



'Free to Flourish'

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



'Free to Flourish'

Lower Key Stage 2 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 3	Year 4	Year 3	Year 4	Year 3	Year 4
Children can demonstrate that they recognise their own worth and that of others. They can express their views confidently and listen to and show respect for the views of others.	They can express their views confidently and listen to and show respect for the views of others. They know what a friend is and does and how to cope with some friendship problems.	Children can make choices about how to develop healthy lifestyles. Health choices and habits; what affects feelings; expressing feelings Personal strengths and achievements; managing and reframing	They can list the commonly available substances and drugs that are legal and illegal, and can describe some of the effects and risks of these. They understand when they should keep secrets and	Children can explain how their actions have consequences for themselves and others. They can describe the nature and consequences of bullying, and can express ways of responding to it.	They can describe the nature and consequences of bullying, and can express ways of responding to it. They can identify different types of relationship (for example marriage or friendships), and can show



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<p>What makes a family; features of family life Personal boundaries; safely responding to others; the impact of hurtful behaviour Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p> <p>How can we be a good friend?</p> <p>What are families like?</p> <p>How do we treat each other with respect?</p>	<p>Positive friendships, including online Responding to hurtful behaviour; managing confidentiality; recognising risks online Respecting differences and similarities; discussing difference sensitively</p>	<p>setbacks Risks and hazards; safety in the local environment and unfamiliar places</p> <p>What keeps us safe?</p> <p>Why should we eat well and look after our teeth? Why should we keep active and sleep well?</p>	<p>promises, and when they should tell somebody about them.</p> <p>Maintaining a balanced lifestyle; oral hygiene and dental care Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty Medicines and household products; drugs common to everyday life</p> <p>What strengths, skills and interests do we have?</p> <p>How can we manage our feelings? How will we grow and change?</p> <p>How can we manage risk in different places?</p>	<p>They can show how they care for the environment (e.g. animals and school grounds)</p> <p>The value of rules and laws; rights, freedoms and responsibilities How the internet is used; assessing information online Different jobs and skills; job stereotypes; setting personal goals</p> <p>What makes a community?</p>	<p>ways to maintain good relationships (for example listening, supporting, caring).</p> <p>What makes a community; shared responsibilities How data is shared and used Making decisions about money; using and keeping money safe</p> <p>How can our choices make a difference to others and the environment?</p>
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