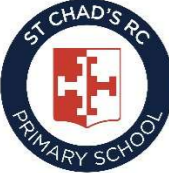


PSHE: PROGRESSION OF SKILLS

	Nursery	Reception	Y1	Y2	Y3	Y4	Y5	Y6
Relationships and Sex Education	<p>That their bodies are good and made by God.</p>	<p>That their bodies are good and we need to look after them. They were created by God as part of His creation plan.</p>	<p>That their bodies are good and we need to look after them and be careful about what we consume Medicines are drugs but not all drugs are good for us Alcohol and tobacco are harmful substances.</p>	<p>Our bodies are good and we need to look after them and be careful about what we consume. God created girls and boys with similarities and differences God wants us to talk to Him through the day and treat Him like a friend.</p>	<p>We are created individually by God in his own image and likeness. Every human life is precious from the moment from the beginning of conception to natural death. To judge what kind of physical contact is unacceptable and how to respond.</p>	<p>That they were handmade by God with the help of their parents. How a baby grows and develops in the mother's womb and how this fits into the cycle of life. About the need to look after and respect their bodies as a gift from God through what they eat, wear and physically do.</p>	<p>We were created individually by God who wants us to put our faith in Him. Physically becoming an adult is a natural phase of life. Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of Gods plan and the results will be worth it</p>	<p>We were created individually by God who wants us to put our faith in Him. Physically becoming an adult is a natural phase of life. Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of Gods plan and the results will be worth it. About the need to respect our bodies and the need for modesty and appropriate boundaries. About the role of menstruation, the fertility cycle and practical help on how to manage this. How a baby grows in its mother's womb. Basic scientific facts about sexual intercourse and the moral, emotional and spiritual implications of this. The Christian viewpoint that sexual intercourse should be saved for marriage.</p>
	<p>To know the names for parts of the body To know they are entitled to body privacy.</p>	<p>We should always try to look after our bodies What constitutes a healthy lifestyle, exercise, diet, sleep and personal hygiene There are natural life stages from birth to death.</p>	<p>To know that they are entitled to bodily privacy and that there are different people we can ask for help.</p>	<p>What constitutes a healthy lifestyle including physical activity, dental health and healthy eating The importance of sleep, rest and recreation for our health How to maintain personal hygiene There are natural life stages from birth to death and what these are.</p>	<p>To judge what kind of physical contact is acceptable or unacceptable and how to respond.</p>	<p>Learn what the term puberty means and when they can expect it to take place. Understand that puberty is part of Gods plan for our bodies. Learn the correct names for genitalia and what changes will happen to both boys and girls during puberty.</p>	<p>Understand what consent and bodily autonomy means. Discuss different scenarios in which it is right to say 'no'. to judge what kind of physical contact is acceptable or unacceptable and how to respond.</p>	<p>That humans are different to other animals. About the unique growth and development of humans, and the changes that girls and boys experience during puberty.</p>
	<p>That there are different people we can trust for help, especially those closest to</p>	<p>Identifying special people. Telling people close to us when something is troubling us.</p>	<p>To identify special people and what makes them special. The importance of</p>	<p>That it is natural for us to relate to and trust one another.</p>	<p>That there are different people that we can trust</p>	<p>That talking to trusted people helps emotional well being.</p>	<p>That there are different people who we can trust to help us, including parents and teachers</p>	<p>That there are different people who we can trust to help us, including parents and teachers</p>

