



*Doing all the good we can*

P.S.H.E Progression Overview

Year 1/2	Autumn A Why is Richmond Special?	Spring A What's it made of and why?	Summer A How do people tell their stories?	Autumn B How do I care for my body and mind?	Spring B What makes a good home?	Summer B Why is our environment precious?
	Autumn 1  H21- I can recognise what makes me special. H22 – I can recognise the ways in which we are all unique. H23- I can identify what I am good at, what I like and dislike. H25 – I can name the main parts of the body including	Spring 1  H1 – I know what keeping healthy means; different ways to keep healthy. H5 – I know about simple hygiene routines that can stop germs from spreading. H6 – I know that medicines (including vaccinations and	Summer 1  H33 – I know about the people whose job it is to help us keep safe. H35 – I know what to do if there is an accident and someone is hurt. H36 – I know how to get help in an emergency. (how to dial 999 and what to say)	Autumn 1  R6- I know about how people make friends and what makes a good friendship. R7 – I can recognise when someone feels lonely and what to do. R8 – I have simple strategies to resolve arguments between friends positively.	Spring 1  L15 – I know that jobs help people to earn money to pay for things. L16 – I can talk about different jobs that people I know or people who work in the community do. L17 – I can identify some of the strengths and interests someone	Summer 1  H1 – I know what keeping healthy means; different ways to keep healthy. H2 – I know about foods that support good health and the risks of eating too much sugar. H3 – I know how physical activity helps us stay healthy; and ways to be physically active everyday.



*Doing all the good we can*

P.S.H.E Progression Overview

	<p>external genitalia. (e.g. vulva, vagina, penis, testicles.)  R13 – I can safely and responsibly form, maintain and manage positive relationships, including online.  R23 – I am aware of the services available to support healthy relationships and manage unhealthy relationships and how to access them.  L6 – I can recognise the ways in which I am the same as, and</p>	<p>immunisations and those that support allergic reactions) can help people to stay healthy.  H7 – I know about dental care and visiting the dentist; how to brush teeth correctly; food and drink that can support dental health.  H10 – I can name the people who help us to stay</p> <p>Spring 2</p>	<p>R15 – I know how to respond safely to adults I don't know.  R20 – I know what to do if I feel unsafe or worried for myself or others: who to ask for help and vocabulary to use when asking for help: importance of keeping trying until I am heard.  L5- I know about the different roles and responsibilities people have in their communities.</p> <p>Summer 2</p>	<p>R9 –I can ask for help if a friendship is making me feel unhappy.  R25- I can talk about and share my opinions on things that matter to me.</p> <p>Autumn 2</p> <p>R10- I know that bodies and feelings can be hurt by words and actions; that people can say hurtful things online.</p>	<p>might need to do different jobs.  L7- I understand that the internet and digital devices can be used safely to find things out and to communicate with others.  L8 – I can talk about the role of the internet in everyday life</p> <p>Spring 2  H28-I know about rules and age restrictions that keep us safe.</p>	<p>H4 – I know why sleep is important and different ways to rest and relax.  H8 – I know how to keep safe in the sun and protect skin from sun damage.  H9 – I know about different ways to learn and play recognising the importance of knowing when to take a break from online or TV.</p> <p>Summer 2</p> <p>H11-I know about different feelings that humans can experience.  H12 – I can recognise and name different feelings.</p>
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*Doing all the good we can*

