

PSHE and RSE Curriculum Progression 2022 - 2023



Unit	EYFS	KS1	LKS2	UKS2
Me, My Body and My Health	<ul style="list-style-type: none"> Similarities and differences Name body parts (not genitalia) Keeping our bodies healthy 	<ul style="list-style-type: none"> Individual gifts, talents and skills Girls' and boys' bodies Personal hygiene (exercise, sleep, eating, dental, washing) 	<ul style="list-style-type: none"> Self-confidence Respecting our bodies Puberty Changing bodies 	<ul style="list-style-type: none"> Gifts and talents grow as you mature Girls' bodies and changes Boys' bodies and changes Spots and sleep
Emotional Well-being	<ul style="list-style-type: none"> We all have different tastes Trusting one another Good feelings and bad feelings Choices 	<ul style="list-style-type: none"> Feelings, likes and dislikes Feelings and actions are different Managing feelings and behaviour 	<ul style="list-style-type: none"> What is emotional wellbeing Media versus reality Unhealthy and risky behaviours 	<ul style="list-style-type: none"> Body Image Peculiar Feelings Emotional Changes and hormones Seeing stuff online
Life Cycles	<ul style="list-style-type: none"> Growing up 	<ul style="list-style-type: none"> Natural life stages from birth to death 	<ul style="list-style-type: none"> Life in the womb life cycle 	<ul style="list-style-type: none"> How babies grow in womb Sexual intercourse Menstruation and fertility
Personal Relationships	<ul style="list-style-type: none"> Identifying special people in lives Being a good friend Resolving friendship problems 	<ul style="list-style-type: none"> Special People in wider community Treating others well Positive and negative relationships Apologising 	<ul style="list-style-type: none"> Positive, trusting relationships Different types of relationships Friendships Awareness of bullying Abuse in relationships 	<ul style="list-style-type: none"> Resisting peer pressure Consent and bodily autonomy Thoughts and feelings impact
Keeping Safe	<ul style="list-style-type: none"> Staying safe inside and outside My body, my rules Medicines are not sweets People who help us 	<ul style="list-style-type: none"> Safe and unsafe situations Good and bad secrets Physical contact People who can help you to stay safe 	<ul style="list-style-type: none"> Sharing online Chatting online Acceptable physical contact Not all drugs are good for us Basic First Aid 	<ul style="list-style-type: none"> Dangers of technology Cyberbullying Types of abuse Drugs, tobacco and alcohol Recovery position
Living in the Wider World	<ul style="list-style-type: none"> Belonging to communities Helping others Helping our world 	<ul style="list-style-type: none"> Community (home, school, parish, wider community, nation) Practical tasks to help at home Duty of care to others Helping vs harming our world 	<ul style="list-style-type: none"> Loving and caring for others Practical ways to support others 	<ul style="list-style-type: none"> Current issues Supporting community