



Curriculum Progression Map

St Mary and St Joseph's RC Primary School PSHE Progression Grid – Year 5



Health & Well Being		
Healthy Lifestyles	Growing & Changing	Keeping Safe
<p>To Learn:</p> <ul style="list-style-type: none"> About the choices your pupils can make about their health and wellbeing and what influences their choices About goal setting and the importance of having high aspirations How to help others feel valued About words that help to describe the range and intensity of their feelings to others 	<p>To Learn:</p> <ul style="list-style-type: none"> About bereavement and the process of grieving How change also involves loss About puberty and body changes How puberty leads to adolescence About human reproduction in the context of the human lifecycle How a baby is made and how it grows 	<p>To Learn:</p> <ul style="list-style-type: none"> That female genital mutilation (FGM) is physical abuse and is a crime How to get support if they have fears for themselves or their peers About school rules for health and safety About what to do in an emergency About where to get help About risk in different familiar situations About strategies for managing risk About personal safety About the importance of protecting personal information online About independence and increased responsibility About unhelpful pressure About influences on behaviour About what is meant by a habit How habits are hard to change About commonly available substances and drugs (including alcohol and tobacco) About some of the risks and effects of commonly available substances and drugs
Relationships		
Feelings & Emotions	Healthy Relationships	Valuing Difference
<p>To Learn:</p> <ul style="list-style-type: none"> How to respond appropriately to a wider range of feelings in others About keeping things confidential or secret About when they should or should not agree to keeping a secret About managing 'dares' 	<p>To Learn:</p> <ul style="list-style-type: none"> About what constitutes a positive, healthy relationship About how our actions can affect ourselves and others About different types of relationships (friends, families, couples, marriage, civil partnership) About acceptable/unacceptable physical contact and how to respond About different ways to work collaboratively How to negotiate and compromise 	<p>To Learn:</p> <ul style="list-style-type: none"> About managing and maintaining relationships How to communicate respectfully About differences and similarities between people About challenging stereotypes About discrimination, teasing, bullying and aggressive behaviour and its effect on others
Living in the wider world		
Rights & Responsibilities	Taking care of the environment	Money matters

<p>To Learn:</p> <ul style="list-style-type: none"> • About topical issues, problems and events concerning health and wellbeing • About rules and laws • That everyone has human rights and that children have their own set of human rights • That human rights take precedence over other national laws, family and community practices • That human rights take precedence over other national laws, family and community practices • That some cultural practices are against British law • •About the consequences of anti-social and aggressive behaviours • About different kinds of responsibilities, rights and duties • How to resolve differences, make decisions and explain choices • About the range of national, regional, religious and ethnic identities in the UK • How the media present information 	<p>To Learn:</p> <ul style="list-style-type: none"> • About different kinds of responsibilities, rights and duties • About the varied institutions that support communities locally • About the role of voluntary, community and pressure groups • About lives of people living in other places • About the allocation of Earth's resources 	<p>To Learn:</p> <ul style="list-style-type: none"> • How finance plays an important part in people's lives • About 'interest', 'loan' and 'debt' • About money management • To become a critical consumer • About the skills that make someone 'enterprising'
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