

Pegswood Primary School

Progression Map

PSHE & RSE



The EYFS framework is structured very differently to the national curriculum as it is organised across seven areas of learning rather than subject areas. The aim of this document is to help subject leaders to understand how the skills taught across EYFS feed into national curriculum subjects.

This document demonstrates which statements from the 2020 Development Matters are prerequisite skills for PSHE within the national curriculum. The table below outlines the most relevant statements taken from the Early Learning Goals in the EYFS statutory framework and the Development Matters age ranges for Three and Four-Year-Olds and Reception to match the programme of study for relationships and health education in addition to the non-statutory guidance of PSHE.

The most relevant statements for PSHE are taken from the following areas of learning:

- Communication and Language
- Personal, Social and Emotional Development
- Physical Development
- Understanding the World

PSHE		
Three and Four-Year-Olds	Communication and Language	<ul style="list-style-type: none"> • Be able to express a point of view and to debate when they disagree with an adult or friend, using words as well as actions. • Can start a conversation with an adult or a friend and continue it for many turns.
	Personal, Social and Emotional Development	<ul style="list-style-type: none"> • Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them. • Develop their sense of responsibility and membership of a community. • Become more outgoing with unfamiliar people, in the safe context of their setting. • Show more confidence in new social situations. • Play with one or more other children, extending and elaborating play ideas. • Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. • Increasingly follow rules, understanding why they are important. • Do not always need an adult to remind them of a rule. • Develop appropriate ways of being assertive. • Talk with others to solve conflicts. • Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. • Begin to understand how others might be feeling.

	Physical Development	<ul style="list-style-type: none"> • Starting to eat independently and learning how to use a knife and fork. • Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips. • Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly. • Make healthy choices about food, drink, activity and toothbrushing.
	Understanding the World	<ul style="list-style-type: none"> • Begin to make sense of their own life-story and family's history. • Show interest in different occupations. • Continue to develop positive attitudes about the differences between people. • Know that there are different countries in the world and talk about the differences they have experienced or seen in photos.
Reception	Communication and Language	<ul style="list-style-type: none"> • Use talk to help work out problems and organise thinking and activities, explain how things work and why they might happen. • Develop social phrases.
	Personal, Social and Emotional Development	<ul style="list-style-type: none"> • See themselves as a valuable individual. • Build constructive and respectful relationships. • Express their feelings and consider the feelings of others. • Show resilience and perseverance in the face of challenge. • Identify and moderate their own feelings socially and emotionally. • Think about the perspectives of others. • Manage their own needs.
	Physical Development	<ul style="list-style-type: none"> • Know and talk about the different factors that support their overall health and wellbeing: <ul style="list-style-type: none"> - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian • Further develop the skills they need to manage the school day successfully: <ul style="list-style-type: none"> - lining up and queuing - mealtimes

			- personal hygiene
	Understanding the World		<ul style="list-style-type: none"> • Talk about members of their immediate family and community. • Name and describe people who are familiar to them. • Recognise that people have different beliefs and celebrate special times in different ways.
ELG	Communication and Language	Listening, Attention and Understanding	<ul style="list-style-type: none"> • Hold conversation when engaged in back-and-forth exchanges with their teachers and peers.
		Speaking	<ul style="list-style-type: none"> • Express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses and making use of conjunctions, with modelling and support from their teacher.
	Personal, Social and Emotional Development	Self-Regulation	<ul style="list-style-type: none"> • 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.
		Managing Self	<ul style="list-style-type: none"> • 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.
		Building Relationships	<ul style="list-style-type: none"> • Work and play cooperatively and take turns with others. • Form positive attachments to adults and friendships with peers. • Show sensitivity to their own and others' needs.
	Physical Development	Gross Motor Skills	<ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others.
	Understanding the World	Past and Present	<ul style="list-style-type: none"> • Talk about the lives of people around them and their roles in society.

