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)• Increasingly follow rules, understanding why they are important (3- 4yrs).Managing Self (Personal, Social and Emotional Development)• Explain the reasons for rules, know right from wrong and try to behave accordingly (ELG).Gross Motor Skills (Physical Development)• Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity- healthy eating- 	Safe Medicine Trusted Adults Healthy Unhealthy Illness Exercise Sleep Danger
KS1 (Cycle 1)	 Knowledge 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 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. 	Illness Medicine Vaccination Germs Prevent Drugs Harm Danger Age restriction Safe Healthy Unhealthy Exercise Body

<u>PSHE & RSE Progression Table</u> <u>Holmesdale Infant School</u>		H A A A
 Identify people that they can go to if they are ill, worried or to help them/others to stay healthy. 	Sleep	Schoo

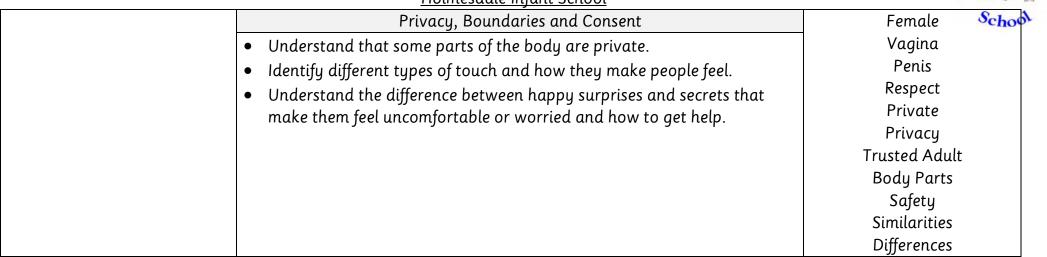


Growing up – including the Sex Education element.

	Pupils will learn	Vocabulary
	People, Culture and Communities (Understanding the World)	Different
	Continue to develop positive attitude about the differences between	Similar
	people (3 – 4yrs).	Baby
	 Show interest in different occupations (3 – 4yrs). 	Child
	The Natural Word (Understanding the World)	Toddler -
	• Begin to understand the need to respect and care for the natural	Teenager
Early Years	environment and all living things (3 – 4yrs).	Adult
Foundation Stage	• Talk about what they see, using a wide vocabulary (3 – 4yrs).	Elderly Hobbies
Toundation Stuge	Self – Regulation (Personal, Social and Emotional Development)	Talents
	 Begin to understand how others might be feeling (3 – 4yrs). 	Occupations/ Jobs
	Managing Self (Personal, Social and Emotional Development)	
	• Express their feelings and consider the feelings of others (4 – 5yrs).	
	Growing and Changing	Growing
	 Name the main parts of the body including vagina and penis. 	Changing
	• Recognising the difference between male and female body parts.	Young
	• Understand the human life cycle and that people grow from young to	Old
	old.	Baby Toddler
KS1 (Cycle 1)	• Describe ways that people's needs and bodies change as they grow.	Child
	 Talk about some ways to keep clean. 	Teenager
	• Understand that babies grow in the mothers' body and have particular	Adult
	needs	Elderly
	when they are born.	Occupations
	 Recognise what makes them special and unique. 	Male

PSHE & RSE Progression Table

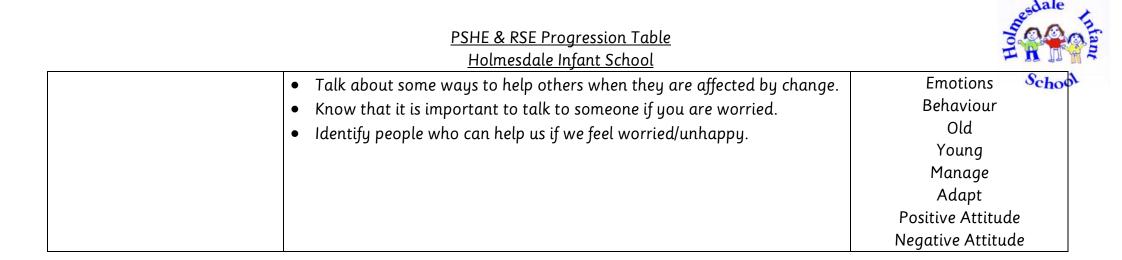
<u>Holmesdale Infant School</u>





Changes – including loss.

