



PSHE Progression Journey

	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 2	<ul style="list-style-type: none"> -Hopes and fears for the year -Rights and responsibilities -Rewards and consequences -Safe and fair learning environment -Valuing contributions -Choices -Recognising feelings 	<ul style="list-style-type: none"> -Assumptions and stereotypes about gender -Understanding bullying -Standing up for self and others -Making new friends -Gender diversity - Celebrating difference and remaining friend 	<ul style="list-style-type: none"> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success 	<ul style="list-style-type: none"> -Motivation -Healthier choices -Relaxation -Healthy eating and nutrition -Healthier snacks and sharing food 	<ul style="list-style-type: none"> -Different types of family -Physical contact boundaries -Friendship and conflict -Secrets -Trust and appreciation -Expressing appreciation for special relationships. 	<ul style="list-style-type: none"> -Life cycles in nature -Growing from young to old -Increasing independence -Differences in female and male bodies -Assertiveness - Preparing for transition
Year 1	<ul style="list-style-type: none"> -Feeling special and safe -Being part of a class -Rights and responsibilities -Rewards and feeling proud 	<ul style="list-style-type: none"> -Similarities and differences -Understanding bullying and how to deal with it. -Making new friends 	<ul style="list-style-type: none"> -Setting goals -identifying successes and achievements -Learning styles -Working well and celebrating 	<ul style="list-style-type: none"> -Keeping myself healthy -Healthier lifestyle choices -Keeping clean -Being safe 	<ul style="list-style-type: none"> -Belonging to a family -Making friends/ being a good friend -Physical contact preferences -People who help us 	<ul style="list-style-type: none"> -Life cycles – animals and human -Changes in me -Changes since being a baby

	<ul style="list-style-type: none"> -Consequences -Owning the learning charter 	<ul style="list-style-type: none"> -Celebrating differences in everyone 	<ul style="list-style-type: none"> achievement with a partner -Tackling new challenges -Identifying and overcoming obstacles -Feelings of success 	<ul style="list-style-type: none"> -Medicine safety/ safety with household items -Road safety -Linking health and happiness 	<ul style="list-style-type: none"> -Qualities as a friend and a person -Self-acknowledgement -Being a good friend to myself -Celebrating special relationships 	<ul style="list-style-type: none"> -Differences in female and make bodies -Linking growing and learning -Coping with change -Transition
Foundation 2 Foundation 1	<ul style="list-style-type: none"> -Self identify -Understanding feelings -Being in a classroom -Being gentle -Rights and responsibilities 	<ul style="list-style-type: none"> -Families -Where we live -Making friends -Standing up for yourself 	<ul style="list-style-type: none"> -Challenges -Perseverance -Goal-Setting -Overcoming obstacles -Seeking help -Jobs -Achieving goals 	<ul style="list-style-type: none"> -Exercising bodies -Physical activity -Healthy food -Sleep -Keeping clean -safety 	<ul style="list-style-type: none"> -Family life -Friendships -Breaking friendships -Falling out -Dealing with bullying -Being a good friend 	<ul style="list-style-type: none"> -Bodies -Respecting my body -Growing up -Growth and change -Fun and fears - Celebrations