	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Family & Relationship	<p><u>Family</u></p> <ul style="list-style-type: none"> • Understanding that families can include a range of people and how different members of a family are related to each other. • Learning that families can be made up of different people. • Understanding that families offer care, love and support. <p><u>Friendships</u></p> <ul style="list-style-type: none"> • To begin to understand the characteristics of positive friendships. • Learning that friendships can have problems but that these can be overcome. • Exploring friendly behaviours. • Understanding difficulties in friendships and action that can be taken. <p><u>Respectful relationships</u></p> <ul style="list-style-type: none"> • Learning to recognise how other people show their feelings and how to care for others. • Exploring the ability to successfully work with different people. • Understanding ways to help others. • Learning how other people show their feelings and how to respond to them. • Exploring the conventions of manners in different situations. • Developing an understanding of self-respect. <p><u>Change & loss</u></p> <ul style="list-style-type: none"> • Exploring how loss and change can affect us. 	<p><u>Family</u></p> <ul style="list-style-type: none"> • Learning that problems can occur in families and that there is help available if needed. • Understanding that families are varied, in the UK and across the world and having respect for these differences. <p><u>Friendships</u></p> <ul style="list-style-type: none"> • Exploring ways to resolve friendship problems. • Developing an understanding of the impact of bullying and what to do if bullying occurs. • Exploring physical and emotional boundaries in friendships. • Exploring different roles related to bullying including victim, bully and bystander. <p><u>Respectful relationships</u></p> <ul style="list-style-type: none"> • Understanding what trust is and identifying who I can trust. • Learning about the effects of non verbal communication. • Developing listening skills. • Exploring stereotyping. • Understanding expected courtesy and manners in a range of scenarios. • Understanding how my actions and behaviour affects others. • Understanding stereotyping. <p><u>Change & loss</u></p> <ul style="list-style-type: none"> • Learning what bereavement is and how to help someone who has experienced bereavement. 	<p><u>Family</u></p> <ul style="list-style-type: none"> • Understanding that we all have different positive attributes and we should be proud of these. • Learning what marriage is and that it is a choice that people make. • Learning that sometimes families can make children feel unhappy or unsafe and that there is help available. <p><u>Friendships</u></p> <ul style="list-style-type: none"> • Understanding that friendships will encounter issues but that this may strengthen them. • Understanding the impact of bullying and what might influence the behaviour of a bully. • Learning that friendships can experience conflict and ways in which to resolve conflict, through negotiation and compromise. <p><u>Respectful relationships</u></p> <ul style="list-style-type: none"> • Learning how stereotypes can be unfair, negative and destructive. • Learning what respect is and that it is part of a relationship. • Understanding that everyone deserves to be respected but that respect can be lost. • Understanding stereotyping and bullying linked to it. <p><u>Change & loss</u></p> <ul style="list-style-type: none"> • Understanding grief and the associated emotions. • To explore the process and emotions relating to grief.

