

St. Mary's Catholic Primary

Voluntary Academy

PSHE/RSE Progression Document

Year R	Autumn Health and Wellbeing Created and Loved by God		Spring Relationships Created to love others		Summer 1 Living in the Wider World Created to live in community	Summer 2 Journey in Love/ Relationships
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<u>Being Me in my world</u> That I am made by God Say how I feel at different times What I am good at That Jesus cares for me and I am part of God's family That I belong to a family and can name my family members I can identify special people in my life	<u>Celebrating Differences</u> Name similarities and differences between myself and others What I am good at When people are being unkind to me or others and how to respond Show friendly behavior towards others <u>Anti-bullying week</u> <u>E-Safety online reputation</u>	<u>Dreams and Goals</u> I know: what I like and dislike Talk about the good things in my life Be patient when I do not get what I want <u>Children's Mental Health Awareness Week</u> <u>E-safety – Online Relationships, Cyberbullying, Safer Internet Day</u>	<u>Healthy Me</u> I can identify living things Keep clean by washing and drying my hands I know who can help me in school <u>E-Safety – Self-image and identity, health, wellbeing and lifestyle</u>	<u>Changing Me</u> I know that I am living and growing Ask questions about the wider world To explore who my neighbor is locally/ globally Ask questions about the wider world <u>E-safety – Privacy and Security</u>	<u>Relationships</u> See Journey in Love overview Show care for others Say 'sorry' Jesus tells us to love one another Right and wrong actions

Year 1	Autumn Health and Wellbeing Created and Loved by God		Spring Relations hips Created to love others		Summer 1 Living in the Wider World Created to live in community	Summer 2 Journey in Love/ Relationships
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	
	<u>Being Me in My World</u> Give thanks for the good things in my life. (RE, Life to Full) I know: That I am special because I am made and loved by God. (RE, Journey in Love, Life to Full) That healthy families love, care and protect one another and that there are different family structures and these should be respected (RE) Recognise that I can belong to a variety of communities locally, nationally and globally (PSHCE, RE from Pent term)	<u>Celebrating Differences</u> That I have individual gifts, talents and abilities given by God. (RE, PSHCE, Life to Full) Be friendly and can make friends. (PSHCE, Life to Full). That a baby moves as it grows in its mother's womb (RE) I can recognize what makes people special (PSHCE) That there are different types of teasing and bullying which are wrong and unacceptable and how to respond (PSHCE, Life to Full). <u>Anti-bullying week</u> <u>E-Safety online rep</u>	<u>Dreams and Goals</u> I Know: That babies change and grow and that there are life stages from conception to death. (RE, Journey in love, Life to Full). Accept that I do not always get what I want (RE, PSHCE) <u>Children's Mental Health Week Activities</u> <u>E-safety – Online Relationships, Cyberbullying, Safer Internet Day</u>	<u>Healthy Me</u> Say what I should do to keep my body healthy (exercise, food, teeth, sleep, keeping clean) (PSHCE, life to Full) That Catholics belong to the Church family and Jesus cares for all (RE). Describe how to keep safe in the sun (general). I know : who to go to if I am worried or need help. (PSHCE) To use simple rules for resisting pressure when I feel unsafe or uncomfortable (Life to Full). Be friendly and can make friends (PSHCE) <u>E-Safety – Self-image and identity, health, wellbeing and lifestyle</u>	<u>Changing ME</u> I can : Name happy and sad times in my life (RE, Journey in Love, Life to Full) That Jesus tells us to forgive one another (RE, Life to Full) Be forgiving, able to say sorry to mend relationships (RE, Life to Full) Be caring, aware of the needs of others (RE, Life to Full) Be honest, able to tell the truth about my actions (RE, Life to full). That how I act can have consequences (RE, Life to Full). <u>E-safety – Privacy and Security</u>	See Journey in Love overview We meet God's love in our family. Children know and understand that they are growing and developing as members of their own family and God's family.

