

PSHE & RSE Progression Table
Holmesdale Infant School



Drug Education – including how to manage risk and peer influences.

	Pupils will learn...	Vocabulary
Early Years Foundation Stage	Self- Regulation (Personal, Social and Emotional Development)	Safe Medicine Trusted Adults Healthy Unhealthy Illness Exercise Sleep Danger
	<ul style="list-style-type: none"> Increasingly follow rules, understanding why they are important (3-4yrs). 	
	Managing Self (Personal, Social and Emotional Development)	
	<ul style="list-style-type: none"> Explain the reasons for rules, know right from wrong and try to behave accordingly (ELG). 	
	Gross Motor Skills (Physical Development)	
KS1 (Cycle 1)	<ul style="list-style-type: none"> Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity- healthy eating- toothbrushing- sensible amounts of 'screen time'- having a good sleep routine- being a safe pedestrian. 	
	Knowledge	Illness Medicine Vaccination Germs Prevent Drugs Harm Danger Age restriction Safe Healthy Unhealthy Exercise Body
	<ul style="list-style-type: none"> Explore the role of medicines (use when we are ill/ prevent illness/ manage a condition). Understand that household products, including medicines, can be harmful if not used properly. 	
	Managing Risk	
<ul style="list-style-type: none"> Explore that medicines come in different forms and are used in different ways. Understand that things that people put into their body or on their skin can affect how they feel. Talk about some simple rules for staying safe around medicines and other household substances/products. 		

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	<ul style="list-style-type: none">• Identify people that they can go to if they are ill, worried or to help them/others to stay healthy.	Sleep
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Growing up – including the Sex Education element.

	Pupils will learn...	Vocabulary
Early Years Foundation Stage	People, Culture and Communities (Understanding the World)	Different Similar Baby Child Toddler Teenager Adult Elderly Hobbies Talents Occupations/ Jobs
	<ul style="list-style-type: none"> • Continue to develop positive attitude about the differences between people (3 – 4yrs). • Show interest in different occupations (3 – 4yrs). 	
	The Natural World (Understanding the World)	
	<ul style="list-style-type: none"> • Begin to understand the need to respect and care for the natural environment and all living things (3 – 4yrs). • Talk about what they see, using a wide vocabulary (3 – 4yrs). 	
	Self – Regulation (Personal, Social and Emotional Development)	
	<ul style="list-style-type: none"> • Begin to understand how others might be feeling (3 – 4yrs). 	
	Managing Self (Personal, Social and Emotional Development)	
	<ul style="list-style-type: none"> • Express their feelings and consider the feelings of others (4 – 5yrs). 	
KS1 (Cycle 1)	Growing and Changing	Growing Changing Young Old Baby Toddler Child Teenager Adult Elderly Occupations Male
	<ul style="list-style-type: none"> • Name the main parts of the body including vagina and penis. • Recognising the difference between male and female body parts. • Understand the human life cycle and that people grow from young to old. • Describe ways that people’s needs and bodies change as they grow. • Talk about some ways to keep clean. • Understand that babies grow in the mothers’ body and have particular needs • when they are born. • Recognise what makes them special and unique. 	

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Privacy, Boundaries and Consent	
	<ul style="list-style-type: none"> • Understand that some parts of the body are private. • Identify different types of touch and how they make people feel. • Understand the difference between happy surprises and secrets that make them feel uncomfortable or worried and how to get help.
	Female Vagina Penis Respect Private Privacy Trusted Adult Body Parts Safety Similarities Differences

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Changes – including loss.

	Pupils will learn...	Vocabulary
Early Years Foundation Stage	The Natural World (Understanding the World)	Change Loss Overtime Before/past Future Different Feelings Life cycles Routines Feelings Old Young
	<ul style="list-style-type: none"> • Talk about what they see, using a wide vocabulary (3 – 4yrs). • Explore how things work (3 – 4yrs). • Understand the key features of the life cycle of a plant (3 – 4yrs). • Begin to understand the need to respect and care for the natural environment and all living things (3 – 4yrs). • Explore the natural world around them (4 – 5yrs). • Explore the natural world around them, making observations and drawing pictures of animals and plants (Early Learning Goal). • Understand some important processes and changes in the natural world around them, including the seasons and changing states of matter (ELG). 	
	Managing Self (Personal, Social and Emotional Development)	
	<ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge (ELG). 	
KS1 (Cycle 1)	About Loss and Change	Change Loss Life Cycles Overtime Past Present Future Different Same/Similar Feelings
	<ul style="list-style-type: none"> • Identify examples of loss and change. • Begin to recognise that loss and change can affect the way we think, feel and behave. • Understand that changes can produce big feelings. 	
	Managing Loss and Change	
	<ul style="list-style-type: none"> • Identify feelings associated with loss and change. • Recognise some simple ways to prepare for change/transition. • Identifying different things that may help to manage big feelings. 	

