

The Minster Junior School - Progression of skills in PSHE (Personal, Social, Health and Economic Education)

	Autumn: Relationships -Families and friendships -Safe relationships -Respecting ourselves and others	Spring: Living in the wider world -Belonging to a community -Media literacy and digital resilience -Money and work	Summer: Health and Wellbeing -Physical health and Mental wellbeing -Growing and changing -Keeping safe
Year 3	Recognise and respect what makes a family and the features of family life. Discuss what personal boundaries are; how to safely respond to others and the impact of hurtful behaviour. Understand how to show respectful behaviour; the importance of self-respect and how to show courtesy and be polite.	Understand the value of rules and laws; rights, freedoms and responsibilities. Identify and understand how the internet is used and how to assess information online. Identify different jobs and skills; discuss job stereotypes and how to set personal goals.	Discuss and understand health choices and habits; what affects feelings and how to express feelings. Identify personal strengths and achievements and how to manage and reframe setbacks. Understand the difference between risks and hazards; how to be safe in the local environment and unfamiliar places. Discuss how to move on successfully (Transition to Year 4).
Year 4	Identify and build positive friendships, including when online. Know how to respond to hurtful behaviour; manage confidentiality and recognise risks online. Respect differences and similarities; understand how to discuss difference sensitively.	Understand how to protect the environment; show compassion towards others. Recognise how data is shared and used online. Make decisions about money; how to use and keep money safe.	Identify how to maintain a balanced lifestyle; oral hygiene and dental care. Understand healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies. Explain the importance of medicines and household products; identify drugs common to everyday life and associated risks. Discuss and understand how to move on successfully (Transition to Year 5).
Year 5	Develop strategies to manage friendships and peer influence. Identify what physical contact is acceptable and unacceptable and how to feel safe. Respond respectfully to a wide range of people; recognise prejudice and discrimination.	Understand what makes a community; discuss shared responsibilities. Recognise how information online is targeted; understand different media types, their role and impact. Identify job interests and aspirations; discuss what influences career choices; workplace stereotypes.	Identify and understand physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty. Understand personal identity; recognise individuality and different qualities; understand and discuss mental wellbeing. Identify how to keep safe in different situations, including responding in emergencies, first aid. Understand and explain how to move on successfully (Transition to Year 6).
Year 6	Understand attraction to others; romantic relationships; civil partnership and marriage. Recognise and manage pressure; understand consent in different situations. Express opinions and respect other points of view, including discussing topical issues.	Value diversity; recognise and challenge discrimination and stereotypes. Evaluate media sources; sharing things online. Explain what influences their attitudes to money; discuss money and financial risks.	Recognise what affects mental health and ways to take care of it; discuss how to manage change, loss and bereavement; discuss and explain how to manage time online. Understand human reproduction and birth; discuss increasing independence. Recognise how to keep personal information safe; regulations and choices; understand drug use and the law; understand drug use and the media. Understand the term and impact of FGM. Understand and explain how to move on successfully (Transition to secondary school).