P.S.H.E Progression Overview

	<p>different to, other people. L14 – I know that everyone has different strengths.</p> <p>A2 L4 – I know which different groups I belong to. R1 – I can talk about the roles different people (acquaintances, friends and relatives) play in our lives. R2 – I can identify the people who love and care for me and</p>	<p>L10 – I know what money is; forms that money comes in; that money comes from different sources. L11 – I know that people make different choices about how to save and spend money. L12 – I know about the difference between needs and wants; that sometimes people may not be able to have the things they want.</p>	<p>H26 – I understand about growing and changing from young to old and how people’s needs change. H27 – I can talk about preparing to move to a different/new class/year group. R21- I can talk about what is kind and unkind behaviour, and how this can affect others. R22 – I understand how to treat myself and others with</p>	<p>R11 – I can talk about how people may feel if they experience hurtful behaviour or bullying. R12- I know that hurtful behaviour (offline and online) including teasing, name calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult.</p>	<p>H29 – I can recognise risk in simple everyday situations and decide what action minimises harm. H30 – I know how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters) H31 – I know household products (including medicines) can be harmful if not used correctly.</p>	<p>H13 –I know how feelings can affect people’s bodies and how they might behave. H14 – I can recognise what others might be feeling. H15 – I know that not everyone feels the same at the same moment, or feels the same about the same things. H16 – I can talk about ways of sharing feelings; a range of words to describe feelings. H17 – I can talk about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with</p>
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*Doing all the good we can*

P.S.H.E Progression Overview

	<p>what they do to help me feel cared for.  R3 – I can talk about different types of families including those who may be different to my own.  R4 – I can identify common features of family life.  R5 – I know that it is important to tell someone (such as a teacher) if something about my family makes me feel unhappy or worried.</p>	<p>L13 – I understand that money needs to be looked after; that there are different ways of doing this.</p>	<p>respect; how to be polite and courteous.  R24 – I can listen to others and play/work cooperatively.  R25 – I can talk about and share my opinions on things that matter to me.  L2- I understand how people and other living things have different needs; about the responsibilities of caring for them.  L3 – I can talk about the things I can do to</p>	<p>R16 – I know how to respond if physical contact makes me feel uncomfortable.  R17 – I know that there are situations when I need to ask for permission and other times when my permission must be sought.  R21 – I know what is kind and unkind behaviour, and how this can affect others.  R22 – I know how to treat myself and others with respect;</p>	<p>H32 – I can talk about ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely.  H34 – I understand and can use the basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling</p>	<p>family, getting enough sleep.)  H18 – I have learnt different things I can do to manage big feelings, to help calm me down or change my mood.  H19 – I know when I need help with feelings; I know it is important to ask for help with feelings: I know how to ask for help.  H20 – I know about change and loss (including death); to identify feelings associated with this: to recognise what helps people to feel better.</p>
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*Doing all the good we can*  
P.S.H.E Progression Overview

			<p>look after the environment.</p>	<p>how to be polite and courteous.  R24 – I can listen to other people and play and work cooperatively.  R25 – I can talk about and share my opinions on things that matter to me.</p>	<p>a trusted adult if they come across something that scares them.  R14 – I know that sometimes people may behave differently online, including by pretending to be someone they are not.  R16 – I know how to respond if physical contact makes them feel uncomfortable or unsafe.  R18 – I understand about the importance of not</p>	<p>H27 – I can talk about preparing to move to a new class/year group.</p>
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*Doing all the good we can*  
P.S.H.E Progression Overview

					<p>keeping adult's secrets (only happy surprises that others will find out about eventually).</p> <p>R19 – I know basic techniques for resisting pressure to do something they don't want to do and which may make them feel unsafe.</p> <p>R20 – I know what to do if I feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use</p>	
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*Doing all the good we can*

P.S.H.E Progression Overview

					<p>when asking for help; importance of keeping trying until they are heard.</p> <p>L1- I know what rules are, why they are needed, and why different rules are needed for different situations.</p> <p>L9 – I know that not all information seen online is true.</p>	
Year 3/4	Autumn A Why is Richmond special?	Spring A	Summer A	Autumn B	Spring B Why is history worth knowing?	Summer B How can I have my say?



