



# Curriculum Progression Map

## St Mary and St Joseph's RC Primary School PSHE Progression Grid – Year One



### Health & Well Being

#### Healthy Lifestyles

- To Learn:**
- about some of the things that keep our bodies healthy (physical activity, sleep, rest, healthy food)
  - About the shared responsibility for keeping themselves and others safe
  - About responses they can give to ensure their own safety and that of others
  - about what they like and dislike
  - about what it means to make a choice
  - how choices can improve how they feel and look
  - About different kinds of feelings we may have
  - about the different ways we can manage feelings
  - About basic personal hygiene routines
  - About the spread of infections

#### Growing & Changing

- To Learn:**
- about growing from young to old
  - the correct names for the main parts of the body
  - About similarities and differences between boys and girls
  - about what makes them unique
  - how to set simple goals
  - About change and loss e.g. starting school, a new baby brother/sister, moving to a new class
  - About the feelings associated with change or loss

#### Keeping Safe

- To Learn:**
- About what goes onto and into our bodies (both good and harmful)
  - About people who take care of them
  - About the family networks they belong to
  - About rules we have for keeping safe
  - About different ways of keeping physically and emotionally safe
  - About the shared responsibility for keeping themselves and others safe
  - About responses they can give to ensure their own safety and that of others

### Relationships

#### Feelings & Emotions

- To Learn:**
- about a wide range of feelings
  - about special people in their lives
  - about different types of behaviour
  - about what fair and unfair means
  - about what kind and unkind means
  - about right and wrong
  - about how peoples bodies and feelings can be hurt

#### Healthy Relationships

- To Learn:**
- about the difference between a secret and a surprise
  - about listening to others and playing cooperatively
  - about what it means to give support and feedback to others
  - about listening to others and playing cooperatively
  - about what it means to give support and feedback to others
  - about appropriate and inappropriate touch
  - about when things don't go well with friends and other children
  - about types of teasing and bullying and why they are wrong and unacceptable
  - how to deal with teasing and bullying

#### Valuing Difference

- To Learn:**
- about sharing opinions and views through peer and class discussion
  - about differences and similarities between people

### Living in the wider world

#### Rights & Responsibilities

- To Learn:**
- how to contribute to the life of the classroom
  - about group and class rules
  - about the needs of people and other living things
  - about groups and communities that they belong to

#### Taking care of the environment

- To Learn:**
- about what improves and harms their local, natural and built environments

#### Money matters

- To Learn:**
- about where money comes from and what it is used for
  - about the role of money in their lives

--	--	--