



PSHE Progression Through School

PSHE Links to the EYFS Curriculum						
Nursery	PSED : Self Regulation - Starts to show responsibility for their own feelings and their own play. - Talks about their feelings using words like 'happy', 'sad'. - Understands when a child is hurt or upset, e.g., gives another child a toy when they are crying. PSED:- Managing Self - Able to manage a task seeing it through from beginning to end. Showing independence in their choices. - Is more outgoing towards unfamiliar people and more confident in new social situations. - Follows the rules within the setting most of the time, and is beginning to support their peers to make good choices. - Is independent in most self-care routines e.g. washing their hands, taking off a cardigan/jumper, using the toilet. PSED: Building Relationships - Joins in with others' play. - Plays in a group, extending and elaborating play ideas, e.g., building up role-play activity with other children. - Demonstrates friendly behaviour, initiating conversations and forming relationships with peers and other familiar adults. - Starts to listen to and respond to adults.					
Reception (ELG)	PSED – ELG: Self Regulation - Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. PSED- ELG: Managing Self - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. - Explain the reasons for rules, know right from wrong and try to behave accordingly. - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. PSED – ELG: Building Relationships - Work and play cooperatively and take turns with others. - Form positive attachments to adults and friendships with peers. - Show sensitivity to their own and to others' needs.					
Jigsaw Topic Area	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing me
Nursery	- Understand how it feels to belong and that we are similar and different - Understand how feeling happy and sad can be expressed - Know how to work together and consider other people's feelings	- Know how it feels to be proud of something they are good at. - Understand one way they are special and unique. - Know that all families are different. - Know there are lots of different homes.	- Understand what a challenge means - Know how to keep trying until they can do something - Know how to set a goal and work towards it	- Know the names for some parts of their body and are starting to understand that they need to be active to be healthy - Understand some of the things they need to do to be healthy	- Know about and can discuss their families - Understand how to make friends if they feel lonely - Know some of the things they	- Know the names for parts of their bodies and show respect for themselves - Know some things they can do and some



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	• Know to use “kind” hands and understand that it is good to be kind to people • Starting to understand children’s rights and this means we should all be allowed to learn and play • Knowing what being responsible means	• Know how they could make new friends. • Know how to use their words to stand up for themselves.	• Know some kind words which can encourage people • Start to know about the jobs they might like to do when they are older • Know they can feel proud when they achieve a goal	• Know what the word ‘healthy’ means and that some foods are healthier than others • Know how to help themselves go to sleep and that sleep is good for them • Understand how to wash their hands and know it is important to do this before they eat and after they go to the toilet • Know who their safe adults are and how to stay safe if they are not close by them	like about their friends • Know what to say and do if somebody is mean to them • Understand how to use Calm Me time to manage their feelings • Know how to work together and enjoy being with their friends	food they can eat to be healthy • Understand that we all start as babies and grow into children and then adults • Know that they grow and change • Understand how to talk about how they feel about moving to School from Nursery • Know how to discuss some fun things about Nursery this year
Reception	• Understand how it feels to belong and that we are similar and different • Starting to recognise and manage feelings • To understand that working with others can make school a good place to be • Understand why it is good to be kind and use “kind” hands • Understand children’s rights and this means we should all be allowed to learn and play • Understand what being responsible means	• Know something they are good at and understand everyone is good at different things • Understand that being different makes us all special • Know we are all different but the same in some ways • Know why their home is special to them • Understand how to be a kind friend • Know which words to use to stand up for themselves when someone says or does something unkind	• Understand how to persevere to tackle challenges • Know how to explain not giving up to achieve a goal • Know how set a goal and work towards it • Know how to use kind words to encourage people • Understand the link between learning now and the jobs when they are older • Know how to explain feelings when achieving a goal and know what it means to feel proud	• Understand that they need to exercise to keep their bodies healthy • Understand how moving and resting are good for their bodies • Know which foods are healthy and not so healthy and can make healthy eating choices • Know how to help themselves go to sleep and understand why sleep is good for them • Know how to wash their hands thoroughly and understand why this is important especially before they eat and after they go to the toilet	• Know some of the jobs they do in their families and how they feel like they belong • know how to make friends to stop themselves from feeling lonely • Know ways to solve problems and stay friends • Starting to understand the impact of unkind words • Understand how to use Calm Me time to manage their feelings	• Know they names for parts of the body • Know some things they can do and foods they can eat to be healthy • Understand that we all grow from babies to adults • Know how to express how they feel about moving to Year 1 • Understand they can talk about their worries and/or the things they are looking



