

PSHRE Progression Map Year 3

Area of Study	Year 3	Year 4	Year 5	Year 6
Basic First Aid	<ul style="list-style-type: none"> To know how to make a clear and efficient call to the emergency services. To know some basic concepts of emergency first aid. 	<ul style="list-style-type: none"> To know how to make a clear and efficient call to the emergency services. To know some basic concepts of emergency first aid. 	<ul style="list-style-type: none"> To know how to make a clear and efficient call to the emergency services. To know some basic concepts of emergency first aid. 	<ul style="list-style-type: none"> To know how to make a clear and efficient call to the emergency services. To know some basic concepts of emergency first aid.
Mental Wellbeing	<ul style="list-style-type: none"> To know what mental wellbeing means and that it is an important part of everyday life. To know how to effectively describe their feelings using appropriate vocabulary. To know some strategies for managing feelings. To know how to seek help/support for themselves and others with regard to mental and physical health. 	<ul style="list-style-type: none"> To know and understand more fully good and not so good feelings. To develop vocabulary and be able to describe the range and intensity of their feelings to others. To know some things that impact positively and negatively on mental and emotional health. To know where/how to seek support for themselves and others with regard to mental and physical health. 	<ul style="list-style-type: none"> To understand that bullying has a negative and often long lasting impact on mental wellbeing. To know that loneliness and isolation can affect mental health. To know where and how to seek support for themselves and others with regard to mental and physical health. 	<ul style="list-style-type: none"> To know that it is common for people to experience mental ill health and that the problems can often be resolved if the right support is made available and accessed early enough. To know where/how to seek support for themselves and others with regard to mental and physical health.
Families and people who care for me	<ul style="list-style-type: none"> To know that families are important for children growing up as they can give love, security and stability. To know the characteristics of healthy family life. To know what to do if relationships are making them feel unhappy or unsafe. To know where to report concerns or abuse and the vocabulary to do so. 	<ul style="list-style-type: none"> To know that not all families are the same and that these differences should be respected. To know that stable, caring relationships, which may be of different types, are at the heart of happy families. To know what to do if relationships are making them feel unhappy or unsafe. To know where to report concerns or abuse and the vocabulary to do so. 	<ul style="list-style-type: none"> To know what marriage and civil partnership represent a formal and legally recognised commitment between two people. To know what to do if relationships are making them feel unhappy or unsafe. To know where to report concerns or abuse and the vocabulary to do so. 	<ul style="list-style-type: none"> To understand family relationships and know how they can develop and change over the years. To know what to do if relationships are making them feel unhappy or unsafe. To know where to report concerns or abuse and the vocabulary to do so.
Respectful Relationships	<ul style="list-style-type: none"> To know what respect 'looks' like. To know the importance of respecting others even when they are very different to ourselves. To know the importance of mutual respect. To know the conventions of courtesy and manners. To know which parts of their bodies are private and the correct names for these. 	<ul style="list-style-type: none"> To know the Importance of self-respect and how this links to their own happiness. To know parts of the body are private and the correct names for these. To know some practical steps that they can take, in a range of different contexts, to improve or support respectful relationships. 	<ul style="list-style-type: none"> To know some different types of bullying, the impact of bullying and the responsibilities of bystanders. To begin to understand trafficking and modern day slavery and how these are evident in UK society. To know how to respond safely and appropriately to adults that they encounter whom they do not know (including online). 	<ul style="list-style-type: none"> To know what a stereotype is and how a stereotype can be unfair, negative or destructive. To know the importance of permission seeking and giving in relationships with friends, peers and adults To know how to recognise peer on peer abuse including sexual harassment and sexting and how to seek support.

	<ul style="list-style-type: none"> To know where to report concerns or abuse and the vocabulary to do so. To know the concept of privacy and the implications for both children and adults. To know that it is not always right to keep secrets if they relate to being safe. 	<ul style="list-style-type: none"> To know how to recognise and report feelings of being unsafe or feeling bad about an adult. To know how to seek advice or help for themselves or others and to keep asking until they are heard. 		<ul style="list-style-type: none"> To know what honour based violence and faith based abuse are and what to do if feeling unsafe. To know that they have the right to protect their body from inappropriate/ unwanted contact. To understand that actions such as FGM are abuse and are a crime and knowing how and where to seek support.
Online Relationships, Internet safety and harms.	<ul style="list-style-type: none"> To know that people often behave differently online. To know how to behave appropriately online. To know where/how to seek support if they are unhappy with online behaviour. 	<ul style="list-style-type: none"> To know a range of strategies for keeping safe online. To be able to recognise online risks. To know where/how to seek support for online issues. 	<ul style="list-style-type: none"> To recognise ways in which an online relationship can be unhealthy and whom to talk to if they need support. To know that pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources including people that they know and the media. 	<ul style="list-style-type: none"> To know how to critically examine what is presented to them in social media and to understand the importance of this. To know how information presented online can misrepresent or mislead. To know where/how to seek support.
Caring friendships	<ul style="list-style-type: none"> To know how important friendships are in making us feel happy and secure. To know the characteristics of healthy friendships. To know that most friendships have ups and downs and strategies for working through these. To know where/how to seek support. 	<ul style="list-style-type: none"> To know the characteristics of healthy friendships. To know that friendships do not make others feel lonely or excluded. To know what sorts of boundaries are appropriate in friendships with peers and others. 	<ul style="list-style-type: none"> Recognise who to trust and who not to trust when it comes to building friendships. To know where/how to seek support if a friendship is making them feel uncomfortable. 	<ul style="list-style-type: none"> To know how to manage conflict within friendships and when to seek help/advice.
Importance of a healthy lifestyle	<ul style="list-style-type: none"> To know the main food groups and the benefits of a healthy diet. To know the mental and physical benefits of a healthy lifestyle and how to build this into everyday life. To know where and how to seek support if they have concerns about their physical health and wellbeing. To know the importance of good personal hygiene. To know the importance of sun safety. 	<ul style="list-style-type: none"> To understand nutritional values and calories. To know the importance of good dental health. To know some of the risks associated with an inactive lifestyle. To know the importance of good quality sleep and how it can impact on mental and physical health. To know where/how to seek support for maintaining a healthy lifestyle. 	<ul style="list-style-type: none"> To know the characteristics of a poor diet and the potential impact of this on physical health. To know how to make own food choices and understand factors which may impact their choices. To understand the concept of a balanced lifestyle. To know some of the early signs of physical illness. To know where/how to seek support. 	<ul style="list-style-type: none"> To know some additional risks of an unhealthy diet including the impact of drugs, alcohol, tobacco and energy drinks and how these can damage their immediate and future health and safety. To know where/how to seek support.
Changing adolescent body			<ul style="list-style-type: none"> To know how their body and their emotions may change as they approach and move through puberty. To know key facts about the menstrual cycle. 	<ul style="list-style-type: none"> To further understand how their body and their emotions may change as they approach and move through puberty.

			<ul style="list-style-type: none">• To know where/how to seek support with regard to physical and emotional changes.	<ul style="list-style-type: none">• To know key facts about the menstrual cycle.• To know key facts about human reproduction (as taught in science)• To know where/how to seek support.
Preparing for change				<ul style="list-style-type: none">• To know how to recognise and deal with peer pressure.• To know how to build new friendships.• To know that transition can be seen as a fresh start.• To know where to get advice if feeling overwhelmed, unhappy or unsafe.