*Doing all the good we can*

P.S.H.E Progression Overview

		What is beneath us and why does it matter?	How do we get our message across?	How do I care for my body and mind?		
	Autumn 1	Spring 1	Summer 1	Autumn 1	Spring 1	Summer 1
	R10 – I understand the importance of friendships; strategies for building positive friendships; how positive friendships support well being. R11 – I understand what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness,	R5 – I understand that people who love and care for each other can be in a committed relationship (e.g. marriage), living together but may also live apart. R6 – I know that a feature of positive family life is caring relationships; about	H1- I can make informed decisions about my health. H2 – I can describe the elements of a balanced, healthy lifestyle. H3 – I know about the choices that support a healthy lifestyle, and recognise what might influence these.	H27 – I recognise my individuality and personal skills. H28 – I can identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth. H29 – I can manage setbacks/perceived failures, including	H17- I know that feelings can change overtime and range in intensity. H18 – I understand everyday things affect feelings and I understand why it is important to express my feelings. H19 – I have a varied vocabulary to use when talking about feelings; I can	L4 – I understand the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others. L5 – I can talk about ways of carrying out shared responsibilities for protecting the environment in school and





*Doing all the good we can*

P.S.H.E Progression Overview

	<p>loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as face to face friendships.  R13 – I understand the importance of seeking support if feelings lonely or excluded.  R14 – I understand that healthy friendships make people feel included; recognise when</p>	<p>the different ways in which people care for one another.  R7- I recognise and respect that there are different types of family structure (including single parents, same sex parents, step parents, step parents, blended families, foster parents); that families of all types can give family members love, security and stability.</p>	<p>H4 – I can recognise that habits can have both a positive and negative effects on a healthy lifestyle.  H5 – I know what good physical health means; how to recognise early signs of physical illness.  H6 – I know about what constitutes a healthy diet; how to plan healthy meals; benefits to health and well being of eating nutritionally rich foods; risks associated with not eating a healthy diet</p>	<p>how to reframe unhelpful thinking.  L25 – I can recognise positive things about myself and my achievements; set goals to help achieve personal outcomes.   Autumn 2R19 – I understand about the impact of bullying, including offline and online, and the consequences of hurtful behaviour.</p>	<p>express my feelings in a variety of ways.  H20 – I have strategies to respond to feelings, including intense or conflicting feelings; I can manage and respond to feelings appropriately and proportionately in different situations.  H23 – I understand about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement.</p>	<p>at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)  L19 – I understand that people’s spending decisions can affect others and the environment (e.g. fair trade, buying single use plastics, or giving to charity)  R34 – I can discuss and debate topical issues, respect other people’s point of view and constructively challenge those they disagree with.   Summer 2</p>
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*Doing all the good we can*

P.S.H.E Progression Overview

	<p>others may feel lonely or excluded; enable strategies for how to include them.</p> <p>R17 – I understand that friendships have ups and downs; I can develop strategies to resolve disputes and reconcile differences positively and safely.</p> <p>R18 – I can recognise when a friendship (online or offline) is making me feel unsafe or uncomfortable; how to manage this and</p>	<p>R8 – I can recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty.</p> <p>R9 – I can recognise if family relationships are making me feel unhappy or unsafe and how to seek help or advice.</p> <p>Spring 2</p>	<p>including obesity and tooth decay.</p> <p>H11- I can maintain good oral hygiene (including correct brushing and flossing); why regular</p> <p>H14 – I know how and when to seek support. including with adults to speak to in and out of school, if I am worried about my health.</p> <p>Summer 2</p>	<p>R20 – I have strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support.</p> <p>R21 – I understand what discrimination is, what it means and how to challenge it.</p> <p>R22 – I understand about privacy and</p>	<p>Spring 2</p> <p>Y3</p> <p>H35- I can talk about the new opportunities and responsibilities increasing independence might bring.</p> <p>H36 – I understand strategies to manage transitions between classes and key stages.</p> <p>Y4</p> <p>H31 – I know about the physical and emotional changes</p>	<p>H12 – I understand the benefits of sun exposure and the risks of over exposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.</p> <p>H37 – I understand there are reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and well being with reference to social media, television programmes, films, games and online gaming.</p>
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*Doing all the good we can*