	<u>Autumn</u> Health and Wellbeing Created and Loved by God		<u>Spring</u> Relationships Created to love others		<u>Summer 1</u> Living in the Wider World Created to live in community	<u>Summer 2</u> Journey in Love/ Relationships
Year 2	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	We meet God's love in our community. Children know and understand that they are growing and developing in a God-given community.
	<p><u>Being Me in My world</u></p> <p>That I have individual gifts, talents and abilities, given by God. (RE, PSHCE)</p> <p>Give thanks for the good things in my life. (RE, Life to Full, Journey in Love)</p> <p>I know: That I am special because I am made and loved by God. (RE, Journey in Love, Life to Full)</p> <p>How my behavior affects other people and that there are appropriate and inappropriate behaviours. (RE, Life to full)</p> <p>E-safety - Self-image and Identify, Health, wellbeing and Lifestyle</p>	<p><u>Celebrating Differences</u></p> <p>Describe the similarities and differences between people. (PSHCE, life to Full)</p> <p>I know we all have different likes and dislikes. (Life to Full)</p> <p>I can recognize what makes people special. (PSHCE)</p> <p>That there are different types of teasing and bullying which are wrong and unacceptable and how to respond (PSHCE, Life to Full).</p> <p>Antibullying Week</p>	<p><u>Dreams and Goals</u></p> <p>Accept that I do not always get what I want (RE, PSHCE)</p> <p>Recognise that I can belong to a variety of communities locally, nationally and globally (PSHCE, RE from advent term)</p> <p>Children's Mental Health Week Activities E-safety – Online Relationships, Cyberbullying, Safer Internet Day</p>	<p><u>Healthy Me</u></p> <p>Say what I should do to keep my body healthy (exercise, food, teeth, sleep, keeping clean) (PSHCE, life to Full)</p> <p>Talk about my mood and know that how I am feeling is a normal part of daily life. (PSHCE, life to full)</p> <p>Look after myself and show respect to others (Life to Full)</p> <p>Describe how to keep safe in the sun (general).</p> <p>I know : who to go to if I am worried or need help. (PSHCE)</p> <p>How to use simple rules for resisting pressure when I feel unsafe or uncomfortable (Life to Full).</p> <p>E-Safety – Manage Online Information</p>	<p><u>Changing Me</u></p> <p>I Know: That babies change and grow and that there are life stages from conception to death. (Science).</p> <p>I can: identify the needs of other people and other living things (Science).</p> <p>I can : Name happy and sad times in my life (RE, Journey in Love, Life to Full)</p> <p>That Catholics belong to the Church family and Jesus cares for all (RE)</p> <p>That Jesus tells us to forgive one another (RE, Life to Full)</p> <p>Be forgiving, able to say sorry to mend relationships (RE, Life to Full)</p> <p>Be caring, aware of the needs of others (RE, Life to Full)</p> <p>Be honest, able to tell the truth about my actions (RE, Life to full).</p> <p>That how I act can have consequences (RE, Life to Full).</p>	