	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Health & Wellbeing	<p><u>Health & prevention</u></p> <ul style="list-style-type: none"> • Understanding the importance of hand hygiene. • Understanding the risks of sun exposure and how to stay safe in the sun. • Developing an understanding of allergies and what to do if someone has an allergic reaction. • Developing an understanding of how to look after my teeth. <p><u>Physical health & wellbeing</u></p> <ul style="list-style-type: none"> • Exploring health related jobs and people who help to keep us healthy. • Understanding the importance of sleep and positive sleep habits. • Exploring two different methods of relaxation: progressive muscle relaxation and laughter. • Understanding the importance of exercise and its effect on the body. • Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation. <p><u>Mental wellbeing</u></p> <ul style="list-style-type: none"> • Understanding my strengths and qualities. • Understanding and describing feelings and emotions. • Recognising an increasing range of feelings and some strategies for managing different emotions. • Developing empathy. • Identifying personal goals and how to work towards them. • Exploring the need for perseverance and developing a growth mindset. 	<p><u>Health & prevention</u></p> <ul style="list-style-type: none"> • Developing independence in looking after my teeth. <p><u>Physical health & wellbeing</u></p> <ul style="list-style-type: none"> • Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest. • Understanding the positive impact of relaxation on the body and learning relaxation stretches. • Understanding what a balanced diet is and the effects upon mental and physical health. • Identifying what makes me feel calm and relaxed and learning visualization as a tool to aid relaxation. • Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles. <p><u>Mental wellbeing</u></p> <ul style="list-style-type: none"> • Exploring my identity through the groups I belong to. • Identifying my strengths and exploring how I use them to help others. • Understanding how to overcome problems by breaking them onto smaller, achievable steps. • Understanding that it is normal to experience a range of emotions. • Developing the ability to appreciate the emotions of others in different situations. • Learning to take responsibility for my emotions and that I can control some things but not others. • Developing an understanding of mental health including experiencing problems. • Developing a growth mindset, acknowledging that mistakes are useful to learning. 	<p><u>Health & prevention</u></p> <ul style="list-style-type: none"> • Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun. • Understanding ways of preventing illness and the benefits of immunisation. • Developing an understanding of possible signs of illness and some actions I can take. <p><u>Physical health & wellbeing</u></p> <ul style="list-style-type: none"> • Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep. • Understanding the relationship between stress and relaxation and exploring yoga as a technique for relaxation. • Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation. • Understanding the factors which contribute to my physical and mental health. • Identifying a range of relaxation strategies and situations in which they would be useful. <p><u>Mental wellbeing</u></p> <ul style="list-style-type: none"> • Understanding what can cause stress and how to deal with it. • Exploring ways to achieve a goal, setting short-term, medium-term and long-term targets. • Developing the ability to take responsibility for and manage my feelings. • Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success. • Exploring my personal qualities and how to build on them. • Learning the importance of resilience and developing strategies for being resilient in challenging situations. • Identifying long-term goals and developing a plan as to how to achieve them.

	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Safety & the Changing Body	<p><u>Being safe (including online)</u></p> <ul style="list-style-type: none"> • Understanding how to respond appropriately to adults in a range of settings. • Understanding what to do if I get lost. • Exploring potential hazards in the home and how to avoid these. • Understanding the roles people have within the local community to help keep me safe. • Developing an understanding of appropriate physical contact. • Developing an understanding of being safe near roads, railways and open water and learning how to cross roads safely. • Understanding the safe use of medicines. • Beginning to understand the importance of staying safe online. • Understanding the difference between secrets and surprises. • Understanding the concept of privacy and naming the private parts of my body. <p><u>Drugs, alcohol & tobacco</u></p> <ul style="list-style-type: none"> • Exploring what is and isn't safe to put in or on my body. • Learning how to be safe around medicines. <p><u>The changing adolescent body</u></p> <ul style="list-style-type: none"> • Knowing the names of parts of my body. <p><u>Basic first aid</u></p> <ul style="list-style-type: none"> • Understanding what classes as an emergency and how to make a call to the emergency services. 	<p><u>Being safe (including online)</u></p> <ul style="list-style-type: none"> • Understanding ways to keep safe when crossing and near roads. • Developing an understanding of ways to keep safe when around railways and open water (rivers, beach) • Developing skills as a responsible digital citizen. • Recognising and responding to cyberbullying. • Beginning to recognise unsafe digital content. • Developing an understanding of being safe online. • Understanding how to seek help if I need to. • Exploring the difference between private and public. • Understanding that age restrictions are designed to protect me. • Learning about the benefits and risks of sharing information online. <p><u>Drugs, alcohol & tobacco</u></p> <ul style="list-style-type: none"> • Exploring that people and things can influence me and I need to make the right decision for me. • Exploring choices and decisions that I can make. • Understanding the risks associated with tobacco. <p><u>The changing adolescent body</u></p> <ul style="list-style-type: none"> • Developing an understanding of physical and emotional changes as I grow up. <p><u>Basic first aid</u></p> <ul style="list-style-type: none"> • Knowing how to call the emergency services. • Knowing how to respond to bites and stings. • Knowing how to help someone with asthma. 	<p><u>Being safe (including online)</u></p> <ul style="list-style-type: none"> • Developing an understanding of how to ensure relationships online are safe. • Recognising an increasing number of online risks and ways to stay safe online. • Developing an understanding about the reliability of online information. • Exploring online relationships including dealing with problems. • Understanding that online relationships should be treated in the same way as face to face relationships. • Knowing where to get help with any online problems. • Understanding ways to keep safe when around railways and open water (rivers, beach) and spot potential dangers. <p><u>Drugs, alcohol & tobacco</u></p> <ul style="list-style-type: none"> • Understanding the influence others can have on me. • Learning strategies I can use to overcome pressure from others. • Understanding the risks associated with alcohol. <p><u>The changing adolescent body</u></p> <ul style="list-style-type: none"> • Understanding the physical changes from childhood to adulthood. • Developing an understanding of the main aspects of puberty, including menstruation. • Learning about the emotional changes during puberty. • Knowing the changes experienced during puberty. <p><u>Basic first aid</u></p> <ul style="list-style-type: none"> • Knowing how to help someone who is bleeding. • Knowing how to help someone who is choking. • Knowing how to help someone who is unresponsive.