P.S.H.E Progression Overview

	<p>ask for support if necessary.</p> <p>Autumn 2</p> <p>H9 – I know that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it.</p> <p>H10 – I understand how medicines, when used</p>	<p>R32- I can respect the differences and similarities between people and recognise what we have in common with others? (e.g. physically, personality, background)</p> <p>R33 – I can listen and respond respectfully to a wide range of people including those whose traditions, beliefs and lifestyle are</p>	<p>H1- I can make informed decisions about health.</p> <p>H2 – I know about the elements of a balanced, healthy lifestyle.</p> <p>H3 – I know about the choices that support a healthy lifestyle, and recognise what might influence these.</p> <p>H4 – I can recognise that habits can have both e positive and negative effect on a healthy lifestyle.</p>	<p>personal boundaries; what is appropriate in friendships and wider relationships (including online).</p> <p>R25 – I recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact.</p> <p>R27 – I understand about keeping something confidential or secret, when this should (e.g. a</p>	<p>that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual well-being, erections and wet dreams.)</p> <p>H32 – I know the importance of changing hygiene routines during puberty, the importance of keeping clean and how to maintain personal hygiene.</p> <p>H34 – I know where to get more</p>	<p>H38 – I can predict, assess and manage risk in different situations.</p> <p>H41 – I know strategies for keeping safe in the local environment or unfamiliar places (rail, water, road)n and firework safety; safe use of digital devices when out and about.</p> <p>H42 – I understand the importance of keeping personal information private ; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and</p>
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*Doing all the good we can*  
P.S.H.E Progression Overview

	<p>responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed.  H26 – I am beginning to understand that for some people, gender identity does not correspond with their biological sex.  H39 – I know about hazards (including fire risks) that may cause harm, injury or risk in the home and what I can do to</p>	<p>different to their own.  L6 – I can talk about the different groups that make up my community; what living in a community means.  L7 – I can value the different contributions that people and groups make to the community.  L8 – I know about diversity; what it means; the benefits of living in a diverse community; about</p>	<p>H7 – I know that regular (daily/weekly) exercise benefits mental and physical health= (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle.  H8- I know how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of</p>	<p>birthday surprise that other people will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret.  R29 – I know where to get advice and report concerns if I am worried about my own or someone else’s personal safety (including online).  R30 – I know that personal behaviour can affect other people; I can recognise and model</p>	<p>information, help and advice about growing and changing, especially about puberty.</p>	<p>others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact.  H47 – I can recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use or give to others.  R12 – I can recognise what it means ‘to know someone on line’ and how this differs from knowing someone face to face; risks of communicating online with others not known face to face.</p>
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*Doing all the good we can*

P.S.H.E Progression Overview

	<p>reduce risks and keep safe.  H30 – I can identify the external genitalia and internal reproductive organs in males and females and know how the process of puberty relates to human reproduction.  H40 – I understand the importance of taking medicines correctly and using household products safely. (e.g. following instructions carefully)</p>	<p>valuing diversity within communities.</p>	<p>sleep on the body, feelings, behaviour and ability to learn.  H13 – I understand the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online.  H14 – I understand how and when to seek support, including which adults to speak to in and outside school, if I am worried about my health.</p>	<p>respectful behaviour online.  R31 – I can recognise the importance of self respect and how this can affect my thoughts and feelings about myself; that everyone, including me, should expect to be treated politely and with respect by others (including when on line and/or anonymous) in school and in wider society; strategies to improve or support courteous,</p>		<p>R15 – I am developing strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others.  R23 -I know about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns.  R24 – I know how to respond safely and appropriately to adults</p>
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P.S.H.E Progression Overview

	<p>H42 – I understand about the importance of keeping personal information private; strategies for keeping safe on line, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns,</p>			<p>respectful relationships.  H45 – I understand that FGM is against British Law, what to do and whom to tell if they think they or someone else maybe at risk.  L2 – I recognise that there are human rights and responsibilities.  L3 – I understand about the relationship between rights and responsibilities.  L10 – I understand about prejudice; how</p>		<p>they may encounter(in all contexts including on line) whom I do not know.  R28 –I know how to recognise pressure from others to do something unsafe or that makes me feel uncomfortable and strategies for managing this.  R29 – where to get advice and report concerns if worried about my own or someone else’s personal safety (including online).  L1 –I recognise reasons for rules and laws; consequences of not adhering to rules and laws.</p>
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*Doing all the good we can*