	Pupils will learn	Vocabulary
Early Years Foundation Stage	 The Natural World (Understanding the World) 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 	Change Loss Overtime Before/past Future Different Feelings Life cycles
r oundation stage	 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) Be confident to try new activities and show independence, resilience and perseverance in the face of challenge (ELG). 	Routines Feelings Old Young
KS1 (Cycle 1)	 About Loss and Change 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. 	Change Loss Life Cycles Overtime Past Present
	 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. 	Future Different Same/Similar Feelings





Being Me – including identity and community.

	Pupils will learn	Vocabulary
Early Years Foundation Stage	 Self-Regulation (Personal, Social and Emotional Development) 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) 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). 	Unique Special Different/ Differences Similar/ Similarities Respect Family Friends Likes Dislikes Interests
KS1 (Cycle 1)	Being Unique and Special• 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• Recognise how friends can have both similarities and differences.• Show some simple ways to respect and celebrate other's differences.	Unique Special Different/ Differences Similar/ Similarities Respect Family Friends





Holmesdale In	fant School

Being Part of a Community	Likes Schoo
 Name some groups that they belong to. 	Dislikes
• Talk about how being part of a group makes them feel.	Interests
	Belonging
	Community
	Groups



Money Matters – including enterprise.

	Pupils will learn	Vocabulary
	Self-Regulation (Personal, Social and Emotional Development)	Money
	• Increasingly follow rules, understanding why they are important (3-	Saving
	4yrs).	Spending
	• Talk about their feelings using words like 'happy', 'sad', 'angry' or	Earning
	'worried' (3-4yrs).	Charity
	• Identify and moderate their own feelings socially and emotionally (4-	Donate/Share
Early Voors	5yrs).	
Early Years	• Show an understanding of their own feelings and those of others, and	
Foundation Stage	begin to regulate their behaviour accordingly (ELG).	
	Managing Self (Personal, Social and Emotional Development)	
	• 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)	
	• Solve real world mathematical problems with numbers up to 5.	
	Numerical Patterns (Mathematics)	
	Count beyond ten (4-5yrs Rec).	
	People, Culture and Communities (Understanding the World)	
	 Show interest in different occupations (3 – 4yrs). 	

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	Economic Wellbeing	Money School
	 Understand what money is and its different forms. 	Saving
	• Describe some ways money can be looked after.	Spending
	Recognise that people make different choices about how to spend/save	Earning
	money.	Charity
KS1 (Cycle 1)	• Talk about some things we all need and some things we want but don't	Donate/Share
	need.	Bank
	Work, Aspirations and Careers	Profit
	• Know that everyone has different strengths and talents, in and out of	Money; coins, notes
	school.	Jobs
	• 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) 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) Do not always need an adult to remind them of a rule (3-4yrs). 	Safe/Safety Risks Rules Stop Right/wrong choices Listen Road Safety Trusted Adults Pedestrian
KS1 (Cycle 1)	 Explain the reasons for rules, know right from wrong and try to behave accordingly (ELG). <u>Keeping Safe</u> 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. 	Rules Boundaries Safe/Safety Online Safety Passwords Privacy/Private Trusted Adults Age restrictions Harm Risk/hazards Prevent



First Aid	Emergency Schoo
• Recognises what to do if there is an accident and someone gets hurt.	Accident
Know how to keep themselves safe first.	Emergency Services
 Demonstrate how to ask for help including calling 999. 	Medicine