**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 dislikesWhat I like about me/you**Friendship**Family and friendsFeelingsPlay cooperativelyshare | **Safety**Identify ways to keep safePeople who keep me safeStrategies to keep strangers away**Health**Simple choices about things that keep me healthyActivities to keep me healthy | **Drugs**Identify a range of harmful substances at homeSafe storage of substancesKnows how and where to get help**Citizenship**Good and bad within family/ schoolRight and wrongContribute to school life Positive negative rules |
| **Year 2** | **Myself**My opinionsDifferences between boys and girlsExplain growing old**Bullying**Bullying is wrongWays to deal with bullyingeffect of behaviour on othersBeing respectful | **Drugs**Harmful aspects of some medicinesKeeping medicines safeKnow that medicines can cure illnessesPeople involved with medicines**Safety**Follow simple instructions to keep me safePeople who keep me safesafe behaviours | **Citizenship**Identify community to which they belongKnow how to look after other people/living thingsAwareness of money**Health**Simple choices about healthKnow that exercise keeps you healthyKeeping clean |
| **Year 3** | **Myself**Recognise what they like and dislikeSelf-esteem, Confidence, InitiativeAccepting others **Safety**Safe and unsafe placesSaying noHelp and support  | **Health**Caring for meSleep, rest, exercise, food, water, hygienePhysical and mental wellbeing**Friendship**Characteristics of a good friendMaking friendsCoping with disagreementsEquality  | **Citizenship**Reflect on other’s experiencesFairnessResponsibility and consideration for others Community**Health**DrugsUnderstand the meaning drugShow awareness of harmful misuse of drugsEffects and risks of drugs  |
| **Year 4** | **Myself/ Goals**Setting personal goalsPositive things about meFacing new challengesCommunicate feelings**Citizenship**Different opinionsAnti-social behaviourResolving conflict | **Health**Healthy choicesUnderstand feeling unwellGerm transmissionProtection from germsSimple routines for keeping clean**Relationships**Appropriate relationshipsEquality Respect, honestyAvoiding conflict Community support | **Drugs**Tobacco, AlcoholAwareness of when drugs can be helpful;Different types of medicinesEffects and risks of drugs**Safety – Road Safety**Sensible use of roadRide bicycle sensiblyUnsafe placesManaging risks |
| **Year 5** | **Health, play and exercise**Making informed healthy choicesFactors affecting emotional wellbeingResolving differences**Drugs**Name common drugsEffects of drugsPersonal responsibilitySeeking help | **Citizenship/democracy and rules**Discuss/ debate controversial topicUnderstand why rules are madeFeedback on school policy/procedureKey roles I parliament**Relationships**Identify different types of relationshipMaintaining healthy relationshipsHow babies begin Respect of differences  | **Developing skills – looking after money**Listen and express views confidentlyRespond positively to othersDiscuss a range of jobs and skills neededDevelop own abilitiesSaving moneyLong term benefits of saving money**Safety**Managing risks Basic safety Emergency services |
| **Year 6** | **Puberty and Change**Self-worthListen and explain views confidentlyPhysical and emotional changesDealing with change positivelyNew challenges**Bullying**Consequences of actionsNature of bullying Responding to bullying Tolerance and respect | **Citizenship/community**MediaInformed decisionsHow a community works/ not workConflict in the communityWork of voluntary organisationsRights and responsibilities**Safety**Emergency helpReducing risks IMPSFeedback on contribution of others | **Drugs**Risky behaviours may cause harmEffects of some substancesList common drugs – legal/illegalPeer pressureAsking for support**Challenges- Transition**Facing new challengesResponsible choicesEmotional and mental wellbeingResisting Peer pressure |