




Carleton Endowed CE Primary School
*A faithful community that loves, lives and learns with hope and joy;
 where everyone is valued and encouraged to flourish*



PSHE Progression Map 2024-2025

Our Curricular Goal: To ensure children become healthy, independent and responsible members of society with good values and attitudes. To prepare children to be a global citizen now and in the future. To deliver a progressive PSHE curriculum which develops learning and results in the acquisition of knowledge and skills which enables children to access the wider curriculum.

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Safeguarding	Consent Online Safety Sexual Harassment NSPCC Pants						
Taught Knowledge	<p style="text-align: center;">Autumn 1 <u>Being Me in My World</u></p> <ul style="list-style-type: none"> Know they have a right to learn and play, safely and happily Know that some people are different from themselves Know that hands can be used kindly and unkindly Begin to know how to manage different feelings 	<p style="text-align: center;">Autumn 1 <u>Being Me in My World</u></p> <ul style="list-style-type: none"> Understand their own rights and responsibilities with their classroom Understand that their choices have consequences Understand that their views are important Know how to manage different feelings 	<p style="text-align: center;">Autumn 1 <u>Being Me in My World</u></p> <ul style="list-style-type: none"> Understand the rights and responsibilities of class members Know about rewards and consequences and that these stem from choices Know that it is important to listen to other people Understand that their own views are valuable 	<p style="text-align: center;">Autumn 1 <u>Being Me in My World</u></p> <ul style="list-style-type: none"> Know that the school has a shared set of values Know why rules are needed and how these relate to choices and consequences Know that actions can affect others' feelings Know that others may hold different views Know how to deal with put downs Know some positive ways to deal with setbacks 	<p style="text-align: center;">Autumn 1 <u>Being Me in My World</u></p> <ul style="list-style-type: none"> Know their place in the school community Know what democracy is (applied to pupil voice school) Know how groups work together to reach a consensus Know that having a voice and democracy benefits the school community Know some positive ways to deal with setbacks Identify the feelings associated with 	<p style="text-align: center;">Autumn 1 <u>Being Me in My World</u></p> <ul style="list-style-type: none"> Understand how democracy and having a voice benefits the school community Understand how to contribute towards the democratic process Understand the rights and responsibilities associated with being a citizen in the wider community and their country Identify a wide range of emotions and feelings and how these are 	<p style="text-align: center;">Autumn 1 <u>Being Me in My World</u></p> <ul style="list-style-type: none"> Know about children's universal rights (United Nations Convention on the Rights of the Child) Know about the lives of children in other parts of the world Know that personal choices can affect others locally and globally Know own wants and needs Be able to compare their life with



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<p>Social and Emotional Skills</p>	<ul style="list-style-type: none"> Identify feelings associated with belonging Skills to play co-operatively with others Be able to consider others' feelings 	<ul style="list-style-type: none"> Understand that they are safe in their class Identifying helpful behaviours to make the class a safe place Understand that they have choices 	<ul style="list-style-type: none"> Know how to make their class a safe and fair place Show good listening skills Be able to work co-operatively 	<ul style="list-style-type: none"> Make other people feel valued Develop compassion and empathy for others Be able to work collaboratively 	<p>being included or excluded</p> <ul style="list-style-type: none"> Be able to take on a role in a group discussion / task and contribute to the overall outcome Know how to regulate my emotions 	<p>experienced in the body</p> <ul style="list-style-type: none"> Empathy for people whose lives are different from their own Consider their own actions and the effect they have on themselves and others Be able to work as part of a group, listening and contributing effectively 	<p>the lives of those less fortunate</p> <ul style="list-style-type: none"> Demonstrate empathy and understanding towards others Can demonstrate attributes of a positive role-model
<p>Taught Knowledge</p>	<p><u>Autumn 2 Celebrating Difference</u></p> <ul style="list-style-type: none"> Know what being unique means Know the names of some emotions such as happy, sad, frightened, angry Know why having friends is important Know some qualities of a positive friendship Know that they don't have to be 'the same as' to be a friend Begin to know that some people have 	<p><u>Autumn 2 Celebrating Difference</u></p> <ul style="list-style-type: none"> Know what bullying means Know who to tell if they or someone else is being bullied or is feeling unhappy Know that people are unique and that it is OK to be different Begin to know that some people have different expectations for boys and girls and these can hurt the feelings of others 	<p><u>Autumn 2 Celebrating Difference</u></p> <ul style="list-style-type: none"> Know the difference between a one-off incident and bullying Know that sometimes people get bullied because of difference Know that friends can be different and still be friends 	<p><u>Autumn 2 Celebrating Difference</u></p> <ul style="list-style-type: none"> Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do Know that conflict is a normal part of relationships Know that some words are used in hurtful ways and that this can have consequences To introduce the concept of sexism and explore examples 	<p><u>Autumn 2 Celebrating Difference</u></p> <ul style="list-style-type: none"> Know that some forms of bullying are harder to identify e.g tactical ignoring, cyber-bullying Know the reasons why witnesses sometimes join in with bullying and don't tell anyone Know that sometimes people make assumptions about a person because of the way they look or act To introduce the concept of sexism and explore examples 	<p><u>Autumn 2 Celebrating Difference</u></p> <ul style="list-style-type: none"> Know external forms of support in regard to bullying e.g. Childline Know that bullying can be direct and indirect Know what racism is and why it is unacceptable Know what culture means Know the concept of sexism and explore examples Know positive actions that 	<p><u>Autumn 2 Celebrating Difference</u></p> <ul style="list-style-type: none"> Know that people can hold power over others individually or in a group Know that power can play a part in a bullying or conflict situation Know that there are different perceptions of 'being normal' and where these might come from Know that difference can be a source of celebration as well as conflict



