

Progression of skills – PSHE – 2025/26

Strand	Sub-strand	Year Group	Skills	Knowledge
Health and Wellbeing	Health and prevention	EYFS	Discussing ways to take care of ourselves.	To know that having a colourful diet helps us eat healthily.
		Year 1	Learning how to wash hands properly.	To understand that good hand hygiene limits the spread of germs.
		Year 2	Learning how to deal with an allergic reaction.	To know that certain foods can cause allergic reactions.
		Year 3	Discussing why it's important to look after teeth.	To understand ways to prevent tooth decay.
		Year 4	Developing independence in dental care.	To know key facts about dental health.
		Year 5	Developing independence for protecting myself in the sun.	To understand the risks of sun exposure.
	Year 6	Considering ways to prevent illness and when to seek help.	To know that changes in the body can be signs of illness.	
	Physical health and wellbeing	EYFS	Exploring how exercise affects different parts of the body.	To know that exercise is important for our bodies.
		Year 1	Exploring positive sleep habits and relaxation.	To know that sleep helps the body rest and restore energy.
		Year 2	Exploring benefits of exercise and balanced diet.	To explain why exercise and healthy eating matter.
Year 3		Learning stretches for relaxation and planning for a healthy lifestyle.	To know the different food groups and their balance.	
		Year 4	Identifying what makes me feel calm and relaxed.	To know that visualisation can help us relax.

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		Year 5	Understanding the relationship between stress and relaxation.	To know that relaxation helps reduce stress.
		Year 6	Identifying relaxation strategies and maintaining good habits.	To know that habits can be good or bad and affect wellbeing.
	Mental wellbeing	EYFS	Identifying and expressing feelings.	To name different emotions and understand their meaning.
		Year 1	Exploring coping strategies for emotions.	To know that I can learn from mistakes.
		Year 2	Identifying strengths and qualities.	To know that strengths are things we are good at.
		Year 3	Exploring identity through groups I belong to.	To understand the importance of belonging.
		Year 4	Learning to take responsibility for emotions.	To know that mental health refers to emotional wellbeing.
		Year 5	Taking responsibility for my own feelings.	To understand what can cause stress.
		Year 6	Building resilience and self-awareness.	To know that factors like diet, rest, and exercise affect mental health.
Safety	Being safe (including online)	EYFS	Considering why it is important to follow rules.	To know that some rules keep us safe.
		Year 1	Exploring what it means to be a safe pedestrian.	To know how to behave safely near roads.
		Year 2	Practising what to do if I get lost.	To know what to do if I get lost and who can help.
		Year 3	Exploring how to respond to cyberbullying or unkind behaviour online.	To understand that cyberbullying happens online.

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		Year 4	Discussing how to seek help if I need to.	To understand risks of sharing information online.
		Year 5	Understanding how to maintain safe online relationships.	To know the steps to take before sending messages online.
		Year 6	Exploring online reliability and help sources.	To know where to get help with online problems.
	Drugs, alcohol and tobacco	Year 1	Learning what is and is not safe to put in or on our bodies.	To know that some things are unsafe to put onto or into my body.
		Year 2	Learning how to be safe around medicines.	To understand that medicines must be taken only with adult supervision.
		Year 3	Exploring how people and things influence choices.	To understand that others can influence our choices.
		Year 4	Discussing the benefits of being a non-smoker.	To understand the risks associated with smoking.
		Year 5	Learning to make for-and-against arguments for decisions.	To know strategies to resist peer pressure.
		Year 6	Discussing reasons adults may or may not drink alcohol.	To understand risks associated with alcohol use.
	Basic first aid	Year 1	Practising making an emergency phone call.	To know what an emergency is and who to call.
		Year 3	Learning what to do in a medical emergency.	To know that safety of self and others is important before giving aid.
		Year 4	Learning how to help someone with asthma.	To know that asthma affects the airways and needs treatment.

