



Bathampton Primary School
Together on a learning adventure

PSHE - Subject Skills/Objectives Progression

Bathampton Primary School

Subject Progression KS1+2

PSHE





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Year Group	Topic	Objectives
1	Health and Well Being	<ul style="list-style-type: none"> • To learn to make simple choices that improve their health and well-being e.g. healthy eating • To understand the need for protein as part of a balanced diet • To recognise which types of food are healthy • To make positive real-life choices • To understand the need for physical activity to keep healthy • To recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health • To learn about the importance of effective teeth cleaning and good dental hygiene • To manage basic personal hygiene • To learn the names for different parts of the body
	Relationships	<ul style="list-style-type: none"> • To recognise and communicate feelings to others • To listen to, reflect on and respect other people's views and feelings • To understand the importance of being able to work cooperatively • To take part in a simple debate about topical issues • To share opinions and explain their views • To understand that name-calling is hurtful and avoidable • To recognise the difference between good and bad choices To understand who can help if someone is affected by bullying • To recognise that there are people who care for and look after them • To recognise what is kind and unkind behaviour • To understand that family and friends should care for each other • To understand what is and what is not bullying behaviour
	Living in the Wider World	<ul style="list-style-type: none"> • To understand the reason why we have rules • To learn about rules as expectations • To understand to agree and follow rules for their group and classroom • To understand the why we have rules / expectations • To learn about how they can contribute to the life of the class • To suggest rules that would improve things for the common good • To understand why it is important to be able to take turns • To agree and follow rules for a collaborative game • To take turns and share as appropriate To understand the concept of 'borrowing • To show responsibility to others To understanding the importance of sharing • To know that everyone has a responsibility to consider the needs of others To understand that people and other living things have needs and that they have responsibilities to meet them



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2	Health and Well Being	<ul style="list-style-type: none"> To recognise similarities and differences based on gender To recognise and respect similarities and differences between people To learn to take responsibility for their own actions To recognise how their behaviour and that of others may influence people both positively and negatively To understand and be aware of the different ways to show sadness To understand about coping with change and loss To learn rules for, and ways of, keeping safe, including basic road safety and about people who can help them to stay safe To know how to keep safe and how and where to get help
	Relationships	<ul style="list-style-type: none"> To understand what is and what is not bullying behaviour To understand the difference between impulsive and considered behaviour To recognise the difference between good and bad choices To understand who can help if someone is affected by bullying To recognise that there are people who care for and look after them To consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying To seek help from an appropriate adult when necessary To understand the importance of making friends To identify and respect the differences and similarities between people To develop positive relationships through work and play To identify their special people and what makes them special To identify different relationships that they have and why these are important
	Living in the Wider World	<ul style="list-style-type: none"> To learn about responsibility to others To consider ways of looking after the school or community and how to care for the local environment To understand that they belong to various groups and communities To work independently and in groups, taking on different roles and collaborating towards common goals To understand the role of the local community To suggest rules that would improve things for the common good To understand the role of money in our society To identify the different types of work people do and learn about different places of work To recognise where money comes from and the choices people make to spend money on things they want and need To understand the importance of managing money carefully To understand that we cannot always afford the items we want to buy To gain a basic understanding of enterprise To contribute to enterprise activities



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3	Health and Well Being	<ul style="list-style-type: none"> To know and understand the difference between the terms physical, emotional and mental To become more self-aware To understand why setting goals is important To understand the meaning of the word 'healthy' To know the recommended guidelines for physical activity and understand the reasons for these To recognise the need to take responsibility for actions To explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle To know about and understand the function of different food groups for a balanced diet To know where different foods come from To identify the range of jobs carried out by the people they know To reflect on the range of skills needed in different jobs To learn to prepare and cook a variety of dishes To work co-operatively, showing fairness and consideration to others
	Relationships	<ul style="list-style-type: none"> To recognise that there are many ways to communicate To understand the need to communicate clearly To understand why it is important to listen to others To talk about their views on issues that affect themselves and their class To know how to communicate their opinions in a group To listen to and show consideration for other people's views To work co-operatively, showing fairness and consideration to others To understand why it is important to work collaboratively To take the lead, prioritise actions and work independently and collaboratively towards goals To know how to identify ways to improve the environment To know how to spot problems and find ways of dealing with them To know how to recognise the difference between isolated hostile incidents and bullying To recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying To understand and appreciate the range of different cultures and religions represented within school To understand what self-esteem is and why it is important
	Living in the Wider World	<ul style="list-style-type: none"> To understand why rules are needed in different situations To recognise that rules may need to be changed To understand why it is important to plan ahead and think of potential consequences as a result of their actions To understand why it is important to behave responsibly To recognise that actions have consequences To know how to communicate their opinions in a group To listen to and show consideration for other people's views To work co-operatively, showing fairness and consideration to others



