



'Free to Flourish'

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



'Free to Flourish'

Upper 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 5	Year 6	Year 5	Year 6	Year 5	Year 6
They can identify ways to face new challenges. They can discuss some of the bodily and emotional changes at puberty, and can demonstrate some ways of	They can identify positive ways to face new challenges (for example the transition to secondary school). They can discuss some of the bodily and emotional changes at puberty, and can	They can identify some factors that affect emotional health and well-being. They can identify and explain how to manage the risks in different familiar situations.	They can make judgements and decisions and can list some ways of resisting negative peer pressure around issues affecting their health and well-being.	Children can respond to, or challenge, negative behaviours such as stereotyping and aggression. Protecting the environment; compassion towards others How information online is	They can describe some of the different beliefs and values in society, and can demonstrate respect and tolerance towards people different from themselves.



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<p>dealing with these in a positive way.</p> <p>Managing friendships and peer influence Physical contact and feeling safe Responding respectfully to a wide range of people; recognising prejudice and discrimination</p> <p>How can friends communicate safely?</p>	<p>demonstrate some ways of dealing with these in a positive way. They can talk about a range of jobs, and explain how they will develop skills to work in the future.</p> <p>They can demonstrate how to look after and save money.</p> <p>Attraction to others; romantic relationships; civil partnership and marriage Recognising and managing pressure; consent in different situations Expressing opinions and respecting other points of view, including discussing topical issues</p> <p>What will change as we become more independent? How do friendships change as we grow?</p>	<p>Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies Personal identity; recognising individuality and different qualities; mental wellbeing Keeping safe in different situations, including responding in emergencies, first aid and FGM</p> <p>What makes up a person's identity?</p> <p>How can we help in an accident or emergency?</p> <p>How can drugs common to everyday life affect health?</p>	<p>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.</p> <p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online Human reproduction and birth; increasing independence; managing transition Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p> <p>How can we keep healthy as we grow?</p>	<p>targeted; different media types, their role and impact Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p> <p>What decisions can people make with money?</p> <p>What jobs would we like?</p>	<p>Valuing diversity; challenging discrimination and stereotypes Evaluating media sources; sharing things online Influences and attitudes to money; money and financial risks</p> <p>How can the media influence people?</p>
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