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		Year 5	Learning to help someone who is bleeding.	To know how to assess a casualty's condition.
		Year 6	Learning the recovery position and assessing a casualty.	To know how to conduct a primary survey using DRABC.
Citizenship	Rules and responsibilities	EYFS	Beginning to understand why rules are important.	To know that rules help keep things fair and safe.
		Year 1	Recognising why rules are necessary and the consequences of not following them.	To know school rules and why we follow them.
		Year 2	Explaining why rules are in place in different settings.	To know some rules are made for everyone and called laws.
		Year 3	Exploring children's rights and responsibilities.	To understand the UN Convention on the Rights of the Child.
		Year 4	Discussing how we can protect human rights.	To know that human rights apply to everyone.
		Year 5	Exploring rights and responsibilities link.	To know what happens when someone breaks the law.
		Year 6	Discussing education and other human rights.	To know that education is a human right.
	Community and environment	EYFS	Discussing how to meet the needs of different pets.	To know that different pets have different needs.
		Year 1	Recognising the contribution of people in the local community.	To know that people work to support the community.
		Year 2	Identifying ways to help look after	To know that some jobs help look after the environment.

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			the school environment.	
		Year 3	Discussing recycling and local community groups.	To understand how recycling helps the environment.
		Year 4	Identifying ways to reuse items and benefit the environment.	To know reusing helps reduce waste.
		Year 5	Explaining how reducing material use helps the environment.	To understand the waste hierarchy.
		Year 6	Discussing how food choices affect the environment.	To know that food choices impact the planet.
Economic Wellbeing	Money and finance	Year 1	Exploring how money is used by people.	To know that people use money to buy things.
		Year 2	Identifying wants and needs.	To know the difference between wants and needs.
		Year 3	Considering pros and cons of payment methods.	To know that we can pay using cash or digital means.
		Year 4	Recognising value for money and reasons for saving.	To know that saving earns interest in a bank.
		Year 5	Discussing money risks, budgeting, and debt.	To know that debt means owing money to others.
		Year 6	Managing financial changes and assessing risk.	To know that online scams are designed to steal money or data.
	Careers and work	Year 1	Listening to descriptions of professions.	To know that adults work to earn money.
		Year 2	Exploring reasons why people choose jobs.	To know that skills and interests affect job choice.

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		Year 3	Reflecting on future jobs based on goals.	To know that skills can influence career paths.
		Year 4	Understanding that careers can change.	To know that people often change jobs in life.
		Year 5	Linking money and career decisions.	To know that income and expenditure are connected.
		Year 6	Identifying workplace environments and career routes.	To know that a career route includes qualifications and experience.
Identity and Transition	Identity	Year 1	Recognising strengths.	To understand that change can be positive or negative.
		Year 2	Identifying people who help when worried about changes.	To understand that change is part of life.
		Year 3	Learning strategies to deal with change.	To understand that change brings opportunities.
		Year 4	Recognising achievements and setting goals.	To know that setting goals helps us achieve what we want.
		Year 5	Recognising own skills and how to develop them.	To understand skills needed for roles in school.
		Year 6	Exploring strategies to deal with feelings around change.	To know that big changes can bring worries but also growth.
	Transition	Year 6	Preparing personally for moving to secondary school.	To understand how to adapt to change and new responsibilities.
RSE		EYFS	Social and Emotional Development - "We meet God's love in our family"	To explore the wonder of being special and unique.

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		Year 1	Year 1: We meet God's love in the community	To focus on families and specially growing up in a loving, secure and stable home.
		Year 2	Year 2: We meet God's love in the community and in personal relationships	To describe how we are growing and developing in a diverse communities that are God-given
		Year 3	Year 3: How we live in love	To describe and give reasons for how we grow in love in caring and happy friendships where we are secure and safe.
		Year 4	Year 4: How we live in love - the Christian family	To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God's love accepts us as we are now and as we change.
		Year 5	Year 5: God loves us in our differences	Show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom etc. and grow further in recognising God's presence in our daily lives.
		Year 6	Year 6: The wonder of God's love in creating new life	To develop secure understanding of what stable, caring relationships are and the different kinds there may be. Focusing on catholic teaching, children will also know and

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				<i>understand about the conception of a child within marriage.</i>