



Nailsworth C of E Primary School

Together, inspired by the challenge...

P.S.H.E.

Health, Relationship and PSHE Curriculum Progression Map

Intent

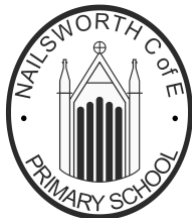
At Nailsworth C of E Primary School we believe that personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. PSHE guidance can be found here

[Government Guidance: Personal, Social, Health and Economic Education](#)

Health, Relationship Education (and Sex Education in Year 6) is an important part of our curriculum and sits within our PSHE curriculum. 'Health and Relationship Education' is a statutory subject area. A link to guidance can be found here

[Government Guidance: Health, Relationship Education and Sex Education Government Guidance](#)





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Implementation

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> • Caring friendships • Being safe • Mutual respectful • Truthfulness • Sharing and turn taking. • Links to early learning goals and other curriculum areas • Self-care, toileting and managing own basic hygiene 	<ul style="list-style-type: none"> • Families and people who care for me • Strategies to cultivate friendships • Calming/Peaceful focus and strategies to achieve this (e.g. Breathing and Mindfulness). • Dental Health and hygiene • Different types of bullying and unacceptable/ acceptable behaviour 	<ul style="list-style-type: none"> • Respectful relationships • Healthy Eating • Importance of good quality sleep as it can affect weight, mood and ability to learn. • The importance of respecting others, even when they are different from us. • Diversity, British Values and citizenship 	<ul style="list-style-type: none"> • Online Relationships • Respecting personal space. Our body belongs us. Pants rules. • Know where to get advice when needed from school. • 5 Ways to wellbeing. • Know about Fire, Ambulance and Police services. 	<ul style="list-style-type: none"> • Mental wellbeing • How to recognise and talk about their emotions. • NSPCC, helpline and services. • Mindfulness. • Money and personal finance • Healthy lifestyles • Online friendships. In the NET. • Respectful relationships 	<ul style="list-style-type: none"> • Physical health and fitness • Personal finance and money • Changing adolescent body • Online Safety • British Values and Citizenship • Facts harmful substances and their risks. Including smoking and alcohol. • Healthy choices 	<ul style="list-style-type: none"> • Know what a stereotype is and how they can be negative and/or unfair. • Basic first aid and Health maintenance • Sex education and reproduction (parental right to withdraw) • Facts harmful substances and their risks. Including smoking, alcohol and drug taking. • Secondary school transition



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Impact

By end of Year 6 children will

- recognise dangers,
- assess risk,
- know where to seek support,
- maintain respectful relationships
- understand how to lead a healthy, active lifestyle that supports physical, mental health and wellbeing as a valued citizen of their community.

