



Our Lady Catholic Primary School
PSHE progression

Reception				
Personal Social and Emotional Development Early Learning Goal	Sticky knowledge	New vocabulary	Skills	OLS qualities
<p>Self-confidence and self-awareness Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.</p>	<p>To express likes and dislikes appropriately. To speak to others about own needs, wants, interests and opinions. To describe self in positive terms and talk about abilities.</p>	<p>Independently Please Thank you</p>	<p>Communication Listening Empathy Kindness Tolerance Respect Teamwork Decision making Resilience</p>	<p>Wellbeing buddy Trusted adult Parent talks Mental health week Brain breaks E-safety week Safer internet day Class mascot Prayer bear Magic moments All about me books Transition program Y6 buddies</p>
<p>Managing feelings and behaviours Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.</p>	<p>To identify by name an emotion. To express emotions appropriately. To understand that own actions affect others. To be aware of the boundaries set. To be able to negotiate and solve problems without aggression.</p>	<p>Kind hands Rule Routine Feelings Sorry Happy, sad, angry, cross, worried, excited, lonely</p>		
<p>Making relationships Children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.</p>	<p>To listen to others and respond in a conversation. To ask appropriate questions of others. To begin to take steps to resolve conflicts with others</p>	<p>Turn taking Sharing</p>		



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Year 1					
Unit/Topic	National Curriculum objectives/ Core theme	Sticky knowledge	New vocabulary	Skills	OLS qualities
TEAM	Health and wellbeing Relationships Living in the wider world	To understand the importance of collaborative working skills. To identify good and bad choices. To understand how to keep myself and others safe.	Collaborative Teamwork Choice Consequence Safe Unsafe/risk	Communication Listening Empathy Kindness Tolerance Respect Teamwork Decision making Resilience Confidence Independence	Wellbeing buddy Trusted adult Parent talks Mental health week Brain breaks E-safety week Safer internet day
It's my body (SRE)	Health and wellbeing Relationships	To know what good choices are surrounding their body, sleep and exercise, diet, cleanliness and substances.	Diet Hygiene Emotional Physical Acceptable Unacceptable		
Britain	Health and wellbeing Relationships Living in the wider world	To know how to have a positive impact on a group and a wider community. To know what it is like to live in Britain and be proud of this.	Community British		
Be yourself	Health and wellbeing Relationships Living in the wider world	To know why I am special and unique. To know and identify different feels I might feel and when these feelings are caused.	Thought Feeling Individual		
Aiming high	Health and wellbeing Relationships	To know what a positive attitude is and how I can develop one. To know about a range of jobs and what jobs are in my locality. To be able to express my future goals.	Positive Negative Hope Future Skills		
Money matters	Health and wellbeing Living in the wider world	To begin to understand the idea of spending and saving money. To begin to understand why it is important to keep belongings, including money, safe.			



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Year 2					
Topic	Core theme/ National Curriculum objectives	Sticky knowledge	New vocabulary	Skills	OLS qualities
VIPs	Health and wellbeing Relationships	To know who my family network is and to talk about the special people in my life. To know who I talk to when I am worried. To know how to resolve an argument in a positive way.	Network Community Communication Resolution/resolve	Communication Listening Empathy Kindness Tolerance Respect Teamwork Decision making Resilience Confidence Independence Positive thinking Growth mindset	Wellbeing buddy Trusted adult Parent talks Mental health week Brain breaks Police services visit School PSCO Local fire services visit E-safety week Safer internet day
Safety first	Health and wellbeing Relationships Living in the wider world	To know who is responsible for protecting me in my local community. To know what everyday dangers there are, in my home and outside my home. To know the number to call in an emergency. To know what is safe to share and do on the internet.	Danger Safety Emergency		
Respecting rights	Health and wellbeing Relationships Living in the wider world	To know the concepts of difference and fairness. To know what mine and others rights are. To know who protects me and my rights.	Rights Respect Fair Equal		
Growing up (SRE)	Health and wellbeing Relationships Living in the wider world	To know how we grow and change physically and emotionally.	Growth Change Gender Safety		
Think positive	Health and wellbeing Relationships	To know and name positive and negative feelings. To begin to understand how to focus on an activity, remaining calm and still.	Emotion Thankful Grateful Mindful		
One world	Relationships Living in the wider world	To know that people live in different places and have different lives to us. To know how I can make a difference in protecting the world and why it is important.	Similar Different Natural resource Protect		



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Year 3					
Topic	Core theme/ National Curriculum objectives	Sticky knowledge	New vocabulary	Skills	OLS qualities
TEAM	Health and wellbeing Relationships Living in the wider world	To know my individual responsibilities in school and at home. To know what successful teamwork skills are.	Responsibility Right Duty Considerate Positive effect Dispute	Communication Listening Empathy Kindness Tolerance Respect Teamwork Decision making Resilience Confidence Independence Positive thinking Growth mindset	Wellbeing buddy Trusted adult Parent talks Mental health week Brain breaks Police services visit School PSCO Local fire services visit Enterprise week E-safety week Safer internet day Specialist emotional and wellbeing teaching assistant
It's my body (SRE)	Health and wellbeing Relationships Living in the wider world	To know what choices I can make when looking after my body.	Diet Sleep cycle Balanced diet Nutrients		
Britain	Health and wellbeing Relationships Living in the wider world	To know that we live in a diverse, multicultural and democratic society. To know about British people and laws. To understand the importance of being tolerant.	Democracy Diverse Multicultural Society Rules/law Liberty		
Be yourself	Health and wellbeing Relationships Living in the wider world	To have confidence in self. To understand body languages that relate to different emotions. To know how express myself in uncomfortable situations. To know how media can influence how I feel about myself.	Body language Facial expression Assertive Media Confidence Stereotype		
Aiming high	Health and wellbeing Relationships	To know my own achievements. To understand the importance of resilience. To know what short/medium/long term goals are.	Goal Aspiration Resilience Growth mindset		
Money matters	Relationships Living in the wider world	To know where money comes from and how it can be used. To know how people spend money, borrow money and the consequences of this.	Spend Borrow Debt Essential Budget		