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Social and Emotional Skills

different expectations for boys and girls

- Recognise emotions when they or someone else is upset, frightened or angry
- Identify and use skills to make a friend
- Identify some ways they can be different and the same as others
- Identify and use skills to stand up for themselves

- Identify what is bullying and what isn't
- Understand how being bullied might feel
- Recognise ways in which they are the same as their friends and ways they are different

- Explain how being bullied can make someone feel
- Know how to stand up for themselves when they need to
- Understand that everyone's differences make them special and unique

Begin to know positive actions that can be taken against sexism

- Use the 'Solve it together' technique to calm and resolve conflicts with friends and family
- Be able to 'problem-solve' a bullying situation accessing appropriate support if necessary
- Be able to show appreciation for their families, parents and carers

Begin to know positive actions that can be taken against sexism

- Be comfortable with the way you look
- Try to accept people for who they are
- Be non-judgemental about other who are different

can be taken against sexism

- Appreciate the value of happiness regardless of material wealth
- Identify their own culture and different cultures within their class community
- Identify their own attitudes about people from different faith and cultural backgrounds
- Develop respect for cultures different from their own

To identify gender stereotypes in popular culture

- To consider how gender stereotypes might impact someone's feelings and behaviours

- Empathise with people who are different and be aware of my own feelings towards them
- Identify feelings associated with being excluded
- Be able to recognise when someone is exerting power negatively in a relationship
- Be able to vocalise their thoughts and feelings about prejudice and discrimination and why it happens



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<p>Taught Knowledge</p>	<p align="center">Spring 1 Dreams and Goals</p> <ul style="list-style-type: none"> Know what a challenge is Know that it is important to keep trying Know what a goal is 	<p align="center">Spring 1 Dreams and Goals</p> <ul style="list-style-type: none"> Know how to set simple goals Know how to achieve a goal Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them Know when a goal has been achieved 	<p align="center">Spring 1 Dreams and Goals</p> <ul style="list-style-type: none"> Know how to choose a realistic goal and think about how to achieve it Know that it is important to persevere Know how to recognise what working together well looks like 	<p align="center">Spring 1 Dreams and Goals</p> <ul style="list-style-type: none"> Know that they are responsible for their own learning Know what an obstacle is and how they can hinder achievement Know how to take steps to overcome obstacles Know what dreams and ambitions are important to them 	<p align="center">Spring 1 Dreams and Goals</p> <ul style="list-style-type: none"> Know how to make a new plan and set new goals even if they have been disappointed Know how to work as part of a successful group Know how to share in the success of a group Know that hopes and dreams don't always come true 	<p align="center">Spring 1 Dreams and Goals</p> <ul style="list-style-type: none"> Know about a range of jobs that are carried out by people I know Know the types of job they might like to do when they are older Know that young people from different cultures may have different dreams and goals 	<p align="center">Spring 1 Dreams and Goals</p> <ul style="list-style-type: none"> Know their own learning strengths Know what their classmates like and admire about them Know a variety of problems that they world is facing Know some ways in which they could work with others to make the world a better place
	<p>Social and Emotional Skills</p>	<ul style="list-style-type: none"> Understand that challenges can be difficult Resilience Recognise some feelings linked to perseverance Recognise how kind words can encourage people 	<ul style="list-style-type: none"> Recognise things that they do well Explain how they learn best Recognise their own feelings when faced with a challenge/obstacle Recognise how they feel when they overcome a challenge/obstacle 	<ul style="list-style-type: none"> Recognise how working with others can be helpful Be able to work effectively with a partner Be able to choose a partner with whom they work well Be able to work as part of a group 	<ul style="list-style-type: none"> Can break down a goal into small steps Can manage feelings of frustration linked to facing obstacles Imagine how it will feel when they achieve their dream/ambition 	<ul style="list-style-type: none"> Have a positive attitude Can identify the feeling of disappointment Be able to cope with disappointment Can identify what resilience is 	<ul style="list-style-type: none"> Verbalise what they would like their life to be like when they are grown up Appreciate the contributions made by people in different jobs Reflect on the differences between their own learning goals and those of someone from a different culture Appreciate the differences between themselves and someone from a different culture



