



ASHTREE PRIMARY SCHOOL & NURSERY Progression Plan PSHE & C & RSE

Year Group	Personal		Health			Social	Relationships
	Self	Others	Drugs	Sex	Healthy Living	Citizenship	
3	Recognise their own worth, but may need support to demonstrate or express that, and also to identify ways to face new challenges.	Understand, with support, the nature and consequences of bullying, and ways of responding to it. Demonstrate respect and tolerance towards others, sometimes needing reminders to do so, and, with support, resolve differences by looking at alternatives, making decisions and explaining choices.			keeping clean risks in situations, behaving responsibly, road use, physical contact-acceptable, unacceptable health & safety	Understand some of the range of national, regional, religious and ethnic identities in the United Kingdom and describe, with support, some of the different beliefs and values in society. With support, research, discuss and debate topical issues, problems and events. Understand why and how rules are made and enforced, why different rules are needed in different situations and take part in making and changing rules.	
4	Express their views confidently, and listen to and show respect for the views of others.	Identify, with support, some factors that affect how people think and feel. Describe the nature and consequences of bullying, and express ways of responding to it. Demonstrate respect and tolerance towards others, resolve differences, and support others to resolve differences, by looking at alternatives, making decisions and explaining choices.	With support, list some commonly available substances and drugs that are legal and illegal, describe some of their effects and risks, and understand how to manage the risks in different familiar situations.	main stages in human life-cycle	Express simple ideas, with support, about how to develop healthy lifestyles.	Research, discuss and debate topical issues, problems and events. Respond to, or challenge negative behaviours such as stereotyping and aggression, and realise the consequences of anti-social and aggressive behaviours such as bullying and racism on individuals and communities. Appreciate the range of national, regional, religious and ethnic identities in the United Kingdom and describe some of the different beliefs and values in society. Talk about a range of jobs, explain how they will develop skills to work in the future, and demonstrate how to look after and save money	
5	Demonstrate that they recognise their own worth and that of others, and identify positive ways to face new challenges. Make judgements and decisions and list some ways of resisting negative peer pressure around issues affecting their health and well being.	Identify some factors that affect emotional health and well being. Identify different types of relationships and show ways to maintain good relationships. Recognise and describe the nature and consequences of bullying, express ways of responding to it, and support others to do so.	List the commonly available substances and drugs that are legal and illegal, describe some of their effects and risks, and explain how to manage the risks in different familiar situations.	Understand some of the bodily and emotional changes at puberty, and, with support, how to deal with these in a positive way.	Make choices about how to develop healthy lifestyles. mental health, informed choices pressure to behave in risky/unacceptable way, resisting pressure to do wrong	Appreciate and explain the range of national, regional, religious and ethnic identities in the United Kingdom and describe some of the different beliefs and values in society. Understand and describe what democracy is, institutions that support it locally and nationally and how it happens. Understand that and describe how resources can be allocated in different ways and how these economic choices affect individuals, communities and the sustainability of the environment.	
6	Demonstrate more confidently that they recognise their own worth, support others in recognising theirs, and identify an demonstrate ways to face new challenges. Express their views confidently, and show how their views can develop in the light of listening to others. Make judgements and decisions and list and describe some ways, for themselves and for others, of resisting negative peer pressure around issues affecting their health and well being.	Identify different types of relationships for themselves and others, and show ways to maintain good relationships and to support others with their relationships.	List a range of substances and drugs that are legal and illegal, including those which are commonly available, describe some of their effects and risks, and explain how to manage the risks in different familiar situations.	Discuss some of the bodily and emotional changes at puberty and understand how they might affect them, and demonstrate some ways of dealing with these in a positive way.	Make and explain choices, with more confidence and independence, about how to develop healthy lifestyles.	Understand why and how rules are made and enforced (in different contexts), why different rules are needed in different situations, and take a lead role in making and changing rules. Demonstrate respect and tolerance towards others, resolve differences, and support others to resolve differences, by looking at alternatives, making decisions and explaining choices. Explore and comment on how the media present information. Talk about a wider range of jobs, explain their interests and how they will develop skills to work in the future, and demonstrate how to look after and save money.	

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