**Blakehill Primary School**

**PHSE Overview (Progression of Skills)**

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| **Year** | **Autumn** | **Spring** | **Summer** |
| **Rec** | Speak confidently Make simple choices, share own ideas and listen to the ideas of others. | | |
| **Year 1** | **Myself**  Likes and dislikes  What I like about me/you  **Friendship**  Family and friends  Feelings  Play cooperatively  share | **Safety**  Identify ways to keep safe  People who keep me safe  Strategies to keep strangers away  **Health**  Simple choices about things that keep me healthy  Activities to keep me healthy | **Drugs**  Identify a range of harmful substances at home  Safe storage of substances  Knows how and where to get help  **Citizenship**  Good and bad within family/ school  Right and wrong  Contribute to school life Positive negative rules |
| **Year 2** | **Myself**  My opinions  Differences between boys and girls  Explain growing old  **Bullying**  Bullying is wrong  Ways to deal with bullying  effect of behaviour on others  Being respectful | **Drugs**  Harmful aspects of some medicines  Keeping medicines safe  Know that medicines can cure illnesses  People involved with medicines  **Safety**  Follow simple instructions to keep me safe  People who keep me safe  safe behaviours | **Citizenship**  Identify community to which they belong  Know how to look after other people/living things  Awareness of money  **Health**  Simple choices about health  Know that exercise keeps you healthy  Keeping clean |
| **Year 3** | **Myself**  Recognise what they like and dislike  Self-esteem, Confidence, Initiative  Accepting others  **Safety**  Safe and unsafe places  Saying no  Help and support | **Health**  Caring for me  Sleep, rest, exercise, food, water, hygiene  Physical and mental wellbeing  **Friendship**  Characteristics of a good friend  Making friends  Coping with disagreements  Equality | **Citizenship**  Reflect on other’s experiences  Fairness  Responsibility and consideration for others Community  **Health**  Drugs  Understand the meaning drug  Show awareness of harmful misuse of drugs  Effects and risks of drugs |
| **Year 4** | **Myself/ Goals**  Setting personal goals  Positive things about me  Facing new challenges  Communicate feelings  **Citizenship**  Different opinions  Anti-social behaviour  Resolving conflict | **Health**  Healthy choices  Understand feeling unwell  Germ transmission  Protection from germs  Simple routines for keeping clean  **Relationships**  Appropriate relationships  Equality Respect, honesty  Avoiding conflict Community support | **Drugs**  Tobacco, Alcohol  Awareness of when drugs can be helpful;  Different types of medicines  Effects and risks of drugs  **Safety – Road Safety**  Sensible use of road  Ride bicycle sensibly  Unsafe places  Managing risks |
| **Year 5** | **Health, play and exercise**  Making informed healthy choices  Factors affecting emotional wellbeing  Resolving differences  **Drugs**  Name common drugs  Effects of drugs  Personal responsibility  Seeking help | **Citizenship/democracy and rules**  Discuss/ debate controversial topic  Understand why rules are made  Feedback on school policy/procedure  Key roles I parliament  **Relationships**  Identify different types of relationship  Maintaining healthy relationships  How babies begin  Respect of differences | **Developing skills – looking after money**  Listen and express views confidently  Respond positively to others  Discuss a range of jobs and skills needed  Develop own abilities  Saving money  Long term benefits of saving money  **Safety**  Managing risks Basic safety  Emergency services |
| **Year 6** | **Puberty and Change**  Self-worth  Listen and explain views confidently  Physical and emotional changes  Dealing with change positively  New challenges  **Bullying**  Consequences of actions  Nature of bullying Responding to bullying Tolerance and respect | **Citizenship/community**  Media  Informed decisions  How a community works/ not work  Conflict in the community  Work of voluntary organisations  Rights and responsibilities  **Safety**  Emergency help  Reducing risks  IMPS  Feedback on contribution of others | **Drugs**  Risky behaviours may cause harm  Effects of some substances  List common drugs – legal/illegal  Peer pressure  Asking for support  **Challenges- Transition**  Facing new challenges  Responsible choices  Emotional and mental wellbeing  Resisting Peer pressure |