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<p>Taught Knowledge</p>	<p>Spring 2 Healthy Me</p>	<p>Spring 2 Healthy Me</p>	<p>Spring 2 Healthy Me</p>	<p>Spring 2 Healthy Me</p>	<p>Spring 2 Healthy Me</p>	<p>Spring 2 Healthy Me</p>	<p>Spring 2 Healthy Me</p>
	<ul style="list-style-type: none"> • Know what the word 'healthy' means • Know some things that they need to do to keep healthy • Know the names for some parts of their body • Know when and how to wash their hands properly • Know how to say no to strangers • Gem Compliance First Aid training - Know how to call the emergency services 999 	<ul style="list-style-type: none"> • Know the difference between being healthy and unhealthy • Know how to make healthy lifestyle choices • Know that all household products, including medicines, can be harmful if not used properly • Know how to keep safe when crossing the road • Gem Compliance First Aid training - To recognise when someone needs help • Know how to call the emergency services 999 	<ul style="list-style-type: none"> • Know what their body needs to stay healthy • Know what relaxed means • Know why healthy snacks are good for their bodies • Know which foods give their bodies energy • Gem Compliance First Aid training - Know how to call the emergency services 999 • To recognise when someone needs help • Know that some people may require bandages and dressings 	<ul style="list-style-type: none"> • Know how exercise affects their bodies • Know that there are different types of drugs • Know that there are things, places and people that can be dangerous • Know when something feels safe or unsafe • Gem Compliance First Aid training - Know how to call the emergency services 999 • Begin to know how to apply a dressing and bandage • Know that some people may require CPR 	<ul style="list-style-type: none"> • Know that there are leaders and followers in groups • Know the facts about smoking and its effects on health • Know the facts about alcohol and its effects on health, particularly the liver • Know ways to resist when people are putting pressure on them • Know what they think is right and wrong • Gem Compliance First Aid training - Know how to apply a dressing and bandage • Know what to do when someone needs help • Know that some people may require CPR 	<ul style="list-style-type: none"> • Know basic emergency procedures, including the recovery position • Know how to get help in emergency situations • Know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure • Know that the media, social media and celebrity culture promotes certain body types • Gem Compliance First Aid training - Know how to apply a dressing and bandage • Begin to know how to perform basic CPR 	<ul style="list-style-type: none"> • Know how to take responsibility for their own health • Know what it means to be emotionally well • Know how to make choices that benefit their own health and well-being • Know that some people can be exploited and made to do things that are against the law • Know why some people join gangs and the risk that this can involve • Know different ways that I can take care of my oral hygiene and why this is important • Know that the lifestyle choices people make can have an impact on dental health • Gem Compliance First Aid training - Know how to perform basic CPR • Know how to give basic first aid



