



PSHE Whole School Progression Map

Hunningley Primary Academy | RSE and PSHE Curriculum | EYFS to Year 6

This map shows the substantive knowledge pupils develop in each half term. Knowledge builds from recognising feelings, relationships and simple safety routines in EYFS to informed decisions, citizenship, health and relationships in Year 6.

EYFS

EYFS	Unit	Substantive Knowledge
EYFS	Autumn 1 Self-regulation My feelings	Name familiar feelings and notice how they feel in their bodies. Practise simple ways to settle when upset or frustrated.
	Autumn 2 Building relationships Special relationships	Recognise important people in their lives and describe what makes a relationship caring. Practise sharing and recognise a personal strength.
	Spring 1 Managing self Taking on challenges	Keep trying when an activity is difficult. Communicate what they need, follow shared rules and use a simple coping strategy.
	Spring 2 Self-regulation Listening and following instructions	Listen attentively to instructions and respond to spoken information. Recognise that messages can change when passed between people.
	Summer 1 Building relationships My family and friends	Take turns, share resources and describe kind behaviour in friendship. Work with others towards a shared goal.
	Summer 2 Managing self My wellbeing	Explain how food, movement and rest help the body. Practise everyday self-care and basic pedestrian safety.



Year 1

Year 1	Unit	Substantive Knowledge
Year 1	Autumn 1 My healthy self How can we look after our emotions?	Name a wider range of emotions and recognise clues in faces and bodies. Use rest, enjoyable activities and calming strategies to support wellbeing.
	Autumn 2 Connecting with others How can I help myself and others feel happy and safe?	Recognise individual differences and the support offered by friends and family. Show respect and use simple ways to resolve disagreements.
	Spring 1 The online world How do we spend time online?	Identify uses of the internet and balance online and offline activities. Behave respectfully online and tell a trusted adult about upsetting content.
	Spring 2 Citizenship How can I help others and the environment?	Explain ways to care for younger children, animals and local places. Describe why shared rules are fair and suggest a positive action for the community.
	Summer 1 Health protection How can I protect myself and others in daily life?	Describe how germs can spread and ways to reduce infection. Recognise when illness or injury needs help and identify people and services who can assist.
	Summer 2 Staying safe How can I stay safe?	Identify hazards in familiar places and explain safety rules, including road safety. Notice warning feelings and seek help from a trusted adult.



Year 2

Year 2	Unit	Substantive Knowledge
Year 2	Autumn 1 My healthy self How can we look after our bodies?	Explain how sleep, exercise, food, water and dental care affect health. Plan a simple daily routine that supports wellbeing.
	Autumn 2 Connecting with others How can I build safe, kind and caring relationships with others?	Describe similarities and differences among families and communities. Recognise bullying, respect personal space and identify trusted adults for support.
	Spring 1 The online world How can we stay safe online?	Distinguish private information from information that can be shared. Question whether online content is genuine and respond safely to concerning situations.
	Spring 2 Citizenship How do people belong to a community and earn money?	Identify groups they belong to and describe jobs that support communities. Explain that people earn money through work.
	Summer 1 Growing up How can we look after and respect our bodies as we grow?	Describe how bodies develop as children grow. Use scientific words for private body parts and explain privacy, boundaries and where to seek help.
	Summer 2 Staying safe How can I make safe choices in different places?	Spot common hazards at home and in public. Explain when words, behaviour or touch feel unsafe, practise saying no and ask a trusted adult for help.