	Autumn Health and Wellbeing Created and Loved by God		Spring Relationships Created to love others		Summer 1 Living in the Wider World Created to live in community	Summer 2 Journey in Love
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	
Year 3	<p><u>Being Me in My World</u></p> <p>I know : That life is precious and given by God (RE, Journey in love pent)</p> <p>Be grateful to others for the good things in my life (RE, Life to Full)</p> <p>I can be courteous, showing good manners at home and in school (General)</p> <p>I can confidently say what I like and dislike (Life to full)</p> <p>That I can spend time with God in prayer by myself and with others which helps me in life (RE, JIL, Life to Full, AOCW)</p> <p>Make a clear and efficient call to emergency services if necessary (general)</p> <p>E-safety - Self-image and Identify, Health, wellbeing and Lifestyle</p>	<p><u>Celebrating Differences</u></p> <p>How a baby grows and develops in its mother's womb (RE) UPKS2 detailed</p> <p>Be respectful of myself and others, recognizing differences. (PSHCE)</p> <p>That some behavior is unacceptable (general)</p> <p>What bullying is (including cyber-bullying) and how to respond (PSHCE, Life to Full)</p> <p>Why social media, some computer games and online gambling, for example, are age restricted. (life to full)</p> <p>Show concern for the communities to which I belong, aware that my behavior has an impact upon them (Life to full)</p> <p>E-Safety - Online Reputation</p> <p>Antibullying Week</p>	<p><u>Dreams and Goals</u></p> <p>That God wants me to use my individual gifts, talents and abilities (PSHCE)</p> <p>Accept that I do not always get what I want and show an awareness of why this is (RE)</p> <p>Belonging to the Church family means that I should love other people in the same way as Jesus does (RE, Life to Full)</p> <p>Be respectful of myself and others, recognizing differences. (PSHCE)</p> <p>That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. (Life to full)</p> <p>Children's Mental Health Week Activities E-safety – Online Relationships, Cyberbullying, Safer Internet Day</p>	<p><u>Healthy Me</u></p> <p>Describe a healthy lifestyle, including physical activity, dental health, healthy eating, sleep and hygiene (PSHCE)</p> <p>I can describe ways to maintain good health (exercise, diet, sleep, company) – (PSHCE)</p> <p>Describe how and why to keep safe in the sun (General)</p> <p>Cope with natural negative emotions and show resilience following setbacks (Life to Full)</p> <p>I know I can go to a number of people for help in different situations (Life to full, JIL)</p> <p>How to recognize safe and unsafe situations and ways of keeping safe, including simple rules for keeping safe online (Life to full)</p> <p>E-Safety – Manage Online Information</p>	<p><u>Changing Me</u></p> <p>Be forgiving, able to say sorry and not hold grudges against those who have hurt me. (RE, Life to Full)</p> <p>I can describe the wider range of my feelings (PSHCE, Life to the Full)</p> <p>That following Jesus' teaching on forgiveness can help me in my relationships with friends (PSHCE, JIL, Life to Full)</p> <p>Be honest, able to be truthful in my relationships with others (RE, Life to Full)</p> <p>Be caring, aware of the needs of others and responding to those needs. (RE, Life to Full)</p> <p>Be friendly, able to make and keep friends (RE, JIL, Life to full)</p> <p>Identify injustices in the wider world (RE, Life to full)</p> <p>E-safety – Privacy and Security</p>	<p>See Journey in Love overview</p> <p>How we live in love.</p> <p>Children know and understand the virtues essential to friendship, e.g., loyalty, responsibility....</p> <p>And experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness</p> <p>That God is Trinity (RE)</p>

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Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2 Journey in Love
	<u>Being Me in My World</u>	<u>Celebrating Differences</u>	<u>Dreams and Goals</u>	<u>Healthy Me</u>	<u>Changing Me</u>	See Journey in Love overview
	I know : That life is precious and given by God (RE, Journey in love pent)	Be respectful of myself and others, recognizing differences. (PSHCE)	That God wants me to use my individual gifts, talents and abilities (Life to Full)	Describe a healthy lifestyle, including physical activity, dental health, healthy eating, sleep and hygiene (PSHCE)	Be forgiving, able to say sorry and not hold grudges against those who have hurt me. (RE, Life to Full)	God loves us in our difference.
	I can be courteous, showing good manners at home and in school (General)	What bullying is (including cyber-bullying) and how to respond (PSHCE, Life to Full)	I can – show care and concern for the special people in my life (RE, JIL, Life to full)	Describe changes that happen in life e.g. loss, separation, divorce and bereavement. (RE, life to full)	Describe the similarities and differences between boys and girls (specific) and correctly name the external parts of the male and female body and their functions (Life to Full)	
	That I can spend time with God in prayer by myself and with others which helps me in life (RE, JIL, Life to Full, AOCW)	That not all images, language and behavior are appropriate (Life to Full)	The difference between good and bad secrets (life to full)	I can describe ways to maintain good health (exercise, diet, sleep, company) – (PSHCE)	That following Jesus’ teaching on forgiveness can help me in my relationships with friends (PSHCE, JIL, Life to Full)	Children know and understand that they are all different and celebrate these differences as they appreciate that God’s love accepts us as we are and as we change.
	Belonging to the Church family means that I should love other people in the same way as Jesus does (RE, Life to Full)	How to be a discerning consumer of info online, including understanding that info, including that from search engines is ranked, selected and targeted. (Life to full, E-Safety)	That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. (Life to full)	Describe how and why to keep safe in the sun (General)	Be honest, able to be truthful in my relationships with others (RE, Life to Full)	
	That there are different types of relationships including those between acquaintances, friends, relatives and family. (RE)	E-Safety - Online Reputation Antibullying Week	Children’s Mental Health Week Activities E-safety – Online Relationships, Cyberbullying, Safer Internet Day	Cope with natural negative emotions and show resilience following setbacks (Life to Full)	Be caring, aware of the needs of others and responding to those needs. (RE, Life to Full)	That God is Trinity (RE)
	Make a clear and efficient call to emergency services if necessary (general)			I know I can go to a number of people for help in different situations (Life to full, JIL)	Be friendly, able to make and keep friends (RE, JIL, Life to full)	
				E-Safety – Manage Online Information	Show concern for the communities to which I belong, aware that my behavior has an impact upon them (Life to full, JIL, PSHCE)	
					Identify injustices in the wider world (RE, Life to full)	