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				• Know who their safe adults are and how to stay safe if they are not close by me	• Know how to be a good friend	forward to about being in Year 1 • Know how to share their memories of the best bits of this year in Reception
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Year 1	• Understand their own rights and responsibilities with their classroom • Understand that their choices have consequences • Understand that their views are important • Understand the rights and responsibilities of a member of a class	• Know what bullying means • Know who to tell if they or someone else is being bullied or is feeling unhappy • Know that people are unique and that it is OK to be different • Know skills to make friendships • Know that people have differences and similarities	• Know how to set simple goals • Know how to achieve a goal • Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them • Know when a goal has been achieved • Know how to work well with a partner • Know that tackling a challenge can stretch their learning	• Know the difference between being healthy and unhealthy • Know some ways to keep healthy • Know how to make healthy lifestyle choices • Know that all household products, including medicines, can be harmful if not used properly • Know that medicines can help them if they feel poorly • Know how to keep safe when crossing the road • Know how to keep themselves clean and healthy • Know that germs cause disease/illness • Know about people who can keep them safe	• Know that everyone's family is different • Know that families are founded on belonging, love and care • Know that physical contact can be used as a greeting • Know how to make a friend • Know who to ask for help in the school community • Know that there are lots of different types of families • Know the characteristics of healthy and safe friends • Know about the different people in the school community and how they help	• Know the names of male and female private body parts • Know that there are correct names for private body parts and nicknames, and when to use them • Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these • Know who to ask for help if they are worried or frightened • Know that animals including humans have a life cycle • Know that changes happen when we grow up • Know that people grow up at different rates and that is normal • Know that learning brings about change
Year 2	• Understand the rights and responsibilities of class members	• Know the difference between a one-off incident and bullying	• Know how to choose a realistic goal and think about how to achieve it	• Know what their body needs to stay healthy • Know what relaxed means	• Know that there are lots of forms of physical contact within a family • Know how to stay stop if someone is hurting them	• Know the physical differences between male and female bodies • Know that private body parts are special and



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	• Know about rewards and consequences and that these stem from choices • Know that it is important to listen to other people • Understand that their own views are valuable • Know that positive choices impact positively on self-learning and the learning of others • Identify hopes and fears for the year ahead	• Know that sometimes people get bullied because of difference • Know that friends can be different and still be friends • Know there are stereotypes about boys and girls • Know where to get help if being bullied • Know that it is OK not to conform to gender stereotypes • Know it is good to be yourself • Know the difference between right and wrong and the role that choice has to play in this	• Know that it is important to persevere • Know how to recognise what working together well looks like • Know what good group-working looks like • Know how to share success with other people	• Know why healthy snacks are good for their bodies • Know which foods given their bodies energy • Know that it is important to use medicines safely • Know what makes them feel relaxed/stressed • Know how medicines work in their bodies • Know how to make some healthy snacks	• Know there are good secrets and worry secrets and why it is important to share worry secrets • Know what trust is • Know that everyone's family is different • Know that families function well when there is trust, respect, care, love and co-operation • Know some reasons why friends have conflicts • Know that friendships have ups and downs and sometimes change with time • Know how to use the Mending Friendships or Solve it together problem-solving methods	that no one has the right to hurt these • Know who to ask for help if they are worried or frightened • Know there are different types of touch and that some are acceptable and some are unacceptable • Know the correct names for private body parts • Know that life cycles exist in nature • Know that aging is a natural process including old age • Know that some changes are out of an individual's control • Know how their bodies have changed from when they were a baby and that they will continue to change as they age
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