Year 3

Year 3	Unit	Substantive Knowledge
Year 3	Autumn 1 My healthy self How can I take care of my mind and body?	Describe connections between emotions, sleep and physical health. Explain how bullying affects wellbeing and identify routes to support.
	Autumn 2 Connecting with others What helps us feel safe and included?	Recognise personal strengths and boundaries. Explain how to repair friendships, identify forms of bullying and seek appropriate help.
	Spring 1 The online world How should we communicate online?	Compare respectful communication in person and online. Recognise misunderstandings and online bullying, and choose safe responses.
	Spring 2 Citizenship What rights and responsibilities do we have?	Explain why rights carry responsibilities. Describe ways to reduce waste and how local councils support communities.
	Summer 1 Health protection How can we prevent illness and injury and respond if they happen?	Explain how hygiene, medicines and sun safety can prevent harm. Identify when to seek healthcare, practise basic first aid and know when to call 999.
	Summer 2 Citizenship What careers do people choose and why?	Describe different careers and ways that skills transfer between jobs. Challenge gender stereotypes and explain that career paths can change.



Year 4

Year 4	Unit	Substantive Knowledge
Year 4	Autumn 1 My healthy self How can I make healthy choices?	Explain how nutrition, hydration and activity support health. Use a growth mindset and describe how kindness can improve wellbeing.
	Autumn 2 Connecting with others How can we respect each other?	Recognise respect in different settings. Build trust, resolve friendship difficulties and explain why bullying and stereotypes cause harm.
	Spring 1 The online world How can we decide what to trust online?	Check the source and evidence behind online claims. Recognise misleading information and explain how to decide what is reliable.
	Spring 2 Citizenship How can I spend money responsibly?	Compare ways to pay, including cash and cards. Use a simple budget and weigh value for money when making choices.
	Summer 1 Growing up How will my body and emotions change as I grow up?	Identify physical and emotional changes associated with puberty. Explain that the timing of changes varies between individuals.
	Summer 2 Staying safe What signs help me recognise what is safe or unsafe?	Recognise warning signs in unsafe situations and know how to get help. Explain road and water safety and distinguish medicines from harmful substances.



Year 5

Year 5	Unit	Substantive Knowledge
Year 5	Autumn 1 My healthy self How can I support my mind and body as I grow?	Interpret food labels and describe choices that support nutrition and movement. Use strategies to manage emotions and seek support.
	Autumn 2 Connecting with others Why are healthy relationships important?	Explain how identity and values affect relationships. Describe commitment, healthy friendship and ways to seek help when home feels unsafe.
	Spring 1 The online world How am I influenced by what I see online?	Recognise advertising, persuasion and influencers online. Consider spending choices, identify potential scams and resist pressure.
	Spring 2 Citizenship How can we make a difference in our communities and beyond?	Explain ways individuals and groups can influence community decisions. Describe the roles of councillors and MPs in making change.
	Summer 1 Growing up How can I manage the changes to my body and emotions as I grow up?	Describe puberty, periods and associated emotional changes. Explain hygiene, personal boundaries and reliable sources of support.
	Summer 2 Citizenship How can we be in control of our money?	Explore how to plan spending, save towards goals and make informed financial choices. [Unit detail to be confirmed against the published Kapow lessons.]



Year 6

Year 6	Unit	Substantive Knowledge
Year 6	Autumn 1 My healthy self How do my choices today shape my future health?	Explain how dental care, nutrition and other habits affect long-term health. Recognise that calories measure energy and apply resilience to challenges.
	Autumn 2 Connecting with others What does it mean to stand up for myself and others?	Set personal boundaries and goals. Challenge bullying, stereotypes and discrimination, including online, and identify appropriate support.
	Spring 1 The online world How do I feel about the things I see online?	Explain how online experiences can affect thoughts and feelings. Assess risks and respond safely to bullying and harmful content.
	Spring 2 Citizenship How can we protect everyone's rights?	Explain how laws help protect rights. Recognise prejudice and discrimination, challenge stereotypes and consider consequences of unlawful actions.
	Summer 1 Staying safe How can I stay safe as I grow up?	Assess risks at home, outdoors, near water and on transport. Explain consent, boundaries, peer pressure and the dangers of drug misuse.
	Summer 2 Sex education How do people become parents and carers?	Use accurate terminology for body parts and describe conception, pregnancy and birth. Explain consent, the legal age of consent, family diversity and responsibilities of parenting.