	Autumn Health and Wellbeing Created and Loved by God		Spring Relations hips Created to love others		Summer 1 Living in the Wider World Created to live in community	Summer 2 Journey in Love
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	
Year 5	<p><u>Being Me in My World</u></p> <p>I know we are children of God and made in God's image and likeness (RE, JIL, Life to Full)</p> <p>That each person has a purpose in the world and that God has created me for a purpose (vocation) (RE, Life to Full)</p> <p>I know that some behavior is unacceptable, unhealthy or risky. (Life to full)</p> <p>That prayer and worship nourish my relationship with God (RE, AOCW)</p> <p>Demonstrate my gratitude to others for the good things in my life through words and actions (RE, Life to Full)</p> <p>Be loyal, able to develop and sustain friendships (general)</p> <p>Be just and fair, acting with integrity, understanding the impact of my actions locally, globally and nationally (RE)</p>	<p><u>Celebrating Differences</u></p> <p>I can be courteous in my dealings with friends and strangers. (life to full/general)</p> <p>Be respectful of my own and others uniqueness, demo respect for difference. (PSHCE, RE, JIL)</p> <p>About some basic first-aid, dealing with common injuries (Teacher to arrange)</p> <p>About the importance of living in right relationship with the range of national, regional, religious and ethnic identities in the UK and beyond, respecting difference (Life to the full, PSHCE)</p> <p>Be forgiving, developing skills to allow reconciliation in relationships (RE)</p> <p>E-Safety – Online Reputation</p> <p>Antibullying Week</p>	<p><u>Dreams and Goals</u></p> <p>Show resilience and manage risk in order to resist unacceptable pressure and show determination and courage when faced with new challenges (Life to full)</p> <p>That the Church is the Body of Christ in the world and what Church teaching says about showing love for others (RE)</p> <p>Be compassionate, able to emphasise with the suffering of others and displaying the generosity to help (RE)</p> <p>Children's Mental Health Week Activities</p> <p>E-safety – Online Relationships, Cyberbullying, Safer Internet Day</p>	<p><u>Healthy Me</u></p> <p>The impact that poor lifestyle choices can have on my own health. The facts and science relating to immunization and vaccination. (PSHCE)</p> <p>I can be confident in my relationships with my peers in various situations, including online. (Life to the full)</p> <p>I know how to recognize early signs of physical illness, such as weight loss, or unexplained changes to my body. (Life to Full)</p> <p>How to use technology safely (Life to Full)</p> <p>That my increased independence brings increased responsibility to keep myself and others safe (Life to full)</p> <p>Why social media, some computer games and online gambling are age restricted (Life to full)</p> <p>Be disciplined and able to delay or even deny myself (RE)</p> <p>I can show care and concern for the special people in my life</p>	<p><u>Changing Me</u></p> <p>About the week by week development of the baby in it's mother's womb (Science life cycles).</p> <p>It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is available. (Life to full)</p> <p>The importance of forgiveness and reconciliation in relationships and challenges involved in following Jesus' teachings. (RE)</p> <p>The benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of pos and neg content online on their own and others' physical and mental wellbeing (PSHCE)</p> <p>How to report and get help if I encounter inappropriate materials or messages (Life to the full)</p> <p>Speak out about injustice in the wider world and what I can do to help (RE)</p> <p><u>E-safety – Privacy and Security</u></p>	<p>See Journey in Love overview</p> <p>God loves me in my changing and development.</p> <p>Children know and become aware of the physical and emotional changes that accompany puberty-sensitivity, mood swings, anger, boredom etc. and grow further in their understanding of God's presence in their daily lives.</p>