P.S.H.E Progression Overview

	<p>inappropriate content and contact.  H43 – I understand what is meant by first aid; basic techniques for dealing with common injuries.  H44 – I know how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say.  R25 – I can recognise different</p>			<p>to recognise behaviours/actions which discriminate against others; ways of responding to it if I witness or experience it.</p>		<p>L5 – I understand there are ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)  L15 – 1i can recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images.</p>
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*Doing all the good we can*  
P.S.H.E Progression Overview

<p>types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact.</p> <p>R26 – I understand about seeking and giving permission (consent) in different situations.</p> <p>R28 – I can recognise pressure from others to do something unsafe or that makes me feel uncomfortable and have strategies for managing this.</p>					
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P.S.H.E Progression Overview

	R29 – I know where to get advice and report concerns if I am worried about my own or someone else’s personal safety. (including online)					
<b>Year 5</b>	<b>Autumn A</b> Why is Richmond special?	<b>Spring A</b> Where does it come from and where does it go?	<b>Summer A</b> How do words make us feel?	<b>Autumn B</b> How do I care for my body and mind?	<b>Spring B</b> What legacy will I leave behind?	<b>Summer B</b> What makes a colourful world?
	Autumn 1  H25 – I understand about personal	Spring 1  H43– I know what is meant by first aid;	Summer 1	Autumn 1  H25 – I understand about personal	Spring 1  H43– I know what is meant by first aid;	Summer 1  H1 – I can make informed decisions about health.



*Doing all the good we can*

P.S.H.E Progression Overview

	<p>identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)  H26 – I understand that for some people gender identity does not correspond with their biological sex.  H27 – I can recognise my individuality and personal qualities.  R32 – I know about respecting the differences and similarities between people</p>	<p>basic techniques for dealing with common injuries.  H44- I know how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say.    Spring 2    R1 – I can recognise that there are different types of relationships (e.g.</p>	<p>H1 – I can make informed decisions about health.  H3 – I understand there are choices that support a healthy lifestyle, and recognise what might influence these.  H4 – I can recognise that habits can have both a positive and negative effect on a healthy lifestyle.  H46 – I understand about the risks and effects of legal drugs common to everyday life (e.g. cigarettes,</p>	<p>identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)  H26 – I understand that for some people gender identity does not correspond with their biological sex.  H27 – I can recognise my individuality and personal qualities.  R32 – I know about respecting the differences and similarities between people</p>	<p>basic techniques for dealing with common injuries.  H44- I know how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say.    Spring 2    R1 – I can recognise that there are different types of relationships (e.g.</p>	<p>H3 – I understand there are choices that support a healthy lifestyle, and recognise what might influence these.  H4 – I can recognise that habits can have both a positive and negative effect on a healthy lifestyle.  H46 – I understand about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit</p>
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*Doing all the good we can*

P.S.H.E Progression Overview

<p>and recognising what they have in common with others e.g. physically, in personality or background.</p> <p>L9 – I understand about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes.</p> <p>Autumn 2 R34 – I can discuss and debate topical</p>	<p>friendships, family relationships, romantic relationships, online relationships) R18 – I can recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary. R24 – I can respond safely and appropriately to adults I may encounter (in all</p>	<p>e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break. H47 – I can recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others. H48 – I understand why people choose to use or not use drugs (including</p>	<p>and recognising what they have in common with others e.g. physically, in personality or background.</p> <p>L9 – I understand about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes.</p> <p>Autumn 2 R34 – I can discuss and debate topical</p>	<p>friendships, family relationships, romantic relationships, online relationships) R18 – I can recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary. R24 – I can respond safely and appropriately to adults I may encounter (in all contexts including online)</p>	<p>which can be difficult to break. H47 – I can recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others. H48 – I understand why people choose to use or not use drugs (including nicotine, alcohol and medicines) H50 – I am aware of the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns.</p>
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*Doing all the good we can*