	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Citizenship	<p><u>Responsibility</u></p> <ul style="list-style-type: none"> • Rules. • Caring for others: Animals. • The needs of others. • Rules beyond school. • Our school environment. • Our local environment. <p><u>Community</u></p> <ul style="list-style-type: none"> • Similar, yet different. • Belonging. • Job roles in our local community. • Similar yet different: My local community. <p><u>Democracy</u></p> <ul style="list-style-type: none"> • Democratic decisions. • School Council. • Giving my opinion. 	<p><u>Responsibility</u></p> <ul style="list-style-type: none"> • Rights of the child. • Rights and responsibilities. • Recycling. • What are human rights? • Caring for the environment. <p><u>Community</u></p> <ul style="list-style-type: none"> • Local community groups. • Charity. • Community groups. • Contributing. • Diverse communities. <p><u>Democracy</u></p> <ul style="list-style-type: none"> • Local democracy. • Rules. • Local councillors. 	<p><u>Responsibility</u></p> <ul style="list-style-type: none"> • Breaking the law. • Rights and responsibilities. • Protecting the planet. • Human rights. • Food choices and the environment. • Caring for others. <p><u>Community</u></p> <ul style="list-style-type: none"> • Contributing to the community. • Pressure groups. • Prejudice and discrimination. • Valuing diversity. <p><u>Democracy</u></p> <ul style="list-style-type: none"> • Parliament. • National democracy.
Economic Wellbeing	<p><u>Money</u></p> <ul style="list-style-type: none"> • Introduction to money. • Looking after money. • Banks and building societies. • Saving and spending. • Where money comes from • Needs and wants. • Wants and needs. • Looking after money. <p><u>Career & aspirations</u></p> <ul style="list-style-type: none"> • Jobs in school. • Jobs. 	<p><u>Money</u></p> <ul style="list-style-type: none"> • Ways of paying. • Budgeting. • How spending affects others. • Impact of spending. • Spending choices/ value for money. • Keeping track of money. • Looking after money. <p><u>Career & aspirations</u></p> <ul style="list-style-type: none"> • Jobs and careers. • Gender and careers. • Influences on career choices. • Jobs for me. 	<p><u>Money</u></p> <ul style="list-style-type: none"> • Borrowing. • Income and expenditure. • Risks with money. • Prioritising spending. • Attitudes to money. • Keeping money safe. • Gambling. <p><u>Career & aspirations</u></p> <ul style="list-style-type: none"> • Stereotypes in the workplace. • What jobs are available? • Career routes.
Identity			<ul style="list-style-type: none"> • What is identity? • Gender identity. • Identity and body image.