				and put their needs before my own (RE, life to full)		
				Sun safety (general)		
				E-Safety – Manage Online Information		

	Autumn Health and Wellbeing Created and Loved by God		Spring Relationships Created to love others		Summer 1 Living in the Wider World Created to live in community	Summer 2 Journey in Love
Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<u>Being in My World</u>	<u>Celebrating Differences</u>	<u>Dreams and Goals</u>	<u>Healthy Me</u>	<u>Changing Me</u>	
	<p>That each person has a purpose in the world and that God has created me for a purpose (vocation) (RE, Life to Full)</p> <p>Describe some of the varied emotions that accompany then changes that happen in life, e.g. loss, separation, divorce and bereavement. (RE, Life to Full)</p> <p>Be honest, striving to live truthfully and with integrity, using good judgement. (Life to Full).</p> <p>That prayer and worship nourish my relationship with God (RE, AOCW)</p> <p>To know that God is Trinity, a communion of persons (RE)</p> <p>Demonstrate my gratitude to others for the good things in my life through words and actions (RE, Life to Full)</p>	<p>Be respectful of my own and others uniqueness, demo respect for difference. (PSHCE, RE, JIL)</p> <p>That the internet can be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health (Life to Full)</p> <p>That there are some cultural practices which are against British law and universal rights (e.g honor based violence, and forced marriage) (Life to the full)</p> <p>That actions such as FGM constitute abuse, are crimes and how to get support if they fear for themselves or their peers (general safeguarding)</p> <p>E-Safety – Online Reputation</p>	<p>That the Church is the Body of Christ in the world and what Church teaching says about showing love for others (RE)</p> <p>Be compassionate, able to emphasise with the suffering of others and displaying the generosity to help (RE)</p> <p>Children’s Mental Health Week Activities</p> <p>E-safety – Online Relationships, Cyberbullying, Safer Internet Day</p>	<p>The impact that poor lifestyle choices can have on my own health. The facts and science relating to immunization and vaccination. (PSHCE)</p> <p>Describe the impact poor lifestyle choices can have on mental health and the need for exercise, fresh air, company etc. (PSHCE, Life to the Full)</p> <p>I know there are a number of different people/ organisations I can go to help for in different situations (general)</p> <p>How to be a discerning consumer of information online (Life to the full)</p> <p>Be disciplined and able to delay or even deny myself (RE)</p> <p>I can show care and concern for the special people in my life and put their needs before my own (RE, life to full)</p> <p>Sun safety (general)</p> <p>E-Safety – Manage Online Information</p> <p>SATS Preparation – Relaxation techniques</p>	<p>I know : The changes which occur at each stage of a human being’s life (including childhood, adolescence, adulthood and old age) and specifically the changes that happen during puberty. (Science, Life to the Full)</p> <p>About the differences between boys and girls with regard to puberty and reproduction (Life to the full – Girls bodies & boys bodies)</p> <p>The importance of forgiveness and reconciliation in relationships and challenges involved in following Jesus’ teachings. (RE)</p> <p>How to report and get help if I encounter inappropriate materials or messages (Life to the full)</p>	<p>The wonder of God’s love in creating new life.</p> <p>Children develop, in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.</p> <p>How human life is conceived in the womb – Life to the Full – (parents may withdraw)</p>

		Antibullying Week				
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	E-safety – Self-image and Identify, Health, wellbeing and Lifestyle				E-safety – Privacy and Security	
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