

PSHE Progression Document

- The curriculum builds on prior knowledge each year, ensuring a gradual and developmentally appropriate deepening of understanding.
- Online safety and financial literacy are integrated into both 'Living in the Wider World' and 'Keeping/Staying Safe and Healthy'.
- The curriculum is designed to align with statutory PSHE guidance and best practices in safeguarding and personal development.
- The Zones of Regulation are integrated into daily lessons and covered with increasing complexity in PSHE lessons.
- E-Safety is taught explicitly in our Computing lessons each half term with progression through the year groups.
- PSHE is also covered in cross-curricular lessons, assemblies, circle times and day to day discussions that are built on and adapted to individual needs.



Theme 1: Living in the Wider World

Year Group	Topics Covered
Year 3	Rights and responsibilities (understanding personal responsibilities at home and school), rules (why rules exist), stealing vs borrowing, plastic pollution (Earth Day), community helpers, jobs and pay (basic understanding of different professions), different ways to pay (cash vs card), introduction to financial literacy and spending choices
Year 4	Human rights (children's rights and fairness), rules and school rules (understanding consequences), British values (democracy, tolerance, respect), local councillors (introduction to governance through History links), diverse community (racism and celebrating differences), spending choices (how choices impact individuals and communities), evolving payment methods (contactless, online transactions), financial literacy (how spending affects feelings), digital citizenship
Year 5	Career choices and stereotypes (challenging traditional career expectations), global warming (introduction to human impact and responsibility), impact of spending, budgeting (basic skills for managing money), understanding payments (variety of payment methods), growing independence (coming home on time, making safe decisions), critical thinking about media and advertising (how adverts influence decision-making)
Year 6	Human rights and children's rights (applying rights to real-world scenarios), how government and local councils work (introduction to democratic voting in the UK), modern propaganda (how information is manipulated), budgeting and financial literacy (managing money, needs vs wants, impact of debt), keeping money safe (online banking, fraud prevention), scams and gambling within games (recognising risks and making informed choices), environmental responsibility (climate change and personal impact)

Theme 2: Keeping/Staying Safe and Healthy

Year Group	Topics Covered
Year 3	Bonfire night safety (understanding firework hazards, staying with adults), emergencies (how to get help, calling 999), road safety (looking and listening), handwashing (germs and hygiene), sleep (importance of sleep for growth), resilience (managing setbacks), mental health (Zones of Regulation introduction), learning who keeps us safe (trusted adults), basic first aid (treating minor cuts and grazes)
Year 4	Bonfire night safety (handling sparklers safely, awareness of firework risks in different environments), Halloween safety (stranger danger, trick-or-treating safely), hazard risk and danger (identifying unsafe situations), railway safety (introduction to dangers at stations and crossings), recognising danger signs (hazard symbols), sleep (impact of screen time), balanced diet (understanding food groups), exercise (why staying active matters), online safety (adverts, sharing information, gaming risks), first aid basics (helping someone in distress)
Year 5	Local area safety (staying safe when out alone), peer pressure (recognising and resisting pressure from others), online safety (managing social media risks), mental and physical health (connection between body and mind), smoking, alcohol and drugs (understanding risks and refusal skills), railway safety (assessing real-world dangers), holiday safety (beach and water safety), dental health (importance of oral hygiene), digital footprint awareness (understanding online reputation)
Year 6	Bonfire night safety (anti-social behaviour), recognising hazards online (scams, cyberbullying), social media risks (editing, filters, image sharing and their psychological effects), financial safety (scams, gambling risks, avoiding debt), puberty and personal safety (changes, hygiene, body confidence), transition support (managing change to secondary school)

Theme 3: Relationships

Year Group	Topics Covered
Year 3	Friendship conflicts (understanding disagreements and resolving them), learning who to trust (identifying safe relationships), respecting differences (celebrating uniqueness), stereotyping (gender, age, jobs), appropriate levels of touch (understanding personal space), introduction to emotional regulation (identifying and managing emotions)
Year 4	Looking out for others (supporting friends and peers), understanding differences (empathy and kindness), racism (what it is and why it's harmful), self-esteem (recognising strengths and achievements), conflict resolution (strategies for solving disagreements), dares (understanding peer pressure), body image (challenging unrealistic standards), recognising and setting personal boundaries (when to say no and why)
Year 5	Healthy and unhealthy relationships (recognising toxic behaviours), civil partnerships and marriage (understanding commitment and choice), assertiveness (standing up for oneself), appropriate touch (understanding consent), growing and changing emotions (how puberty affects feelings), loss and change (coping with grief and

	transition), peer pressure and refusal skills (making positive choices and resisting negative influences)
Year 6	Accepting others (challenging stereotypes and discrimination), racism (understanding systemic and personal biases), actions and consequences (how choices impact relationships), marriage (different cultural and legal perspectives), different family structures (same-sex parents, foster care, adoption), friendships and acquaintances (recognising different levels of relationships), consent (understanding boundaries in different situations), puberty and emotional changes (hormones, mood swings, coping mechanisms), the 9 protected characteristics (understanding equality laws)