

Progression Framework for PHSE/PSED 2022-23

	Relationships		Living in the wider world		Health and wellbeing		
EYFS	Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs.		Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.		Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.		
Year 1	To understand what is the same and different about us.	To understand who is special to us.	To understand how we can look after each other and the world.	To understand what we can do with money.	To understand who helps to keep us safe.	To understand what helps us stay healthy.	
Year 2	To understand what makes a good friend.	To understand what is bullying.	To understand what jobs people do.		To understand what helps us to stay safe.	To understand what helps us grow and stay healthy.	To understand how we recognise our feelings.
Year 3	To understand how we can be a good friend.	To understand what families are like.	To understand what makes a community.		To understand what keeps us safe.	To understand why we should eat well and look after our teeth.	To understand why we should keep active and sleep well.

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Year 4	To understand how we treat each other with respect.	To understand how our choices can make a difference to others and the environment.		To understand how we can manage our feelings.	To understand how we will grow and change.	To understand what strengths, skills and interests we have.	To understand how we can manage risk in different places.
Year 5	To understand how friends communicate safely.	To understand what jobs we would like.	To understand what decisions people make with money.	To understand how drugs common to everyday life can affect health.	To understand how we can help in an accident or emergency.	To understand what makes up a person's identity.	
Year 6	To understand what will change as we become more independent. To understand how do friendships change as we grow.	To understand how can the media influence people.		To understand how can we keep healthy as we grow.			