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<p>Social and Emotional Skills</p>	<ul style="list-style-type: none"> • Can explain what they need to do to stay healthy • Recognise how exercise makes them feel • Can give examples of healthy food • Can explain what to do if a stranger approaches them 	<ul style="list-style-type: none"> • Keep themselves safe • Recognise how being healthy helps them to feel happy • Recognise ways to look after themselves if they feel poorly • Recognise when they feel frightened and know how to ask for help 	<ul style="list-style-type: none"> • Feel positive about caring for their bodies and keeping it healthy • Have a healthy relationship with food • Desire to make healthy lifestyle choices 	<ul style="list-style-type: none"> • Respect their own bodies and appreciate what they do • Can take responsibility for keeping themselves and others safe • Identify how they feel about drugs • Can express how being anxious or scared feels 	<ul style="list-style-type: none"> • Can identify the feeling that they have about their friends and different friendship groups • Recognise negative feelings in peer pressure situations • Can identify the feelings of anxiety and fear associated with peer pressure • Can tap into their inner strength and know-how to be assertive 	<ul style="list-style-type: none"> • Respect and value their own bodies • Can reflect on their own body image and know how important it is that this is positive • Recognise strategies for resisting pressure • Can identify ways to keep themselves calm in an emergency 	<ul style="list-style-type: none"> • Are motivated to care for their own physical and emotional health • Suggest strategies someone could use to avoid being pressured • Can use different strategies to manage stress and pressure
<p>Taught Knowledge</p>	<p align="center">Summer 1 Relationships</p> <ul style="list-style-type: none"> • Know what a family is • Know some of the characteristics of healthy and safe friendships • Know that friends sometimes fall out • Know some ways to mend a friendship • Know that unkind words can never be taken back and they can hurt • Know how to say no/stop if 	<p align="center">Summer 1 Relationships</p> <ul style="list-style-type: none"> • Know that everyone's family is different • Know that families are founded on belonging, love and care • Know that physical contact can be used as a greeting • Know how to make a friend • Know who to ask for help in the school community • To learn what it means to ask for 	<p align="center">Summer 1 Relationships</p> <ul style="list-style-type: none"> • Know that there are lots of forms of physical contact within a family • Know how to say stop if someone is hurting them • Know there are good secrets and worry secrets and why it is important to share worry secrets • Know what trust is • To learn what it means to ask for 	<p align="center">Summer 1 Relationships</p> <ul style="list-style-type: none"> • Know that different family members carry out different roles or have different responsibility within the family • Know some of the skills of friendship, e.g. taking turns, being a good listener • Know some strategies for keeping themselves safe online • Know that they and all children have rights (UNCRC) 	<p align="center">Summer 1 Relationships</p> <ul style="list-style-type: none"> • Know some reasons why people feel jealousy • Know that loss is a normal part of relationships • Know that negative feelings are a normal part of loss • Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe • To learn about giving and asking for 	<p align="center">Summer 1 Relationships</p> <ul style="list-style-type: none"> • Know that there are right and responsibilities in an online community or social network • Know that there are rights and responsibilities when playing a game online • Know that too much screen time isn't healthy • Know how to stay safe when using technology to 	<p align="center">Summer 1 Relationships</p> <ul style="list-style-type: none"> • Know that it is important to take care of their own mental health • Know ways that they can take care of their own mental health • Know that stages of grief and that there are different types of loss that cause people to grieve • To learn about giving and asking for permission (consent) (PSHE Association) • To learn about personal boundaries



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<p>Social and Emotional Skills</p>	<p>something feels uncomfortable</p> <ul style="list-style-type: none"> Know who I can ask for help 	<p>permission (PSHE Association)</p>	<p>permission (PSHE Association)</p>	<ul style="list-style-type: none"> To learn about giving and asking for permission (consent) (PSHE Association) To learn about personal boundaries (consent) (PSHE Association) To learn about appropriate and inappropriate touch (consent) (PSHE Association) 	<p>permission (consent) (PSHE Association)</p> <ul style="list-style-type: none"> To learn about personal boundaries (consent) (PSHE Association) To learn about appropriate and inappropriate touch (consent) (PSHE Association) 	<p>communicate with friends</p> <ul style="list-style-type: none"> To learn about giving and asking for permission (consent) (PSHE Association) To learn about personal boundaries (consent) (PSHE Association) To learn about appropriate and inappropriate touch (consent) (PSHE Association) 	<p>(consent) (PSHE Association)</p> <ul style="list-style-type: none"> To learn about appropriate and inappropriate touch (consent) (PSHE Association)
	<ul style="list-style-type: none"> Can identify what jobs they do in their family and those carried out by parents/carers and siblings Can suggest ways to make a friend or help someone who is lonely Can recognise what being angry feels like 	<ul style="list-style-type: none"> Can express how it feels to be part of a family and to care for family members Can say what being a good friend means Can identify forms of physical contact they prefer Can say no when they receive a touch they don't like 	<ul style="list-style-type: none"> Can recognise and talk about the types of physical contact that is acceptable or unacceptable Can identify the negative feelings associated with keeping a worry secret Can identify who they trust in their own relationships 	<ul style="list-style-type: none"> Know how to access help if they are concerned about anything on social media or the internet Can identify their own wants and need and how these may be similar or different from other children in school and the global community 	<ul style="list-style-type: none"> Can identify the feelings and emotions that accompany loss Can suggest strategies for managing loss Can suggest ways to manage relationship changes including how to negotiate 	<ul style="list-style-type: none"> Can identify when an online community/ social media group feels risky, uncomfortable, or unsafe Can say how to report unsafe online / social network activity Can identify when an online game is safe or unsafe Can suggest strategies for managing unhelpful 	<ul style="list-style-type: none"> Recognise that people can get problems with their mental health and that it is nothing to be ashamed of Can resist pressure to do something online that might hurt themselves or others Can take responsibility for their own safety and well-being



