding of health and wellbeing by making informed choices about exercise, fitness and nutrition, including reading food labels and making healthier swaps.</li> </ul> | <ul style="list-style-type: none"> <li>Children will develop a more mature understanding of health and wellbeing, including the impact of smoking, alcohol and vaping. They will learn about peer pressure, assertiveness and how to build healthier friendships, while exploring group dynamics and celebrating</li> </ul> | <ul style="list-style-type: none"> <li>Children will further develop their understanding of health and wellbeing, including the effects of smoking, vaping, alcohol and how these can influence behaviour and safety. They will also learn basic emergency aid, make informed healthy choices and explore relationships with food, body image, and self-esteem.</li> </ul> | <ul style="list-style-type: none"> <li>They will expand their understanding of the wider world by exploring how individuals can make a positive difference. This will include learning about global issues, developing awareness of exploitation such as county lines and gang culture and understanding how substances can affect the body</li> </ul> |

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|                      |                                                                                                                                                                                                                 | how health links to happiness.                                                                                                                                                                                                                    | safe decisions can make them feel.                                                                                                                                                                                         |                                                                                                                                                                                                                                                          | their inner strength.                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>Children will also explore emotional and mental health, including managing stress, identifying mental health worries and knowing where to seek support.</li> </ul>             |
| <b>Relationships</b> | <ul style="list-style-type: none"> <li>They will build positive relationships by learning how to make friends, be a good friend, and manage challenges such as falling out or dealing with bullying.</li> </ul> | <ul style="list-style-type: none"> <li>They will explore relationships by understanding what it means to belong to a family and how to be a good friend to others and themselves. They will learn about personal boundaries, including</li> </ul> | <ul style="list-style-type: none"> <li>They will also learn about different types of families, personal boundaries, and how to manage friendships, conflict, secrets, trust, and appreciation in relationships.</li> </ul> | <ul style="list-style-type: none"> <li>They will build more mature relationship skills by exploring family differences, roles and responsibilities and learning how to manage conflict in a positive and child-centred way.</li> <li>As their</li> </ul> | <ul style="list-style-type: none"> <li>They will also explore more complex emotions and relationships, including jealousy, love, loss, and managing friendships. Children will learn how to show appreciation to people and</li> </ul> | <ul style="list-style-type: none"> <li>They will develop greater awareness of the digital world, including staying safe online, understanding rights and responsibilities and recognising risks such as online grooming, gambling, and excessive screen time.</li> </ul> | <ul style="list-style-type: none"> <li>Children will further develop emotional maturity by exploring themes of love and loss, managing complex feelings and understanding power, control and assertiveness</li> </ul> |

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|                    |                                                                                                                                                                                                             | physical contact preferences, and recognise the people who help and support them, while valuing special relationships.                                                                                        |                                                                                                                                                                                            | awareness of the wider world grows, children will explore what it means to be part of a community and a global society. They will consider how their actions affect others, develop an understanding that children's lives may be different around the world and learn to show appreciation for family and friends. | animals and begin to understand relationships such as girlfriends and boyfriends in an age-appropriate way.                                                                                              | <ul style="list-style-type: none"> <li>Children will learn about SMART internet safety rules and how media can influence body image and self-perception.</li> </ul>                        | in relationships. They will learn how to make safe and responsible choices when using technology, including recognising risks and taking responsibility for their online behaviour.         |
| <b>Changing Me</b> | <ul style="list-style-type: none"> <li>Children will build resilience by learning to face challenges, set goals, persevere and overcome obstacles. They will understand how to ask for help when</li> </ul> | <ul style="list-style-type: none"> <li>Finally, children will learn about growth and change by exploring life cycles, how they have developed since being a baby, and the differences between male</li> </ul> | <ul style="list-style-type: none"> <li>They will develop independence, understand the differences between female and male bodies using correct terminology, build assertiveness</li> </ul> | <ul style="list-style-type: none"> <li>Children will take on more complex challenges by exploring their dreams and ambitions, staying motivated, and developing resilience when</li> </ul>                                                                                                                          | <ul style="list-style-type: none"> <li>Finally, children will learn more about growth and change, including puberty, having a baby and developing confidence in times of change. They will be</li> </ul> | <ul style="list-style-type: none"> <li>Finally, children will learn about puberty, conception (including IVF), and the changes that come with growing up.</li> <li>They will be</li> </ul> | <ul style="list-style-type: none"> <li>They will also explore self-image and body image, understanding how these can be influenced by society and media. Learning about puberty,</li> </ul> |

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|  | <p>needed, while also exploring their fears and enjoying new experiences.</p> | <p>and female bodies using correct terminology. They will understand how growing and learning are connected, and develop strategies to cope with change and transition.</p> | <p>skills, and prepare for transition into the next stage of their learning.</p> <ul style="list-style-type: none"> <li>Finally, children will learn about growth and change by exploring life cycles in nature and how people grow from young to old.</li> </ul> | <p>facing obstacles. They will reflect on their learning processes, work collaboratively with others and build confidence in evaluating their own progress and achievements.</p> | <p>supported in accepting change, including environmental changes, as they prepare for transition to the next stage of their education.</p> | <p>supported in building confidence, self-worth, and emotional resilience, while learning how to cope with change and preparing for transition to the next stage of their education.</p> | <p>conception through to birth and physical attraction will be taught in an age-appropriate and respectful way. Children will also explore relationships, including respect, consent, boyfriends and girlfriends and the importance of healthy boundaries, including awareness of sexting.</p> <ul style="list-style-type: none"> <li>Finally, children will reflect on change and transition as they prepare for secondary</li> </ul> |
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|  |  |  |  |  |  |  | school. They will be supported in building confidence, independence and resilience, ensuring they are ready for the emotional, social, and academic changes ahead. |
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