P.S.H.E Progression Overview

	<p>issues, respect other people’s point of view and constructively challenge those I disagree with. L17 – I can think about the different ways to pay for things and the choices people have about this. L18 – I can recognise that people have different attitudes towards saving and spending money; what influences people’s decisions; what</p>	<p>contexts including online) R26 – I know about seeking and giving permission (consent) in different situations. R29 – I know where to get advice and report concerns if I am worried about my own or someone else’s personal safety (including online). L11 – I can recognise ways in which the internet and social media can be</p>	<p>nicotine, alcohol and medicines) H50 – I am aware of the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns.  Summer 2  L26 – I understand that there is a broad range of different</p>	<p>issues, respect other people’s point of view and constructively challenge those I disagree with. L17 – I can think about the different ways to pay for things and the choices people have about this. L18 – I can recognise that people have different attitudes towards saving and spending money; what influences people’s decisions; what</p>	<p>R26 – I know about seeking and giving permission (consent) in different situations. R29 – I know where to get advice and report concerns if I am worried about my own or someone else’s personal safety (including online). L11 – I can recognise ways in which the internet and social media can be used both positively and negatively. L15 – I can recognise things appropriate to</p>	<p>Summer 2  L26 – I understand that there is a broad range of different jobs/careers that people have; that people often have more than one career/type of job during their life. L27 – I understand about stereotypes in the workplace and that a person’s career aspirations should not be limited by them.</p>
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P.S.H.E Progression Overview

	<p>makes something 'good value for money'.</p> <p>L20 – I can recognise that people make spending decisions based on priorities, needs and wants.</p> <p>L21 – I know there are different ways to keep track of money.</p> <p>L22 – I know about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe.</p>	<p>used both positively and negatively.</p> <p>L15 – I can recognise things appropriate to share and things that should not be shared on social media; rules surrounding the distribution of images.</p>	<p>jobs/careers that people have; that people often have more than one career/type of job during their life.</p> <p>L27 – I understand about stereotypes in the workplace and that a person's career aspirations should not be limited by them.</p> <p>L28 – I understand what might influence people's decisions about a job or a career (e.g. personal interests and values, family connections to</p>	<p>makes something 'good value for money'.</p> <p>L20 – I can recognise that people make spending decisions based on priorities, needs and wants.</p> <p>L21 – I know there are different ways to keep track of money.</p> <p>L22 – I know about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe.</p>	<p>share and things that should not be shared on social media; rules surrounding the distribution of images.</p>	<p>L28 – I understand what might influence people's decisions about a job or a career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)</p> <p>L29 – I understand that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do</p>
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*Doing all the good we can*  
P.S.H.E Progression Overview

	<p>L24 – I can identify the ways that money can impact on people’s feelings and emotions.</p>		<p>certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)          L29 – I understand that some jobs are paid more than others and money is one factor which may influence a person’s job or career choice; that people may choose to do voluntary work which is not paid.</p>	<p>L24 – I can identify the ways that money can impact on people’s feelings and emotions.</p>		<p>voluntary work which is not paid.          L30 – I can identify some of the skills that will help me in my future career e.g. teamwork, communication and negotiation.          L31 – I can identify the kind of job I would like to do when I am older.          L32 – I can recognise a variety of routes into careers (e.g. college, apprenticeship, university)</p>
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*Doing all the good we can*  
P.S.H.E Progression Overview

			<p>L30 – I can identify some of the skills that will help me in my future career e.g. teamwork, communication and negotiation.</p> <p>L31 – I can identify the kind of job I would like to do when I am older.</p> <p>L32 – I can recognise a variety of routes into careers (e.g. college, apprenticeship, university)</p>			
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P.S.H.E Progression Overview

