

Mandeville Primary School

PSHE Progression Map (Nursery–Year 6)



Curriculum Intent

Our intent is that our PSHE curriculum equips pupils to live healthy, safe, productive, responsible, balanced and fulfilling lives. Children are provided with opportunities to reflect on and clarify their own values and attitudes and explore the complex and sometimes conflicting range of values and attitudes they encounter. The curriculum encourages them to be enterprising and supports them in making effective transitions and positive choices. PSHE contributes to personal development by helping pupils to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively with appropriate vocabulary in a variety of settings. Developing an understanding of themselves, empathy and the ability to work with others will help pupils to form and maintain good relationships, develop the essential skills for the future and better enjoy and manage their lives.

Key Concepts and Threads

PSHE Thread	How understanding develops across the curriculum
Health and Wellbeing	Pupils develop the knowledge, skills and strategies to maintain their physical, mental and emotional wellbeing through healthy choices, resilience and self-awareness.
Relationships	Pupils develop positive, respectful relationships, learning to communicate effectively, show empathy and understand healthy friendships and family relationships.
Living in the Wider World	Pupils develop understanding of their responsibilities within school, their community and wider society, including diversity, citizenship, economic wellbeing and preparing for the future.
Personal Safety	Pupils learn to recognise, assess and manage risk, including online safety, knowing when and how to seek help from trusted adults.
Identity and Belonging	Pupils develop confidence, resilience and self-esteem whilst recognising and respecting similarities and differences between themselves and others.
Economic Wellbeing	Pupils develop an understanding of money, enterprise, aspirations and making informed decisions for the future.

Substantive Knowledge Progression

Phase	Relationships	Valuing Differences	Keeping Myself Safe	Rights & Respect	Being My Best	Growing & Changing
Nursery	Recognise special people,	Recognise similarities	Identify trusted	Begin to care for others, their	Develop healthy habits,	Recognise that people,

	express feelings and develop positive relationships.	and differences between themselves and others.	adults and understand simple ways to stay safe.	environment and understand simple responsibilities .	resilience and confidence through play and exploration.	animals and plants grow and change over time.
Reception	Build positive relationships, recognise emotions and understand how to seek help.	Celebrate differences, show kindness and respect towards others.	Understand how to stay safe at home, school and in the community.	Understand how their actions affect others and begin to contribute positively to their community.	Develop resilience, healthy routines and emotional wellbeing.	Describe how people grow and change and understand basic personal hygiene.
Year 1	Build positive friendships and understand kind and respectful behaviour.	Recognise and celebrate differences between individuals and families.	Understand basic safety, hygiene and how to seek help when needed.	Recognise responsibilities within the classroom and school community.	Develop healthy lifestyles, recognise emotions and build confidence.	Understand that people grow and change throughout life.
Year 2	Develop positive friendships, resolve disagreements respectfully and recognise bullying behaviours.	Appreciate diversity and respect different viewpoints.	Understand online safety, personal safety and responding to emergencies .	Develop responsibility for the environment, money and caring for others.	Build resilience, healthy habits and emotional wellbeing.	Understand stages of growth and recognise changes over time.
Year 3	Develop respectful relationships and communicate effectively.	Recognise stereotypes and value diversity within society.	Identify and manage risks in different situations, including online.	Understand rights and responsibilities within school and the wider community.	Develop positive mental wellbeing and healthy lifestyle choices.	Understand physical and emotional changes during growth.
Year 4	Demonstrate empathy, respect boundaries and maintain healthy relationships.	Recognise prejudice and appreciate diversity and inclusion.	Assess risks and make informed decisions to keep themselves safe.	Understand democracy, fairness and contributing positively to society.	Develop confidence, resilience and emotional regulation.	Understand physical and emotional changes associated with puberty.
Year 5	Manage peer influence and develop respectful communication .	Challenge stereotypes and celebrate equality and diversity.	Recognise increasing responsibility for personal safety and online behaviour.	Develop understanding of economic wellbeing and responsible decision making.	Demonstrate independence , resilience and healthy choices.	Understand puberty, relationships and personal wellbeing.
Year 6	Demonstrate healthy, respectful relationships	Challenge discrimination and value	Assess and manage risk confidently, knowing	Understand active citizenship, financial	Demonstrate resilience, emotional maturity and	Understand human reproduction , puberty

	and prepare for transition to secondary school.	diversity and equality.	when and how to seek support.	responsibility and contributing positively to society.	informed decision making.	and preparing confidently for the future.
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Disciplinary Knowledge Progression

Phase	Self-awareness & Reflection	Communication & Relationships	Decision Making & Managing Risk	Participation & Responsible Citizenship
Nursery	Recognise and express feelings.	Share, take turns and build positive relationships.	Recognise simple rules and identify trusted adults.	Care for others and their environment.
Reception	Recognise emotions and begin to regulate behaviour.	Build friendships and communicate respectfully.	Make healthy and safe choices with support.	Contribute positively to class routines.
Year 1	Reflect on feelings and recognise personal strengths.	Develop positive friendships and respectful communication.	Make simple informed choices about health and safety.	Show responsibility within school.
Year 2	Develop confidence and resilience.	Demonstrate empathy and resolve disagreements appropriately.	Make informed choices about health, wellbeing and online safety.	Recognise how actions affect others.
Year 3	Reflect on experiences and manage emotions positively.	Communicate confidently and collaborate effectively.	Assess simple risks and justify decisions.	Demonstrate respect for diversity and fairness.
Year 4	Show resilience and emotional regulation.	Build healthy relationships and resolve conflict constructively.	Evaluate risks and make responsible decisions.	Understand rights and responsibilities within society.
Year 5	Develop independence and confidence.	Manage relationships positively and communicate respectfully.	Analyse consequences and make informed decisions.	Participate positively within school and the wider community.
Year 6	Reflect critically on personal strengths and aspirations.	Demonstrate leadership, empathy and healthy relationships.	Evaluate complex situations and manage risks confidently.	Demonstrate active citizenship and prepare for life beyond primary school.

Personal Development Progression

Phase	Progression
Nursery	Develop confidence, independence and positive relationships whilst learning simple healthy and safe behaviours.

Reception	Build resilience, manage emotions and contribute positively to their classroom community.
Year 1	Develop friendships, healthy habits and increasing responsibility for their own behaviour.
Year 2	Show empathy, resilience and confidence whilst making informed choices.
Year 3	Build respectful relationships, express opinions confidently and understand personal responsibility.
Year 4	Demonstrate increasing independence, resilience and respect for diversity.
Year 5	Apply resilience, leadership and responsible decision making in a range of situations.
Year 6	Demonstrate confidence, emotional maturity and independence, preparing successfully for transition to secondary school and life beyond primary education.