

Skills Progression: PSHE 2025-2026

EYFS	Self-Regulation: My feelings	Building Relationships: Special Relationships	Managing self: Taking on challenges	Self-Regulation: Listening and following instructions	Building Relationships: My family and friends	Managing self: My wellbeing
	• Explore and understand feelings • Identify when you may be feeling something • Learn how to communicate with others and cope with feelings and emotions	• Explore why families and special people are valuable • Understand why it is important to share • See self as a valuable individual • Explore diversity through thinking about similarities and differences	• Understand why we have rules • Understand the importance of resilience and perseverance • Learn how to communicate effectively with others • Practice coping strategies	• the importance of honesty • thoughtful and resilient • active listening skills • responding to instructions	• different beliefs and celebrations • characteristics of a good friend • listening to others	• Managing wellbeing through exercise and meditation • recognise how a healthy diet contributes to wellbeing • how to care for oneself
Years 1-6	Family and Relationships	Health and Wellbeing	Safety and the changing body	Citizenship	Economic Wellbeing	Catching up time Transition
Year 1	• Explore how families can be different • Understand the characteristics	• Explore strategies to manage feelings • Understand the impact of sleep	• Learn how to respond to adults in different situations	• the importance of rules • consequences • caring for the needs of babies • caring for animals	• Know what money is and where it comes from • how to keep money safe	• changing to a new school year

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	and impact of positive friendships • Recognise that people show feelings differently • Understand that stereotyping is unfair	and relaxation on wellbeing • Understand the importance of handwashing and sun protection • Understand allergic reactions and how to deal with them • Recognise people in the community who help us	• Know what to do if lost and how to call emergency services • Identify hazards in the home	• introduction to democracy	• Know what banks and cash machines are • Spending and saving skills • job roles in schools	
Year 2	• showing care and support as part of a family • Recognising how families can be different • How to show and respond to feelings • how to show manners and self-respect	• the benefits of exercise and relaxation on physical health and wellbeing • strategies for managing different emotions • setting goals and developing a growth mindset • understand dental hygiene	• Develop an understanding of: - Road safety - Medicine - safety - Online safety • distinguish secrets from surprises • naming body parts • the concept of privacy	• learn about rules outside of school • caring for the school and local environment • explore roles in the local community • understand how school council works • learn how to give an opinion	• know where money comes from and how to look after it • know how we use banks and building societies	• transition to year 3 and the changes that come with this
Year 3	• resolving relationship problems	• Understanding what makes up a healthy lifestyle • Explore identity	• Understand cyberbullying and how to	• Understand children's rights • explore rules and roles in the community	• Know how to create a budget • different ways of paying	• transition to year 4 and the changes that come with this

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	• Effective listening and on-verbal communication skills • the impact of bullying and actions to take • exploring trust	• Using our strengths to support others • how to solve problems	- be a good digital citizen • first aid – bites and stings • road safety • influence and choice	• understand recycling • exploring democracy	• Jobs and careers • Understand the emotional impact of money	
Year 4	• Know that families are varied and how to respect differences • Explore physical and emotional boundaries in friendships • Explore how actions and behaviour can affect other people • discussing how to help someone who has experienced bereavement	• develop independence in looking after teeth • Identify what makes me feel calm and relaxed, using visualisation • skills required for different jobs • develop the ability to appreciate the emotions of others in different situations • learn how to take responsibility for our emotions • Develop a growth mindset	• know how to seek help if it is required • explore what to do if an adult makes me feel uncomfortable • the benefit and risks of sharing information online • understand the benefits of being a non-smoker • discuss some physical and emotional changes during puberty	• Discuss the protection of human rights • identify ways to reuse items and why this is beneficial to the environment • Understand diversity and the benefits different groups bring to the local community	• Explore what makes something value for money • Discuss some impacts of losing money • Identify negative and positive influences that can affect our career choices	• transition to year 5 and the changes that can come with this

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			• know how to help someone during an asthma attack			
Year 4/5	• Know that families are varied and how to respect differences • Explore physical and emotional boundaries in friendships • Explore how actions and behaviour can affect other people • discussing how to help someone who has	• develop independence in looking after teeth • Identify what makes me feel calm and relaxed, using visualisation • skills required for different jobs • develop the ability to appreciate the emotions of others in different situations	• know how to seek help if it is required • explore what to do if an adult makes me feel uncomfortable • the benefit and risks of sharing information online • understand the benefits of	• Discuss the protection of human rights • identify ways to reuse items and why this is beneficial to the environment • Understand diversity and the benefits different groups bring to the local community	• Explore what makes something value for money • Discuss some impacts of losing money • Identify negative and positive influences that can affect our career choices	• transition to year 5/6 and the changes that can come with this

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	experienced bereavement	• learn how to take responsibility for our emotions • Develop a growth mindset	being a non-smoker • discuss some physical and emotional changes during puberty • know how to help someone during an asthma attack			
Year 5/6	• Learn that families are varied and differences must be respected • understanding physical and emotional	• Learn about the importance of relaxation and sleep; • Understand how to cope with failure; learning how to set goals	• Learning about online friendships • how to stay safe online; • drugs, alcohol and	• Understand what happens when the law is broken; • learning how to recognise and challenge discrimination; • understanding the waste hierarchy;	• Developing understanding about income and expenditure, borrowing, risks with money and • researching different careers and considering the routes into them.	(Yr6 only) • Understand the factors which make up identity. • Understand that images can be manipulated by the professional media but also by individuals and that they are not realistic.

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	boundaries in friendships • exploring: the roles of bully, victim and bystander; how behaviour affects others; manners in different situations • learn about bereavement	and how to achieve goals; • taking precautions while in the sun; healthy meals and ingredients; • learning about different emotions and possible ways of dealing with a difficult situation.	tobacco and the influences that others have on us; • how to deal with a choking emergency and understanding puberty and menstruation (Y5) and conception, pregnancy and birth (Y6).	• recognising the contribution people make to our community exploring the link between rights and responsibilities; learning how parliament works.		(Yr5 only) • transition to year 6 and the changes that can come with this
Year 6	• Identify ways to resolve conflict • Know why respect is important in relationships and how to show it • Identify ways to challenge stereotyping understanding towards others • Explore the process of grief and how it can be	• Consider ways to prevent illness and identify actions to take if I am worried about mine or someone else's health • Identify a range of relaxation strategies • Explore ways to maintain good health • Set achievable goals	• Understand the reliability of information online • Explore online relationships • Understand why adults may or not drink alcohol • Discuss problems which may be encountered	• Learn about environmental issues related to food • Discuss how education other human rights support us • Discuss how people can influence what happens in parliament • challenging prejudice and discrimination • Know how to share views and ideas with others	• recognise difference in how people deal with money and the role of emotions in this • discuss some risks associated with gambling • identify jobs that might be suitable for you	<u>Identity</u> • discuss identity, recognise the differences between how we see ourselves and how others see us and explore how the media might influence our identity <u>Transition</u> • prepare for transition to secondary school and explore any worries or anxieties related to this

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	different for different people	• develop strategies for being resilient	during puberty • Learn how to use the recovery position and how to help someone who is choking			
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