



Chalton Lower School - PSHE & RSE Progression Map



	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4
BEING ME	Understand who they are and how they fit into the world.	<p>Explain why their class is a happy and safe place to learn.</p> <p>Can give different examples where they or others make the class happy and safe.</p>	<p>Can explain why behaviour can impact on other people in the class.</p> <p>Compare own and friends' choices and can express why some choices are better than others.</p>	<p>Explain how behaviour can affect how others feel and behave.</p> <p>Can explain why it is important to have rules and how that helps them and others in their class learn.</p> <p>Explain why it is important to feel valued.</p>	<p>Explain why being listened to and listening to others is important in the school community.</p> <p>Explain why being democratic is important and can help them and others feel valued.</p>

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CELEBRATING DIFFERENCES	Respect similarities and differences and understand that they are unique.	<p>Explain ways that they are different and similar to other people in the class, and why this makes us all special.</p> <p>Explain what bullying is and how being bullied might make somebody feel.</p>	<p>Can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.</p> <p>Can explain how it feels to have a friend and be a friend.</p> <p>Can also explain why it is OK to be different from their friends.</p>	<p>Describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.</p> <p>Can tell you how being involved with a conflict makes them feel and can offer strategies to help the situation. e.g. Solve It Together or asking for help.</p>	<p>Can tell you a time when their first impression of someone changed as they got to know them.</p> <p>Explain why bullying might be difficult to spot and what to do about it if they are not sure.</p> <p>Explain why it is good to accept themselves and others for who we are.</p>

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4
DREAMS & GOALS	Understand that they can achieve their goals and how this will make them	Can explain how they feel when they are successful and how this can be	Explain how they play a part in a group and the parts other people played	Explain the different ways that help them learn and what they need to do to	Plan and set new goals even after a disappointment.

	feel.	celebrated positively. Can say why their internal treasure chest is an important place to store positive feelings.	to create an end product. Can explain how skills complemented each other. Explain how it felt to be part of a group and can identify a range of feelings about group work.	improve. Are confident and positive when I sharing their success with others. Can explain how these feelings can be stored in their internal treasure chest and why this is important.	Can explain what it means to be resilient and to have a positive attitude
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	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4
HEALTHY ME	Understand what it means to be healthy and how to keep safe.	Can explain why they think their body is amazing and can identify a range of ways to keep it safe and healthy. Can give examples of when being healthy can help them feel happy.	Explain why foods and medicines can be good for the body comparing ideas with less healthy/ unsafe choices. Compare own and friends' choices and can express how it feels to make healthy and safe choices.	Identify things, people and places that they need to keep safe from, and can tell you some strategies for keeping safe and healthy including who to go to for help and how to call emergency services. Can express how being anxious/scared and unwell feels.	Recognise when people are putting them under pressure and can explain ways to resist this when they want to. Identify feelings of anxiety and fear associated with peer pressure.

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4
RELATIONSHIPS	Begin to understand how to build positive, healthy relationships.	Explain why they have special relationships with some people and how these relationships help them feel safe and good about themselves. Can also explain how qualities help these relationships. Give examples of behaviour in other people	Explain why some things might make them feel uncomfortable in a relationship and compare this with relationships that make them feel safe and special. Give examples of some different problem-solving techniques and explain how they might use them in certain situations in	Explain how their life is influenced positively by people they know and also by people from other countries. Explain why their choices might affect their family, friendships and people around the world who they don't know.	Recognise how people are feeling when they miss a special person or animal. Can give ways that might help them manage their feelings when missing a special person or animal.

		that they appreciate and behaviours that they don't like.	their relationships		
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	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4
CHANGES	Understand that we all change and how to cope.	<p>Can compare how they are now to when they were a baby and explain some of the changes that will happen to them as they get older.</p> <p>Use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.</p> <p>Can explain why some changes they might experience might feel better than others.</p>	<p>Use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.</p> <p>Explain why some types of touches feel OK and others don't.</p> <p>Can tell you what they like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to them.</p>	<p>Explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>Recognise how they feel about these changes happening to them and can suggest some ideas to cope with these feelings.</p>	<p>Can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</p> <p>Explain some of the choices they might make in the future and some of the choices that they have no control over.</p> <p>Can offer some suggestions about how they might manage their feelings when changes happen.</p>