



'Free to Flourish'

Roe Lee Park P.S.H.E. Progression Document 20 21



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Key Stage 1 P.S.H.E. Progression document

Objectives:

Relationships

1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
2. how to recognise and manage emotions within a range of relationships
3. how to recognise risky or negative relationships including all forms of bullying and abuse
4. how to respond to risky or negative relationships and ask for help
5. how to respect equality and diversity in relationships

Health and Wellbeing

6. what is meant by a healthy lifestyle
7. how to maintain physical, mental and emotional health and wellbeing
8. how to manage risks to physical and emotional health and wellbeing
9. ways of keeping physically and emotionally safe
10. about managing change, including puberty, transition and loss
11. how to make informed choices about health and wellbeing and to recognise sources of help with this
12. how to respond in an emergency
13. to identify different influences on health and wellbeing

Living in the Wider World

14. about respect for self and others and the importance of responsible behaviours and actions
15. about rights and responsibilities as members of families, other groups and ultimately as citizens
16. about different groups and communities
17. to respect diversity and equality and how to be a productive member of a diverse community
18. about the importance of respecting and protecting the environment
19. about where money comes from, keeping it safe and the importance of managing it effectively
20. the part that money plays in people's lives
21. a basic understanding of enterprise

Relationships		Health and Wellbeing		Living in the Wider World	
Year 1	Year 2	Year 1	Year 2	Year 1	Year 2
Children can identify and name some feelings (for example through interpreting facial expressions) and express some of their positive qualities.	Children can demonstrate that they can manage some feelings in a positive and effective way. They begin to share their views and opinions (for example talking about fairness).	Children can explain ways of keeping clean and they can name the main parts of the body. They can explain that people grow from young to old. Keeping healthy; food and exercise, hygiene routines;	Children can make simple choices about some aspects of their health and well-being and know what keeps them healthy. Children can talk about the harmful aspects of some household products and	Children can explain different ways that family and friends should care for one another. What rules are; caring for others' needs; looking after the environment Using the internet and digital devices;	Children can recognise that bullying is wrong and can list some ways to get help in dealing with it. They can recognise the effect of their behaviour on other people, and can cooperate with others (for



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<p>Roles of different people; families; feeling cared for Recognising privacy; staying safe; seeking permission How behaviour affects others; being polite and respectful</p> <p>What is the same and different about us? Who is special to us?</p>	<p>They can set themselves simple goals.</p> <p>Making friends; feeling lonely and getting help Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Recognising things in common and differences; playing and working cooperatively; sharing opinions</p> <p>What makes a good friend? What is bullying?</p>	<p>sun safety Recognising what makes them unique and special; feelings; managing when things go wrong How rules and age restrictions help us; keeping safe online</p> <p>What helps us stay healthy? Who helps to keep us safe?</p>	<p>medicines, and describe ways of keeping safe in familiar situations.</p> <p>Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help Growing older; naming body parts; moving class or year Safety in different environments; risk and safety at home; emergencies</p> <p>What helps us to stay safe? What helps us grow and stay healthy? How do we recognise our feelings?</p>	<p>communicating online Strengths and interests; jobs in the community</p> <p>What can we do with money? How can we look after each other and the world?</p>	<p>example by playing and working with friends or classmates).</p> <p>They can identify and respect differences and similarities between people.</p> <p>Belonging to a group; roles and responsibilities; being the same and different in the community The internet in everyday life; online content and information What money is; needs and wants; looking after money</p> <p>What jobs do people do?</p>
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