

Freeman PSHE Progression Map

School Values	Curious	Achieve	Resilient	Independent	Nurturing	Gracious
What do these values look like in PSHE?	Asking questions. Enjoys learning new knowledge and skills. Desire to learn more and improve.	Recognise and celebrate own success. Sets clear goals and challenges. Make expected or better progress.	Have a strong sense of self-belief. Respond to challenge positively. Show determination to succeed.	Attempt new skills and challenges positively. Take ownership of learning. Make decisions. Consistently retrieve/remember key skills and knowledge.	Be supportive to peers. Celebrating the differences in everyone.	Cope with success and difficulty positively.

Topics	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me In My World	Self-identity. Understanding feelings. Being in a classroom. Being gentle. Rights & responsibilities	Feeling special and safe. Being part of a class. Rights & responsibilities. Rewards & feeling proud. Consequences. Owning the Learning Charter.	Hopes and fears for the year. Rights & responsibilities. Rewards & consequences. Safe & fair learning environment. Valuing contributions. Choices. Recognising feelings.	Setting personal goals. Self-identity & worth. Positivity in challenges. Rules, rights & responsibilities. Rewards & consequences. Responsible choices. Seeing things from others' perspectives.	Being part of a class team. Being a school citizen. Rights, responsibilities & democracy (school council.) Rewards & consequences. Group decision-making. Having a voice. What motivates behaviour	Planning the forthcoming year. Being a citizen. Rights & responsibilities. Rewards & consequences. How behaviour affects groups. Democracy, having a voice, participating.	Identifying goals for the year. Global citizenship. Children's universal rights. Feeling welcome & valued. Choices, consequences & rewards. Group dynamics. Democracy, having a voice. Anti-social behaviour. Role-modelling.
Celebrating Difference	Identifying talents. Being special. Families. Where we live. Making friends. Standing up for yourself.	Similarities & differences. Understanding bullying & knowing how to deal with it. Making new friends. Celebrating the differences in everyone.	Assumptions & stereotypes about gender. Understanding bullying. Standing up for self & others. Making new friends. Gender diversity.	Families & their differences. Family conflict how to manage it (child-centred.) Witnessing bullying & how to solve it. Recognising how words can be hurtful.	Challenging assumptions. Judging by appearance. Accepting self & others. Understanding influences. Understanding bullying. Problem-solving.	Cultural differences & how they can cause conflict. Racism. Rumours & name-calling. Types of bullying. Material wealth & happiness.	Perceptions of normality. Understanding disability. Power struggles. Understanding bullying. Inclusion/exclusion. Differences as conflict, difference as celebration.

			Celebrating difference & remaining friends.	Giving & receiving compliments.	Identifying how special & unique everyone is. First impressions.	Enjoying & respecting other cultures.	Empathy.
Dreams and Goals	Challenges. Perseverance. Goal-setting. Overcoming obstacles. Seeking help. Jobs. Achieving goals.	Setting goals. Identifying successes & achievements. Learning styles. Working well & celebrating achievement with a partner. Tackling new challenges. Identifying & overcoming obstacles. Feelings of success.	Achieving realistic goals. Perseverance. Learning strengths. Learning with others. Group co-operation. Contributing to & sharing success.	Difficult challenges & achieving success. Dreams & ambitions. New challenges. Motivation & enthusiasm. Recognising & trying to overcome obstacles. Evaluating learning processes. Managing feelings. Simple budgeting.	Hopes & dreams. Overcoming disappointment. Creating new, realistic dreams. Achieving goals. Working in a group. Celebrating contributions. Resilience. Positive attitudes.	Future dreams. The importance of money. Jobs & careers. Dream job & how to get there. Goals in different cultures. Supporting others (charity.) Motivation.	Personal learning goals, in & out of school. Success criteria. Emotions in success. Making a difference in the world. Motivation. Recognising achievements. Compliments.
Healthy Me	Exercising bodies. Physical activity. Healthy food. Sleep. Keeping clean. Safety.	Keeping myself healthy. Healthier lifestyle choices. Keeping clean. Being safe. Medicine safety/ safety with household items. Road safety. Linking health and happiness.	Motivation. Healthier choices. Relaxation. Healthy eating and nutrition. Healthier snacks & sharing food.	Exercise. Fitness challenges. Food labelling & healthy swaps. Attitudes towards drugs. Keeping safe & why it's important online & off line scenarios. Respect for myself & others. Healthy & safe choices.	Healthier friendships. Group dynamics. Smoking. Alcohol. Assertiveness. Peer pressure. Celebrating inner strength.	Smoking including vaping. Alcohol. Alcohol and anti-social behaviour. Emergency aid. Body image. Relationships with food. Healthy choices. Motivation & behaviour.	Taking personal responsibility. How substances affect the body. Exploitation, including 'county lines' & gang culture. Emotional & mental health. Managing stress.
Relationships	Family life. Friendships. Breaking friendships. Falling out. Dealing with bullying. Being a good friend.	Belonging to a family. Making friends/being a good friend. Physical contact preferences. People who help us. Qualities as a friend & person. Self-acknowledgement. Being a good friend to myself. Celebrating special relationships.	Different types of family. Physical contact boundaries. Friendship and conflict. Secrets. Trust & appreciation. Expressing appreciation for special relationships.	Family roles & responsibilities. Friendship & negotiation. Keeping safe online & who to go to for help. Being a global citizen. Being aware of how my choices affect others. Awareness of how other children have different lives.	Jealousy. Love & loss. Memories of loved ones. Getting on & falling out. Girlfriends & boyfriends. Showing appreciation to people & animals.	Self-recognition & self-worth. Building self-esteem. Safer online communities. Rights & responsibilities online. Online gaming & gambling. Reducing screen time. Dangers of online grooming. SMAART internet safety rules.	Mental health. Identifying mental health worries & sources of support. Love & loss. Managing feelings. Power & control. Assertiveness. Technology safety. Take responsibility with technology use.

				Expressing appreciation for family & friends.			
Changing Me	Bodies. Respecting my body. Growing up. Growth & change. Fun & fears. Celebrations.	Life cycles-animal & human. Changes in me. Changes since being a baby. Differences between female and male bodies (correct terminology.) Linking growing & learning. Coping with change. Transition.	Life cycles in nature. Growing from young to old. Increasing independence. Differences in female and male bodies (correct terminology.) Assertiveness. Preparing for transition.	How babies grow. Understanding a baby's needs. Outside body changes. Inside body changes. Family stereotypes. Challenging my ideas. Preparing for transition.	Being unique. Having a baby. Girls & puberty. Confidence in change. Accepting change. Preparing for transition. Environmental change.	Self and body image. Influence of online & media on body image. Puberty for girls. Puberty for boys. Conception (including IVF.) Growing responsibility. Coping with change. Preparing for transition.	Self-image. Body image. Puberty & feelings. Conception to birth. Reflections about change. Physical attraction. Respect & consent. Boyfriends/girlfriends. Sexting. Transition.