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Year 4					
Topic	Core theme/ National Curriculum objectives	Sticky knowledge	New vocabulary	Skills	OLS qualities
VIPs	Health and wellbeing Relationships Living in the wider world	To know how to identify, stop and talk about different forms of bullying. To know how attitude affects making friendships and maintaining relationships. To know what positive resolution is and how to resolve it.	Attitude Dispute	Communication Listening Empathy Kindness Tolerance Respect Teamwork Decision making Resilience Confidence Independence Positive thinking Growth mindset	Wellbeing buddy Trusted adult Parent talks Mental health week Brain breaks Police services visit School PSCO Local fire services visit Enterprise week E-safety week Safer internet day Specialist emotional and wellbeing teaching assistant
Safety first	Health and wellbeing Relationships Living in the wider world	To know how to take responsibility for my own safety. To know the importance of road safety. To identify what peer pressure is.	Peer pressure Risk Hazard		
Respecting rights	Health and wellbeing Relationships Living in the wider world	To know what human rights are. To know why we have rules and how they help us. To learn about making choices and taking actions that respect the rights of others and challenge stereotypes	Human rights Right Respect Stereotype		
Growing up (SRE)	Health and wellbeing Relationships Living in the wider world	To know what changes happen to my body.	Body part Male Female		
Think positive	Health and wellbeing Relationships	To know how attitude can directly link to mental health. To know the characteristics of a good learner.	Mental health		
One world	Relationships Living in the wider world	To understand a different person's life from a country and place different to ours. To know how I can be a good global citizen.	Fair trade Malawi Global Citizen Climate change		



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Year 5					
Topic	Core theme/ National Curriculum objectives	Sticky knowledge	New vocabulary	Skills	OLS qualities
TEAM	Health and wellbeing Relationships Living in the wider world	To know what are and how to use successful teamwork skills.	Quality Skill Unity Shared responsibility Compromise	Communication Listening Empathy Kindness Tolerance Respect Teamwork Decision making Resilience Confidence Independence Positive thinking Growth mindset	Wellbeing buddy Trusted adult Parent talks Mental health week Brain breaks Police services visit School PSCO Local fire services visit Enterprise week E-safety week Safer internet day Jepecca coaching Specialist emotional and wellbeing teaching assistant
It's my body (SRE)	Health and wellbeing Relationships Living in the wider world	To know how to take care of my changing body.	Body image Change Balanced lifestyle		
Britain	Health and wellbeing Relationships Living in the wider world	To know how to make positive contributions to local communities. To understand the workings of local and national government. To know the consequences for not respecting the law.	Local/national Government		
Be yourself	Health and wellbeing Relationships Living in the wider world	To know the importance of being yourself. To know how to manage feelings and confidence in uncomfortable situations. To recognise the importance of individuality.	Fight Flee		
Aiming high	Health and wellbeing Relationships	To know the learning style that suits their learning best. To learn strategies to overcoming barriers. To know personal goals and small steps to achieve these.	Learning style Attribute		
Money matters	Relationships Living in the wider world	To know how money can be used in the wider world. To know how advertisements can influence spending and the real value of things. To know what tax and interest is.	Critical consumer Financial risk Tax		



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Year 6					
Topic	Core theme/ National Curriculum objectives	Sticky knowledge	New vocabulary	Skills	OLS qualities
VIPs	Health and wellbeing Relationships Living in the wider world	To know who are personal very important people in school and home communities. To understand the difference between secrets and dares. To know the difference between healthy and unhealthy relationships.	Healthy/unhealthy relationships	Communication Listening Empathy Kindness Tolerance Respect Teamwork Decision making Resilience Confidence Independence Positive thinking Growth mindset	Wellbeing buddy Trusted adult Parent talks Mental health week Brain breaks Police services visit School PSCO Local fire services visit Enterprise week E-safety week Safer internet day Jepecca coaching YR buddies
Safety first	Health and wellbeing Relationships Living in the wider world	To know how to behave safely online. To understand the importance of safety on social media and on mobile phones. To know how to report any concerns online.	Personal information Distribution Safe habit		
Respecting rights	Health and wellbeing Relationships Living in the wider world	To identify and explain a person's basic human rights. To know that no one can take your human rights away. To know and discuss famous human rights activists.	Discrimination Prejudice Commitment Universal declaration of human rights Activist		
Growing up (SRE)	Health and wellbeing Relationships Living in the wider world	To know how my body will change and has changed both physically and emotionally.	Physical health Emotional health Body image Stereotype		
Think positive	Health and wellbeing Relationships	To identify helpful and unhelpful thoughts and how to manage them. To know and identify the differences between thoughts, feelings and choices.	Physical health Mental health Emotional health Positive/negative/neutral consequence		
One world	Relationships Living in the wider world	To know that the choices made affect the environment and people within it. To know about the importance of water wastage. To know and explain the effects of global warming and what can be done to reduce it.	Biodiversity Global warming Economic Sustainable		