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	<ul style="list-style-type: none">• Talk about some ways to help others when they are affected by change.• Know that it is important to talk to someone if you are worried.• Identify people who can help us if we feel worried/unhappy.	Emotions Behaviour Old Young Manage Adapt Positive Attitude Negative Attitude
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Being Me – including identity and community.

	Pupils will learn...	Vocabulary
Early Years Foundation Stage	Self-Regulation (Personal, Social and Emotional Development)	Unique Special Different/ Differences Similar/ Similarities Respect Family Friends Likes Dislikes Interests
	<ul style="list-style-type: none"> • Talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’ (3 – 4yrs). • Show resilience and perseverance in the face of challenge (4 – 5yrs). • Identify and moderate their own feelings socially and emotionally (4 – 5yrs). • Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly (ELG). • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate (ELG). 	
	Managing Self (Personal, Social and Emotional Development)	
	<ul style="list-style-type: none"> • Develop their sense of responsibility and membership of a community (3 – 4yrs). • See themselves as a valuable individual (4 – 5yrs). • Express their feelings and consider the feelings of others (4 – 5yrs). • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge (ELG). 	
KS1 (Cycle 1)	Being Unique and Special	Unique Special Different/ Differences Similar/ Similarities Respect Family Friends
	<ul style="list-style-type: none"> • Recognise and share facts about themselves. • Identify their likes and dislikes and what they are good at. • Talk about some ways that they are special. 	
	Understanding Similarities and Differences	
	<ul style="list-style-type: none"> • Recognise how friends can have both similarities and differences. • Show some simple ways to respect and celebrate other’s differences. 	

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Being Part of a Community

- Name some groups that they belong to.
- Talk about how being part of a group makes them feel.

Likes
Dislikes
Interests
Belonging
Community
Groups

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Money Matters – including enterprise.

	Pupils will learn...	Vocabulary
Early Years Foundation Stage	Self-Regulation (Personal, Social and Emotional Development)	Money Saving Spending Earning Charity Donate/Share
	<ul style="list-style-type: none"> Increasingly follow rules, understanding why they are important (3-4yrs). Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried' (3-4yrs). Identify and moderate their own feelings socially and emotionally (4-5yrs). Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly (ELG). 	
	Managing Self (Personal, Social and Emotional Development)	
	<ul style="list-style-type: none"> Do not always need an adult to remind them of a rule (3-4yrs). Explain the reasons for rules, know right from wrong and try to behave accordingly (ELG). 	
	Number (Mathematics)	
	<ul style="list-style-type: none"> Solve real world mathematical problems with numbers up to 5. 	
	Numerical Patterns (Mathematics)	
	<ul style="list-style-type: none"> Count beyond ten (4-5yrs Rec). 	
	People, Culture and Communities (Understanding the World)	
<ul style="list-style-type: none"> Show interest in different occupations (3 – 4yrs). 		

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KS1 (Cycle 1)	Economic Wellbeing	Money Saving Spending Earning Charity Donate/Share Bank Profit Money; coins, notes Jobs
	<ul style="list-style-type: none"> • Understand what money is and its different forms. • Describe some ways money can be looked after. • Recognise that people make different choices about how to spend/save money. • Talk about some things we all need and some things we want but don't need. 	
	Work, Aspirations and Careers	
	<ul style="list-style-type: none"> • Know that everyone has different strengths and talents, in and out of school. • Name some different jobs that people do. 	

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Being Safe – including online and offline.

	Pupils will learn...	Vocabulary
Early Years Foundation Stage	Self-Regulation (Personal, Social and Emotional Development)	Safe/Safety
	<ul style="list-style-type: none"> • Increasingly follow rules, understanding why they are important (3-4yrs). • Talk about their feelings using words like ‘happy’, ‘sad’, ‘angry’ or ‘worried’ (3-4yrs). • Identify and moderate their own feelings socially and emotionally (4-5yrs). • Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly (ELG). 	Risks Rules Stop Right/wrong choices Listen Road Safety Trusted Adults Pedestrian
	Managing Self (Personal, Social and Emotional Development)	
	<ul style="list-style-type: none"> • Do not always need an adult to remind them of a rule (3-4yrs). • Explain the reasons for rules, know right from wrong and try to behave accordingly (ELG). 	
KS1 (Cycle 1)	Keeping Safe	Rules
	<ul style="list-style-type: none"> • Explore basic rules for keeping safe online e.g. not to share information, whom to tell if they see something online that is upsetting, the importance of passwords and the importance of adult supervision. • Talk about examples of rules and age restrictions that are there to keep them safe. • Identifying possible risks/hazards in the home and outside. • Explore how to keep safe and reduce risks at home and in their local environment. 	Boundaries Safe/Safety Online Safety Passwords Privacy/Private Trusted Adults Age restrictions Harm Risk/hazards Prevent

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	First Aid	Emergency Accident Emergency Services Medicine
	<ul style="list-style-type: none">• Recognises what to do if there is an accident and someone gets hurt. Know how to keep themselves safe first.• Demonstrate how to ask for help including calling 999.	