



## St. Katharine's Primary School PSHE Progression Pathway

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	<p><b><u>Me and My Relationships</u></b> We learn about what makes us special, people that are close to us and how to get help PE Link TrickBox – Mirror mirror</p>	<p><b><u>Valuing Difference</u></b> We learn about similarities and difference, celebrating these and showing kindness. PE and Anti-Bullying Link TrickBox – Standing tall</p>	<p><b><u>Keeping Safe</u></b> We learn about keeping our bodies safe, safe secrets and touches and people who help to keep us safe. PE, RSE and Online-Safety Link TrickBox–Colour reathing</p>	<p><b><u>Rights and Respect</u></b> We learn about looking after things: friends, environment and money. PE link TrickBox – Floating Cloud</p>	<p><b><u>Being My Best</u></b> We learn about keeping our bodies healthy with food, exercise and sleep. We learn about having a 'Growth Mindset'. PE Link TrickBox – Win Win</p>	<p><b><u>Growing and Changing</u></b> We learn about different stages and cycles of life and our world. PE, RSE link TrickBox – Free Flow</p>
Year 1	<p><b><u>Me and My Relationships</u></b> We learn to understand our emotions and keep healthy. We begin to learn that their behaviour can affect other people. Anti-Bullying link TrickBox – Big Voice</p>	<p><b><u>Valuing Difference</u></b> We learn how our feelings can affect others, how to emphasise with different people and how to be a good friend. Anti-Bullying link</p>	<p><b><u>Keeping Safe</u></b> We learn about how to keep our bodies safe and who can help us to keep safe. Science and Computing Link TrickBox – Sunny side</p>	<p><b><u>Rights and Respect</u></b> We learn what it means to be a part of a community, how they can help to take care of people and the environment and the role money has. First Aid</p>	<p><b><u>Being My Best</u></b> We learn how to keep our bodies healthy with food, sleep and exercise. Anti-Bullying, science and DT link TrickBox - Lightbulb</p>	<p><b><u>Growing and Changing</u></b> We learn what is a healthy relationship and how to resolve conflict by listening and telling a trusted adult. Anti-Bullying, Science and RSE link</p>
Year 2	<p><b><u>Me and My Relationships</u></b> We learn about emotions, how they affect us and others. Anti-Bullying link</p>	<p><b><u>Valuing Difference</u></b> We learn about being a good friend and what that means, how we treat other people and features that make us different or the same. Anti-Bullying Link TrickBox – Magic Circle</p>	<p><b><u>Keeping Safe</u></b> We learn about how to keep ourselves safe in different situations and who we can tell if we don't feel safe. Online Safety and Science Link</p>	<p><b><u>Rights and Respect</u></b> We learn about how to respect ourselves and others. How to keep safe online and how there are people that can help us. Computing link TrickBox – Big No</p>	<p><b><u>Being My Best</u></b> We learn about how to keep our bodies healthy. PE and Science Link</p>	<p><b><u>Growing and Changing</u></b> We learn about how amazing our bodies are and how they change as they grow and form babies. TrickBox – Big Yes Online Safety and RSE Link First Aid</p>
Year 3	<p><b><u>Me and My Relationships</u></b> We learn about relationships how they differ, the role they can play in keeping them positive and that people all have different needs. Online Safety link</p>	<p><b><u>Valuing Difference</u></b> We learn about respect being two way in listening, touching and understanding difference.</p>	<p><b><u>Keeping Safe</u></b> We learn about how to manage risks and stay safe in all situations. Online Safety Link</p>	<p><b><u>Rights and Respect</u></b> We learn about rules help to keep our community safe, how they can help and how</p>	<p><b><u>Being My Best</u></b> We learn about how to keep our bodies healthy. PE and Science Link TrickBox – Ask how</p>	<p><b><u>Growing and Changing</u></b> We learn about how amazing our bodies are and how they change as they grow and form babies. Online Safety and RSE Link</p>



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	TrickBox – Stand as if..	Online Safety and Anti-bullying Link	TrickBox – Signal Change	money is earned and spent.		First Aid
Year 4	<p><b><u>Me and My Relationships</u></b> We learn about how relationships work and how both people must compromise to make a relationship successful. Anti-Bullying Link TrickBox – Super States</p>	<p><b><u>Valuing Difference</u></b> We learn about how to deal with conflict in relationships and how this can sometimes be because of differences.</p>	<p><b><u>Keeping Safe</u></b> We learn how to deal with choices and learn strategies to cope with pressure to keep them safe. Online Safety Link TrickBox – Break Through</p>	<p><b><u>Rights and Respect</u></b> We learn about the influence they have in the community and how they can help to look after the environment. Anti-Bullying Link</p>	<p><b><u>Being My Best</u></b> We learn how to keep healthy by choices they make to keep them happy and healthy. Anti-Bullying, PE and Science Link First Aid TrickBox – Brilliant Beliefs</p>	<p><b><u>Growing and Changing</u></b> We learn about how our bodies can change when we deal with difficulties and as we go through puberty. RSE Link</p>
Year 5	<p><b><u>Me and My Relationships</u></b> We learn about how relationships work with ourselves and others. How to stop inappropriate behaviour and how to be a good friend. Anti-bullying and Online Safety Link TrickBox - SuperStretch</p>	<p><b><u>Valuing Difference</u></b> We learn about how our diverse community works, the role they and others play. Anti-Bullying Link</p>	<p><b><u>Keeping Safe</u></b> We learn about risks, online safety and how these should be dealt with responsibly. Anti-Bullying and Online Safety Link. TrickBox – Calm Thumb</p>	<p><b><u>Rights and Respect</u></b> We learn about how the community works and how money is managed by themselves and within the community.</p>	<p><b><u>Being My Best</u></b> We learn about talents and emotions. We learn about how what we do to our body can affect how healthy it is. First Aid Trick Box – Marvellous Me</p>	<p><b><u>Growing and Changing</u></b> We explore puberty, sex and how our bodies change to make babies. We understand our feelings and what we can do if we feel unsafe. We learn about how to keep ourselves and others safe, RSE Link.</p>
Year 6	<p><b><u>Me and My Relationships</u></b> We learn about relationships and how circumstances can make us think or change our behaviour. Online Safety and Anti-Bullying Link TrickBox – Different Sum</p>	<p><b><u>Valuing Difference</u></b> We learn about ourselves, how similar we all are and how to be accepting of difference. Anti-Bullying link</p>	<p><b><u>Keeping Safe</u></b> We learn about the law and how to keep safe with drugs, alcohol and smoking. We also learn how to assess risks in situations in life and online. Online Safety, PE and Science Link TrickBox – 1,2,3 magic</p>	<p><b><u>Rights and Respect</u></b> We learn about the role we all have in keeping the community safe for the future. Online Safety and PE Link</p>	<p><b><u>Being My Best</u></b> We learn how to protect our wellbeing and how to be informed about taking risks. First Aid TrickBox – Great Goals</p>	<p><b><u>Growing and Changing</u></b> We learn about how our bodies become adults, how to stay positive with changes and how babies are made. Science, Online Safety and RSE Link</p>