

Learn together, grow together

Progression in PSHE



In PSHE, pupils will learn to become healthy (physically and mentally), independent and responsible members of society. They will discuss and learn together the moral, social and cultural issues that are part of growing up. They will understand how they are developing personally and socially in a diverse society. PSHE at Medina will encourage children to develop their sense of self-worth and play positive role in contributing to school and the wider community.

Skill	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and friendships	Pupils will learn about the roles of different people and how we feel cared for RE: Belonging	Pupils will learn how to make friends and how to get help if they feel lonely RE: Welcoming	Pupils will learn what makes a family and the features of family life	Pupils will learn about positive friendships including friendships online	Pupils will learn how to manage friendships and how to respond to peer pressure	Pupils will learn about romantic relationships and attraction. This includes civil partnership and marriage
Safe relationships	Pupils will learn how to stay safe, how to recognise privacy and how to ask for permission	Pupils will learn how to manage secrets, how to resist pressure and how to recognise hurtful behaviour	Pupils will learn how to make personal boundaries and the impact of hurtful behaviour RE: Good and evil	Pupils will learn how to respond to hurtful behaviour as well as managing confidentiality. Pupils will recognise the risks online	Pupils will learn about physical contact and how to keep safe	Pupils will learn how to recognise and manage pressure. Pupils will learn how to give consent in different situations
Respecting ourselves and others	Pupils will learn how to be polite and respectful. Pupils will learn how behaviour affects others	Pupils will learn to recognise things in common and differences. Pupils will learn to play, share and work cooperatively	Pupils will learn how to recognise respectful behaviour and the importance of self-respect. Pupils will learn how to be courteous and polite RE: Good and evil	Pupils will learn how to respect differences and similarities. Pupils will discuss difference sensitivity	Pupils will learn how to respond respectfully to a wide range of people and recognise prejudice and discrimination	Pupils will learn how to express opinions and respect other points of view when discussing topical issues
Belonging to a community	Pupils will learn how to care for others' needs and how to look after the environment Science: Plants and growing	Pupils will learn about belonging; the groups they are a part of and their roles and responsibilities. Pupils will learn about being the same and different in the community Topic: Where we live	Pupils will learn about the value of rules, laws, rights, freedoms and responsibilities	Pupils will learn about what makes a community and what responsibilities we share as a community	Pupils will learn how to protect and show compassion to others and the environment Science: Animals and humans	Pupils will learn to value diversity and challenge discrimination and stereotypes
Media literacy and digital resilience	Pupils will learn to use the internet/digital devices and how to communicate online	Pupils will learn about the internet in everyday life and where to find appropriate online content	Pupils will learn how the internet is used and how to assess information online	Pupils will learn how data is shared and used.	Pupils will learn about the different types of media as well as the media's role and impact	Pupils learn how to evaluate media sources and how to share things online
Money and work	Pupils will learn to recognise their strengths and interests. Pupils will learn about jobs in the community Topic: Fire, fire	Pupils will learn about money and how to look after money. They will compare needs and wants Topic: Victorians (poverty)	Pupils will learn about different jobs and skills as well as stereotypes in the workplace. Pupils will learn to set personal goals	Pupils will learn how to make decisions about money Pupils will learn how to use money and keep money safe	Pupils will learn to identify job interests and aspirations. Pupils will learn about what influences career choices and workplace stereotypes. Topic: Portsmouth & trade	Pupils will learn about the influences and attitudes to money and the financial risks

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<p>Physical health and mental wellbeing</p>	<p>Pupils will learn how to keep healthy with the right food and exercise. Pupils will learn about sun safety Topic: Florence Nightingale</p>	<p>Pupils will learn about the importance of keeping healthy. This includes dental care, sleep and medicines. Pupils will learn how to manage feelings and asking for help Science: Hygiene</p>	<p>Pupils will learn about health choices and habits Pupils will learn how to express their feelings and what affects feelings Science: Animals and humans</p>	<p>Pupils will learn how to maintain a balanced lifestyle including oral hygiene and dental care</p>	<p>Pupils will learn about healthy sleep habits as well as sun safety. Pupils will learn about medicines, vaccinations, immunisations and allergies</p>	<p>Pupils will learn what can affect mental health and ways to take care of it Pupils will learn how to manage change, loss and bereavement Topic: Battle of Britain</p>
<p>Growing and changing</p>	<p>Pupils will learn to recognise what makes them unique and special. Pupils will learn to manage their feelings when things go wrong</p>	<p>Pupils will learn about growing older and naming body parts. Pupils will discuss the transition from infant to junior Science: Plants and growth</p>	<p>Pupils will learn about personal strengths/achievements and how to manage setbacks</p>	<p>Pupils will learn about physical and emotional changes in puberty. Pupils will learn about external genitalia and personal hygiene routines</p>	<p>Pupils will learn about personal identity which includes recognising individuality and different qualities. Pupils will learn about mental wellbeing</p>	<p>Pupils will learn about human reproduction and birth. Pupils will learn how to increase independence and manage transition Science: Evolution</p>
<p>Keeping safe</p>	<p>Pupils will learn how rules and age restrictions help us. Pupils will learn how to keep safe online</p>	<p>Pupils will learn how to stay safe different environments and how to deal with emergencies Topic: Titanic</p>	<p>Pupils will learn about risks and hazards as well as the safety in the local environment and unfamiliar places Topic: Stone age</p>	<p>Pupils will learn about medicines and household products including drugs common to everyday life</p>	<p>Pupils will learn about keeping safe in different situations, first aid and how to respond to emergencies</p>	<p>Pupils will learn how to keep their personal information safe. Pupils will learn about drug use and the law RE: Laws</p>