

Skills & Knowledge Progression: PSHE



Preston & Wingham Primary Schools Federation



Learning together, we grow kind hearts
and healthy minds.



Year	TERM 1 Get Heartsmart	TERM 2 Don't Forget to Let Love In!	TERM 3 Too Much Selfie Isn't Healthy!	TERM 4 Don't Rub it In, Rub it Out!	TERM 5 Fake is a Mistake.	TERM 6 'No Way Through', Isn't True.
EYF S links	<p>PESD- Children play co-operatively, 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. 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. Children talk about how they and others show feelings, talk about 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.</p>					
R	We will think about our feelings and those of others	We will think about how we are all different and special	We will think about how we show we care about others.	We will think about how to be a good friend.	We will think about why it is important to tell the truth	We will think about perseverance.
1	Reflect on ways to let love into our hearts	We will learn about making appropriate choices and different ways to take care of ourselves.	We will think about who helps us and how we can help others. We will learn how to stay safe online.	We will think about our behaviours and how it affects others.	We will think about our feelings and who we can trust. We will learn about oral health.	We will think about our hopes and dreams and things we have lost.
2	Reflect on how the choices we make can help or hurt our own and other's hearts.	We will recognise our strengths and what makes us unique. We will learn how to look after our heart.	We will develop our awareness of our surroundings and the people around us. We will learn more about how to keep safe online.	We will think about hurtful emotions and how to deal with them	We will learn more about our thoughts and emotions. We will learn how to stay safe in the sun.	We will think about how we can overcome difficulties.
3	Reflect on how we care for our own and other's hearts.	We will learn to accept the encouragement given to us by others. We will learn how to look after our heart.	We will think about the different ways we can help and respect others. We will learn more about why it is important to keep our personal information private.	We will think about how we react to different scenarios and how trust is built. We will learn to recognise and challenge stereotypes.	We will think about ways to build strong friendships. We will learn about appropriate contact. We will learn about allergies.	We will think about how to deal with setbacks and change. We will learn about how to respond in an emergency.
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4	Reflect on how we care for our own and other's hearts	We will learn to celebrate our strengths and achievements	We will learn how to identify how those around us might be	We will think about friendships and also learn	We will develop our ability to have the courage to tell the truth and say no. We will learn	We will think about the skills and attitudes needed to face challenges and achieve our

			feeling. We will think about how we can work together to achieve shared goals. We will develop our understanding of how to use technology responsibly.	about personal boundaries including online.	about the risks associated with smoking.	goals. We will begin to learn about puberty.
5	Reflect on how we protect our own and other's hearts	We will think about the choices we make and who we can turn to for help.	We will think about how we can deal with loneliness. We will learn about the purpose of different groups. We will develop our awareness of what we should and shouldn't share online.	We will think about different ways to handle our emotions.	We will learn how to identify who and what we can trust. We will learn about the risks associated with alcohol.	We will think about the successes we achieve and learn about puberty
6	Reflect on how we protect our own and other's hearts	We will think about what we are grateful for and significant events in our lives. We will learn to spot the early signs of illness.	We will think about our similarities and differences, how we can be a good friend and about the dangers of social media.	We will develop strategies to resolve conflict and disputes. We will think about how to build trust between friends.	We will learn to be proud of who we are. We will learn about vaccinations & legal/illegal substances	We will think about our feelings and how to step out of our comfort zones. We will learn more about puberty.

Respect Inclusive Creative Hardworking