Year 6	Autumn A Why is Richmond special?	Spring A Where does it come from and where does it go?	Summer A How do words make us feel?	Autumn B How do I care for my body and mind?	Spring B What legacy will I leave behind?	Summer B What makes a colourful world?
	H1 – I can make informed decisions about health. H2 – I understand about the elements of a balanced, healthy lifestyle. H3 – I know about the choices that support a healthy lifestyle, and recognise what	H49 – I understand there can be mixed messages in the media about drugs, including alcohol and smoking/vaping. R34- I can discuss and debate topical issues, respect other people’s point of view and constructively challenge	H24 – I have developed problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools. H30 – I can identify the external genitalia and internal reproductive organs	H1 – I can make informed decisions about health. H2 – I understand about the elements of a balanced, healthy lifestyle. H3 – I know about the choices that support a healthy lifestyle, and recognise what	H49 – I understand there can be mixed messages in the media about drugs, including alcohol and smoking/vaping. R34- I can discuss and debate topical issues, respect other people’s point of view and constructively challenge	H24 – I have developed problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools. H30 – I can identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.





*Doing all the good we can*

P.S.H.E Progression Overview

<p>might influence these. H4 – I can recognise that habits can have both positive and negative effects on a healthy lifestyle. H5 – I understand what good physical health means; how to recognise early signs of physical illness. H6 – I understands what constitutes a healthy diet; how to plan healthy meals; benefits to health and well being of eating nutritionally</p>	<p>nge those they disagree with. L11 – I can recognise ways in which the internet and social media can be used both positively and negatively. L12 – I know how to assess the reliability of sources of information on line; and how to make safe, reliable choices from the search results. L13 – I understand some of the ways information and data is shared and</p>	<p>in males and females and how the process of puberty relates to human reproduction. H33 –I understand the processes of reproductions and birth as part of human life cycles; how babies are conceived and born (and that there are ways to prevent babies from being made); how babies need to be cared for. (a basis understanding of contraception can be</p>	<p>might influence these. H4 – I can recognise that habits can have both positive and negative effects on a healthy lifestyle. H5 – I understand what good physical health means; how to recognise early signs of physical illness. H6 – I understands what constitutes a healthy diet; how to plan healthy meals; benefits to health and well being of eating nutritionally</p>	<p>nge those they disagree with. L11 – I can recognise ways in which the internet and social media can be used both positively and negatively. L12 – I know how to assess the reliability of sources of information on line; and how to make safe, reliable choices from the search results. L13 – I understand some of the ways information and data is shared and used</p>	<p>H33 –I understand the processes of reproductions and birth as part of human life cycles; how babies are conceived and born (and that there are ways to prevent babies from being made); how babies need to be cared for. (a basis understanding of contraception can be taught at primary school e.g. common forms of contraception like condoms and the pill) School to decide if this is cohort appropriate. H34 – I know where to get more information, help and advice about growing</p>
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P.S.H.E Progression Overview

	<p>rich foods; risks associated with not eating a healthy diet including obesity and tooth decay. H7 – I understand how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle.</p>	<p>used online, including for commercial purposes. L14 – I know how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information. L15 – I can recognise things appropriate to share and things that should not be shared on social media; rules</p>	<p>taught at primary school e.g. common forms of contraception like condoms and the pill) School to decide if this is cohort appropriate. H34 – I know where to get more information, help and advice about growing and changing, especially about puberty. H35 –I understand about the new opportunities and responsibilities that increasing</p>	<p>rich foods; risks associated with not eating a healthy diet including obesity and tooth decay. H7 – I understand how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle.</p>	<p>online, including for commercial purposes. L14 – I know how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information. L15 – I can recognise things appropriate to share and things that should not be shared on social media; rules surrounding</p>	<p>and changing, especially about puberty. H35 –I understand about the new opportunities and responsibilities that increasing independence may bring. H36 – I can employ strategies to manage transitions between classes and key stages. R2 –I understand that people may be attracted to someone emotionally, romantically and sexually; that people maybe attracted to someone of the same or different sex to them; that</p>
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*Doing all the good we can*