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4	Health and Well Being	<ul style="list-style-type: none"> To self-assess, understanding how this will help their future actions To identify and talk about their own and others' strengths and weaknesses To reflect on the range of skills needed in different jobs To listen to and show consideration for other people's views To empathise with another viewpoint To listen to, reflect on and respect other people's views and feelings To develop strategies for managing and controlling strong feelings and emotions To understand that family units can be different and can sometimes change To use ICT safely including using software features and settings To use strategies to stay safe when using ICT and the internet To understand that the rate at which we grow differs from person to person To show awareness of changes that take place as they grow To know and understand how to look after our teeth To understand what happens when we lose teeth as we grow up and why this happens To recognise the importance of local organisations To take responsibility for their own safety and the safety of others and be able to seek help in an emergency
	Relationships	<ul style="list-style-type: none"> To understand the terms 'resilience' and 'persistence' and why these character traits are important To face new challenges positively and know when to seek help To know how to recognise bullying behaviour To recognise right and wrong, what is fair and unfair and explain why To understand the nature and consequences of negative behaviours such as bullying, aggressiveness To understand how we are all connected by our similarities To recognise and respect similarities and differences between people To know and understand how the make-up of family units can differ To empathise with another viewpoint To understand and appreciate the range of different cultures and religions represented within school To learn about the need for tolerance for those of different faiths and beliefs To understand the term 'diversity' and appreciate diversity within school To recognise and challenge stereotyping and discrimination To know and understand the features of a good friend To understand why it is important to be positive in relationships with others To work co-operatively, showing fairness and consideration to others To understand why it is important to be positive in relationships with others
	Living in the Wider World	<ul style="list-style-type: none"> To understand why it is important to work collaboratively To take the lead, prioritise actions and work independently and collaboratively towards goals To know how to identify ways to improve the environment To know how to spot problems and find ways of dealing with them To know and understand the terms 'discrimination' and 'stereotype' Challenge stereotypes relating to gender and work To learn about and reflect on their own spending habits / choices To understand why financial management and planning is important from a young age



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5	Health and Well Being	<ul style="list-style-type: none"> To know about the basic synergy between physical, emotional and mental health To understand the importance of making change in adopting a more healthy lifestyle To know about the different food groups and their related importance as part of a balanced diet To develop an awareness of their own dietary needs To work independently and in groups, taking on different roles and collaborating towards common goals To take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle To identify and talk about their own and others' strengths and weaknesses and how to improve To self-assess, understanding how this will help their future actions To identify the skills they need to develop to make their contribution in the working world in the future To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures To manage changing emotions and recognise how they can impact on relationships To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends
	Relationships	<ul style="list-style-type: none"> To recognise that there are many different ways to communicate To know and understand the importance of listening to others Understand that there are many situations in which collaboration is necessary To recognise that there are many roles within a community To understand the need to collaborate in a group situation To learn about gender discrimination and its impact To learn about the importance of family in different cultures To challenge stereotyping and discrimination
	Living in the Wider World	<ul style="list-style-type: none"> To understand why structure is needed in different situations To understand the term 'anarchy' and understand the implications of living in an anarchic society To learn about organisations such as the United Nations To understand the benefits of living in a diverse community and learn to celebrate diversity To learn about budgeting and what it means to budget To show initiative and take responsibility for activities that develop enterprise capability To know and understand the principles of enterprise To understand profit and loss To know and understand the principles of charity work



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6	Health and Well Being	<ul style="list-style-type: none"> To know about, recognise and understand changes that occur during puberty To understand the importance of making change in adopting a more healthy lifestyle To know how to cook and apply the principles of nutrition and healthy eating To prepare and cook with a variety of ingredients, using a range of cooking techniques To be able to reflect on past achievements To recognise achievements of others as being worthwhile and important To make connections between their learning, the world of work and their future economic wellbeing To know about and understand the cyclic nature of life and how death is an inevitable part of this cycle To understand the need for empathy when peers are experiencing conflict at home To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs (Do these individually)
	Relationships	<ul style="list-style-type: none"> To understand the need for confidentiality in certain situations To understand the role of the listener in any relationship To understand the need to develop team work skills To recognise that there are many roles within a community To understand the need to collaborate in a group situation To learn about racial discrimination and its impact on societies, past and present To challenge stereotyping and discrimination To know about and understand the importance of touch in a range of contexts To know the difference between appropriate and inappropriate touches To know that relationships can change as a result of growing up
	Living in the Wider World	<ul style="list-style-type: none"> To know and understand the meaning of the following:- democracy, sovereignty, dictatorship, government, monarchy To understand the importance and significance of equal rights To talk with a wide range of adults To understand why financial management and planning is important from a young age To know and understand financial terms such as loan, interest, tax and discount To make connections between their learning, the world of work and their future economic wellbeing To show initiative and take responsibility for activities that develop enterprise capability To know and understand the principles of enterprise To understand profit and loss To know and understand the principles of charity work