

# Progression in PSHE/HRSE <sup>▲</sup>

The Journey starts:

All children to achieve a 'Good Level of Development'

by the end of Reception:

Show an understanding of their own feelings and those of others; have the confidence to try something new; manage basic personal hygiene; be able to work cooperatively with others and form positive relationships regardless of background.



What makes us unique, yet the same as each other  
Recognising feelings

Working together as part of a community. Using digital devices  
Keeping safe and healthy: digital, sun, exercise, nutrition  
How our behaviours affect others

Understanding communities (including cooperation). Internet in everyday life.  
Keeping safe and healthy: sleep, medicines, teeth, managing feelings



Children will start to learn about their bodies using scientific terminology



Personal identity and the contributing factors  
Recognition - and respect - of freedom of expression of individuality

Shared responsibilities within communities. Making decisions about money. How data is shared online.  
Personal identity, recognising individuality, mental wellbeing. Using medicines in everyday life.  
Positive relationships including online friendships.  
Respect for others.

British Values: Rule of law, rights and responsibilities. Assessing online information.  
Personal understanding: managing setbacks, building resilience. Risks and safety in familiar and unfamiliar places  
Understanding personal boundaries. Building respect for ourselves and others.



Recognition that strengths and interests form a part of a person's identity  
Recognise common challenges to self-worth



Career choices, workplace stereotypes. How information is targeted. Protecting the environment.  
Responding to emergencies and keeping safe in a variety of situations.  
Physical contact and feeling safe.  
Respectful response to others: recognizing prejudice/discrimination.



Physical and emotional changes in puberty. External genitalia, importance of hygiene routines.



Human reproduction and birth

Challenging discrimination and stereotypes: Valuing diversity. Mental health and ill-health. Drug use, the law and the media.  
Romantic relationships, civil partnerships and marriage.

## End of KS2

Children will leave Cheddington Combined School with a firm understanding of how to successfully interact with others and the environment, so that they may thrive at Secondary School and beyond to become successful citizens of the 21<sup>st</sup> century.



▲ Personal, Social, Health and Economic Education/ Health, Relationships and Sex Education.