



PSHE Progression Grid

Year Group	Health & Wellbeing	Relationships	Living in the Wider World	<i>My Happy Mind Units</i>
EYFS	<ul style="list-style-type: none"> - Recognise and name feelings - Basic hygiene (handwashing, teeth) - Staying healthy (food, sleep, exercise) 	<ul style="list-style-type: none"> - Play, share, take turns - Recognise kind/un-kind behaviour - Know who helps them at home/school 	<ul style="list-style-type: none"> - Learn class rules and routines - Roles of people in community - Money used to buy things 	<p>Meet Your Brain – basic brain parts and calming down</p> <p>Celebrate – recognising what makes me special</p> <p>Appreciate – saying thank you</p> <p>Relate – being kind to friends</p> <p>Engage – trying new things</p>
Year 1	<ul style="list-style-type: none"> - Identify a range of feelings - Safe/unsafe situations (including rules and restrictions) - Safety near roads, water, home, fire and electricity - Healthy diets and physical activity - Naming external body parts 	<ul style="list-style-type: none"> - What makes a good friend - Similarities and differences - Understand private/public - Online behaviour 	<ul style="list-style-type: none"> - Different jobs in the community - Choices have consequences - Money can be saved/spent - Online safety 	<p>Meet Your Brain – how to calm down and focus</p> <p>Celebrate – noticing strengths in ourselves and others</p> <p>Appreciate – simple gratitude practice</p> <p>Relate – sharing and listening</p> <p>Engage – learning to keep trying</p>
Year 2	<ul style="list-style-type: none"> - Strategies to manage feelings - Medicines, oral hygiene and safety - Basic needs for survival - Sun safety 	<ul style="list-style-type: none"> - Differences in families - Resolving simple conflicts - What bullying is and what to do - Resisting pressure 	<ul style="list-style-type: none"> - Fairness and rules - Where money comes from and how it is spent or saved - Using the internet 	<p>Meet Your Brain – practising calming strategies</p> <p>Celebrate – exploring character strengths</p> <p>Appreciate – gratitude journal/daily thanks</p> <p>Relate – solving problems with friends</p>



				Engage – setting small goals
Year 3	<ul style="list-style-type: none"> - Managing feelings - Healthy eating and activity - Recognise and manage risks 	<ul style="list-style-type: none"> - Types of relationships (friends, families) - Listen and respond respectfully - Challenge stereotypes 	<ul style="list-style-type: none"> - Responsibilities at home/school - Role of local government/community helpers - Importance of saving money - Online safety and how online information is used 	<p>Meet Your Brain – brain training and habits</p> <p>Celebrate – recognising what makes us unique</p> <p>Appreciate – positive thinking practice</p> <p>Relate – building empathy</p> <p>Engage – persevering with challenges</p>
Year 4	<ul style="list-style-type: none"> - Resilience in difficult situations - Physical health - Staying safe online - Medicine and first aid 	<ul style="list-style-type: none"> - Respecting differences - Maintaining healthy friendships - Impact of bullying 	<ul style="list-style-type: none"> - People's contributions to society - Career aspirations - Value for money and budgeting basics - Sustainable living - Online behaviour 	<p>Meet Your Brain – resilience and problem-solving</p> <p>Celebrate – valuing others' strengths</p> <p>Appreciate – recognising good things daily</p> <p>Relate – conflict resolution</p> <p>Engage – growth mindset and practice</p>
Year 5	<ul style="list-style-type: none"> - Peer influence and pressure - Puberty (emotional & physical, gender and biological sex) - Bacteria and viruses, vaccinations and hygiene - Sun safety - Legal and illegal drugs 	<ul style="list-style-type: none"> - Different kinds of relationships (including online) - Boundaries and consent - Strategies for bullying 	<ul style="list-style-type: none"> - Financial risks, loans, debt (basic) - Sharing information online - Online and career stereotypes - Career choices 	<p>Meet Your Brain – managing stress and change</p> <p>Celebrate – self-esteem and talents</p> <p>Appreciate – developing gratitude habits</p> <p>Relate – respecting differences in relationships</p> <p>Engage – long-term goals</p>



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Year 6	<ul style="list-style-type: none">- Transition to secondary school- Attraction and relationships- Reproduction, conception, birth, consent (age-appropriate)- Mental wellbeing and support- Grief and bereavement	<ul style="list-style-type: none">- Managing complex friendships- Prejudice, discrimination, diversity- Safe communication online/offline	<ul style="list-style-type: none">- Role of media & bias into these- Long-term financial planning	<p>Meet Your Brain – coping with transition</p> <p>Celebrate – strengths for the future</p> <p>Appreciate – gratitude as a wellbeing tool</p> <p>Relate – building strong new relationships</p> <p>Engage – setting ambitions and aspirations</p>
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