PSHE: PROGRESSION OF SKILLS

	us who we can be open with.		having someone you trust to talk to.		Ways to maintain and develop trusting positive relationships That there are different types of relationships The difference between a group of friends and a 'clique'. That relationships take time and effort to sustain.			
Mental and Emotional Health	We are each special and unique, with individual gifts, talents and skills.	We all have different likes and dislikes but also similar needs.	We are created individually by God, to know Him and serve Him in this life and forever. We should love other people in the same way God loves us.	We all have different likes and dislikes but also similar needs We are each unique, with individual gifts, talents and skills.	Personal and communal prayers and worship are necessary ways of growing in our relationship with God. That in Baptism God makes us His children and receivers of His love.	Similarities and differences between people can arise as they grow and make choices. Self-confidence comes from being loved by God.	To understand the principles of Catholic Social Teaching and know that God formed them out of love, and to share His love with others. Apply these principles to current issues and find ways to spread Gods love in their community.	Similarities and differences between people can arise as they grow and mature, and that by living and working together we create community. Self-confidence comes from being loved by God. To recognise that images we see in the media do not always reflect reality and can affect how people see themselves. That thankfulness builds resilience against these feelings.
	To recognise when they have been unkind and say sorry How to respond when others are being unkind That we should forgive as Jesus does.	A language to describe their feelings An understanding that everyone experiences good and bad feelings Simple strategies for managing feelings.	To understand that saying sorry is important and can mend friendships. To know that when we are unkind to others, we hurt God. Different types of teasing and bullying is wrong and unacceptable How our behaviour affects others and there is appropriate and inappropriate behaviour. Characteristics of positive and negative relationships.	Language to describe our feelings. Children will have a basic understanding that feelings and actions are two different things A language to describe our feelings Simple strategies for managing feelings for good behaviour That choices have consequences.	To develop a greater awareness of bullying (including cyber bullying) and how to respond Learn about harassment in relationships including physical and emotional abuse and how to respond.	That emotions change as they grow up. To deepen their understanding of the range and intensity of their feelings and that feelings are not a good guide for action. What emotional wellbeing means.	Learn about how thoughts and feelings impact on actions and develop strategies that will positively impact their actions. Apply this to personal friendships and relationships.	To deepen their understanding of the range and intensity of their feelings and that their feelings are not a good guide for actions. That some behaviour is wrong, unacceptable, unhealthy or risky.

PSHE: PROGRESSION OF SKILLS

<p>Keeping Safe</p>	<p>Medicines should only be taken when a parent or doctor gives them to us Medicines are not sweets.</p>	<p>Medicines should only be taken when a Dr or parent gives them to you. Medicines are not sweets. There are lots of jobs designed to help us. Paramedics help us in a medical emergency. First aid can be used for non emergencies or while waiting for an ambulance. Safe and unsafe situations indoors and outdoors, including online.</p>	<p>To understand safe and unsafe situations, including online The difference between good secrets and bad secrets About safe and unsafe situations both indoors and outdoors They should call 999 in an emergency To know basic principles of first aid. Road safety Listening to environmental sounds that help or harm us.</p>	<p>Identify dangerous places in the environment and keep away from them.</p>	<p>To develop an awareness of cyber bullying. To recognise that their increasing independence brings more responsibility to keep themselves and others safe. How to use technology safely. That bad language and behaviour are inappropriate. How to report and get help if they encounter inappropriate materials or messages. Medicines are drugs, but not all drugs are good for us. Alcohol and tobacco are harmful substances.</p>	<p>Some behaviour is wrong, unacceptable, unhealthy and risky. Thankfulness builds resilience against feelings of envy, inadequacy and insecurity and against pressure from peers and the media.</p>	<p>To recognise that their increasing independence brings more responsibility to keep themselves and others safe. How to use technology safely. That just as what we eat keeps us healthy, what we see, hear and watch can be bad for us and others. How to report and get help if they encounter inappropriate materials or messages. What the term cyberbullying means and feels like for the victim. How to get help if they are experiencing cyberbullying. Understand the effect substances including drugs and alcohol have on the body. Pressure comes in different forms and there are strategies that they can adopt to resist.</p>	<p>The difference between harmful and harmless images online, the impact of these and how to combat and deal with viewing videos and images.</p>
<p>Healthy Lifestyles</p>	<p>We should always try tp look after our bodies because God created them and gifted them to us.</p>	<p>What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene.</p>	<p>Our bodies are created by God, so we should take care of them and be careful about what we consume.</p>	<p>Our bodies are good and we need to look after them. What constitutes a healthy lifestyle. The importance of sleep, rest and recreation. How to maintain personal hygiene.</p>	<p>That just as what we eat keeps us healthy, what we see, hear and watch can be bad for us and others.</p>	<p>To recognise that messages in the media do not always reflect reality and can affect how people feel about themselves.</p>	<p>Learn how to make good choices about substances that will have a positive impact on their health. Recognise how they may come under pressure when it comes to drugs and alcohol substances and are entitled to say 'no'.</p>	<p>How to make good choices that have an impact on their health, rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment.</p>
<p>Living in the Wider World</p>	<p>That they are part of Gods family and belong to various communities, home, school, parish, global Look at scripture illustrating the importance of living in a community.</p>	<p>That they belong to various communities, home, school, parish, global Look at scripture illustrating the importance of living in a community. The importance of the nuclear family and of our wider families.</p>	<p>We are part of Gods family. To know what a community is. The importance of the nuclear family and of our wider families. Jesus's teaching on who is my neighbour. That they belong to the wider community, home, school, parish, global.</p>	<p>To know what a community is and that God calls us to live in a community with one another That they belong to various communities, home, school, parish, national and global. Look at scripture illustrating the importance of living in a community as a consequence of this.</p>	<p>God is Love as shown by the Trinity – a 'Communion of persons supporting each other in their self-giving relationship'. The human family is to reflect the Holy Trinity in mutual charity and generosity. The church comprises of home, school and parish.</p>	<p>God is Love as shown by the Trinity – a 'Communion of persons supporting each other in their self-giving relationship'. The human family is to reflect the Holy Trinity in mutual charity and generosity. The church comprises of home, school and parish.</p>	<p>To know that group decisions are needed within communities. Learn about community services and some are essential to help people with disabilities. To discuss strengths and responsibilities of our multicultural society.</p>	
	<p>That we have a duty to look after other people. That they should</p>	<p>That we have a duty to look after other people and the world we live in</p>	<p>That we have a duty to look after other people and the world</p>	<p>That we have a duty to look after other people and what harms or improves the world we</p>	<p>In an emergency, it is important to stay calm. Quick reactions in an emergency can</p>	<p>To know that God wants His church to love and care for others. To</p>	<p>Understand that people of different ages and disabilities require</p>	