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						pressures online or in social networks	
Taught Knowledge	<p style="text-align: center;">Summer 2 Changing Me</p> <ul style="list-style-type: none"> Know the names and functions of some parts of the body Know that we grow from baby to adult Know who to talk to if they are feeling worried Recognise and repeat the Talk PANTS rules (NSPCC) To apply the Talk PANTS rules to real-life scenarios. (NSPCC) Talk about some everyday rules that help to keep children safe (NSPCC) 	<p style="text-align: center;">Summer 2 Changing Me</p> <ul style="list-style-type: none"> Know the names of male and female private body parts Know that there are correct names for private body parts and nicknames, and when to use them Know which parts of the body are private and that they belong to that person and nobody has the right to hurt these Know who to ask for help if they are worried or frightened Recognise that adults care for children and help them stay healthy (NSPCC) To recognise that some parts of the body are private and be able to name private parts (NSPCC) 	<p style="text-align: center;">Summer 2 Changing Me</p> <ul style="list-style-type: none"> Know the physical differences between male and female bodies Know that private body parts are special and that no one has the right to hurt these Know there are different types of touch and that some are acceptable and some are unacceptable To identify safe adults to ask for help To rehearse and recall the pants rule (NSPCC) 	<p style="text-align: center;">Summer 2 Changing Me</p> <ul style="list-style-type: none"> Know that in animals and humans lots of changes happen between conception and growing up Know that in nature it is usually the female that carries the baby Know that babies need love and care from their parents/carers Know some of the changes that happen between being a baby and a child Explain the talk PANTS rule and that their bodies belong to them (NSPCC) Recognise that no means no and different ways to express this (NSPCC) 	<p style="text-align: center;">Summer 2 Changing Me</p> <ul style="list-style-type: none"> Know that change can bring about a range of different emotions Know that personal hygiene is important during puberty and as an adult Know that change is a normal part of life and that some cannot be controlled and have to be accepted Identify examples of appropriate and inappropriate touch (NSPCC) Demonstrate ways to tell an adult and seek support if they feel worried or uncomfortable (NSPCC) 	<p style="text-align: center;">Summer 2 Changing Me</p> <ul style="list-style-type: none"> Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally Know that becoming a teenager involves various changes and also brings growing responsibility Recognise that other people's bodies belong to them and should be respected (NSPCC) Identify when it is right to break a confidence or share a secret (NSPCC) Explain how to get help for themselves or a friend (NSPCC) 	<p style="text-align: center;">Summer 2 Changing Me</p> <ul style="list-style-type: none"> Know how a baby develops from conception through the nine months of pregnancy and how it is born Know how being physically attracted to someone changes the nature of the relationship Know the importance of self-esteem and what they can do to develop it Describe how to challenge language and behaviours that are unacceptable (NSPCC) Identify when it is right to break a confidence or share a secret (NSPCC) Know that both parties must consent to sexual intercourse



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<p>Social and Emotional Skills</p>	<ul style="list-style-type: none"> Recognise that changing class can elicit happy and/or sad emotions Can say how they feel about changing class / growing up Can identify how they have changed from a baby 	<ul style="list-style-type: none"> Understand and accept that change is a natural part of getting older Can suggest ways to manage change, e.g. moving to a new class Can identify some things that have changed and some things that have stayed the same since being a baby (including the body) 	<ul style="list-style-type: none"> Can say who they would go to for help if worried or scared Can say what types of touch they find comfortable / uncomfortable Be able to confidently ask someone to stop if they are being hurt or frightened 	<ul style="list-style-type: none"> Can identify stereotypical family roles and challenge these ideas, e.g. it may not always be Mum who does the laundry Can describe the emotions that a new baby can bring a family 	<ul style="list-style-type: none"> Can appreciate their own uniqueness and that of others Can express how they feel about having children when they are grown up 	<ul style="list-style-type: none"> Can celebrate what they like about their own and others' self-image and body image Can suggest ways to boost self-esteem of self and others Recognise that puberty is a natural process that happens to everybody and that it will be OK for them Can ask questions about puberty to seek clarification 	<ul style="list-style-type: none"> Recognise ways they can develop their own self-esteem Can express how they feel about the changes that will happen to them during puberty Understand that mutual respect is essential in a boyfriend / girlfriend relationship and that they shouldn't feel pressured into doing something that they don't want to
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