P.S.H.E Progression Overview

	<p>H8 – I understand how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of a lack of sleep on the body, feelings, behaviour and ability to learn. H11 – I know how to maintain a good oral hygiene (including correct brushing and flossing); why regular trips to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar</p>	<p>surrounding distribution of images. L16 – I understand how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identity misinformation. L23 – I understand the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their</p>	<p>independence may bring. H36 – I can employ strategies to manage transitions between classes and key stages. R2 – I understand that people may be attracted to someone emotionally, romantically and sexually; that people maybe attracted to someone of the same or different sex to them; that gender identity and sexual</p>	<p>H8 – I understand how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of a lack of sleep on the body, feelings, behaviour and ability to learn. H11 – I know how to maintain a good oral hygiene (including correct brushing and flossing); why regular trips to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar</p>	<p>distribution of images. L16 – I understand how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identity misinformation. L23 – I understand the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health,</p>	<p>gender identity and sexual orientation are different. R3 – I understand marriage and civil partnership are a legal declaration of commitment made by two adults who love and care for each other, which is intended to be life long. R4 – I know that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others. R5 – I know that people who love and care for each other can be in a committed relationship</p>
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P.S.H.E Progression Overview

	<p>consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effect of smoking)  H12 – I understand about the benefits of sun exposure and risks of over exposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.  H13 – I know about the benefits of the internet; the importance of balancing online</p>	<p>impact on health, wellbeing and future aspirations.</p>	<p>orientation are different.  R3 – I understand marriage and civil partnership are a legal declaration of commitment made by two adults who love and care for each other, which is intended to be life long.  R4 – I know that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for</p>	<p>consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effect of smoking)  H12 – I understand about the benefits of sun exposure and risks of over exposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.  H13 – I know about the benefits of the internet; the importance of balancing online</p>	<p>wellbeing and future aspirations.</p>	<p>(e.g. marriage), living together but also may love apart.  R6 – I understand that a feature of positive family life is caring relationships; about the different ways in which people care for one another.  R16 – I understand how friendships can change overtime, about making new friends and the benefits of having different types of friends.</p>
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*Doing all the good we can*  
P.S.H.E Progression Overview

<p>time with other activities; strategies for managing time online.  H14 – I know how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health.  H15 – I know that mental health, just like physical health, is part of daily life; the importance of taking care of mental health.</p>		<p>themselves or others.  R5 – I know that people who love and care for each other can be in a committed relationship (e.g. marriage), living together but also may love apart.  R6 – I understand that a feature of positive family life is caring relationships; about the different ways in which people care for one another.</p>	<p>time with other activities; strategies for managing time online.  H14 – I know how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health.  H15 – I know that mental health, just like physical health, is part of daily life; the importance of taking care of mental health.</p>		
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*Doing all the good we can*  
P.S.H.E Progression Overview

<p>H16 – I am aware about strategies and behaviours that support mental health- including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and well being.</p>		<p>R16 – I understand how friendships can change overtime, about making new friends and the benefits of having different types of friends.</p>	<p>H16 – I am aware about strategies and behaviours that support mental health- including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and well being.</p>		
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*Doing all the good we can*  
P.S.H.E Progression Overview

<p>H21 – I can recognise warning signs about mental health and well being and how to seek support for themselves and others.</p> <p>H22 – I can recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult.</p> <p>H40 – I understand about the importance of taking</p>			<p>H21 – I can recognise warning signs about mental health and well being and how to seek support for themselves and others.</p> <p>H22 – I can recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult.</p> <p>H40 – I understand about the importance of taking</p>		
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*Doing all the good we can*  
P.S.H.E Progression Overview

	<p>medicines correctly and using household products safely (e.g. following instructions carefully)          H46 –I am aware of the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-circarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break.</p>			<p>medicines correctly and using household products safely (e.g. following instructions carefully)          H46 –I am aware of the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-circarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break.</p>		
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*Doing all the good we can*  
P.S.H.E Progression Overview

	R10 – I understand about the importance of friendships, strategies for building positive friendships; how positives friendships support well being.			R10 – I understand about the importance of friendships, strategies for building positive friendships; how positives friendships support well being.		
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