PSHE: PROGRESSION OF SKILLS

	help with small tasks at home.	Paramedics help us in medical emergencies First aid is used in non emergencies. That they should help with small practical tasks at home.	we live in (charity work, recycling) They should call 999 in an emergency and ask for ambulance, police or fire brigade Some basic principles of first aid. That they should help with small practical tasks at home such as tidying their bedroom and helping in the kitchen.	live in. That they should help with small practical tasks at home such as tidying their bedroom and helping in the kitchen.	save a life. Children can help by using their first aid knowledge.	develop practical ways of caring for each other.	different environments and respecting their needs. The recovery position can be used when a person is unconscious but breathing. DR ABC is a primary survey to find out how to treat life threatening illnesses in order of importance.	
Environmental Education	That we have a duty to look after the world we live in. What harms and what helps the planet in which they live.	That we have a duty to look after the world we live in. What harms and what helps the planet in which they live.	That we have a duty of care to look after the world we live in. What harms and what improves the planet in which they live. Be aware of different homes, facilities and places to play, in the environment around school.	Understand that people in the community are not all the same and respect differences Learn about people who care for the environment and their roles Be aware of things that harm the local environment Develop a sense of pride in our school grounds Use the school environment for a healthy lifestyle .	Respecting other beliefs and cultures. How the needs of our local community can change over time. Local facilities and communities. Identify actions which spoil the environment for others.	Understand biodiversity within different habitats and identify things which can damage them. Learn about ways to care for different habitats and that it's our responsibility to protect them. Learn about the needs of the community and local environment. Learn that citizens can make changes.		To learn that supplying energy for the world can have an adverse effect on the environment. Learn that humans have a responsibility to share the worlds resources, education and stability.
Financial Capability			To know that we need money to buy things and can save money for special occasions.	To know that we need money to buy things and discuss things we'd like to buy. Recognise that notes have a higher value than coins. Discuss how we can save money for special occasions.	To identify ways of keeping money safe. Discuss how we get money, what we do with it and different types of savings.	Learn about the benefits of different types of bank accounts and different types of savings. Advantages and disadvantages of high street banks. Advantages of safer savings accounts and adult accounts with cash cards.	Recognise needs and wants can be met through savings. Make a long term realistic plan to save money for a specific purpose.	Recognise needs and wants can be met through savings. Help and cost a mini enterprise. Discuss importance of ensuring spending doesn't exceed savings – dangers linked to credit cards and debt.