




# PHSE Progression Map

## Years 1 – 6



	Autumn		Spring		Summer	
<b>Year 1</b> 	<p>Being Me in my World            Children working at the expected standard:            I can explain why my class is a happy and safe place to learn.            I can give different examples where I or others make my class happy and safe.            Children working at greater depth:            I can explain why I have a right to learn in a happy and safe class.            I can explain how everyone in my class has responsibilities to make our class happy and safe.            Celebrating difference            Children working at expected standard:            I can tell you some of the ways that I am different and similar to other people in my class, and why this make us special.            I can explain what bullying is and how being bullied might make someone feel.            Children working at greater depth:            I can explain why being unique and special is important.            I can explain why bullying might happen and I can offer strategies to help the person who is being bullied.</p>		<p>Dreams &amp; Goals            Children working at the expected standard:            I can tell you how I feel when I am successful and how this can be celebrated positively.            I know how to store the feelings of success in my internal treasure chest.            Children working at great depth:            I can explain what helped me to succeed in a learning challenge and explain how this made me feel. I can choose how to celebrate my success and know how to store it in my internal treasure chest.            Healthy Me            Children working at the expected standard:            I know how to keep myself clean and healthy, and understand how germs cause disease/illness.            I know that all household products including medicines can be harmful if not used properly.            Children working at greater depth:            I know about how healthy food is a good choice for my body. It makes my brain work better and makes me feel better.</p>		<p>Relationships:            Children working at the extended standard:            Can you why I appreciate someone who is special to me.            Express how I feel about them            Children working at greater depth:            Can talk about someone who is special to me, tell you why I appreciate them and why I think we get on well together.            I can tell you how I feel about my relationship with this person.            Changing Me            Children working at the expected:            I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older.            I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.            I can explain why some changes I might experience might feel better than others.            Children working at greater depth:            I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.            I can also explain when it might be appropriate to talk about these, and when I should not.            I can suggest things that might change for me in the future and what sort of feelings I might experience if/when these changes happen.            I can offer some ideas about how I could manage feelings that are worrying or sad.</p>	
<b>Year 2</b> 	<p>Being Me in my World            Children working at the expected standard:            I can explain the rights, responsibilities, rewards and consequences in my class.            I can talk about why it is important to respect and complete my responsibilities            Children working at greater depth:            I can describe and give examples of the rights, responsibilities, rewards and consequences in my class.            I understand why I have to follow my class charter and how this affects the children in my class.            Celebrating Difference            Children working at expected standard:            I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)            I understand that bullying is sometimes about difference.            I can tell you some ways I am different from my friends            Children working at greater depth:            I understand some ways in which boys and girls are similar and feel good about this. I understand boys and girls are different and accept that this is OK. I can tell you how someone who is bullied feels I can be kind to children who are bullied. I understand these differences make us all special and unique.</p>		<p>Dreams &amp; Goals            Children working at the expected standard:            I can explain some of the ways I worked cooperatively in my group to create the end product.            I can express how it feels to be working as part of a group.            Children working at greater depth:            I can explain how my own and others' contributions helped the group to create an end product.            I can explain what felt good and what was difficult about working in our group.            Healthy Me            Children working at the expected standard:            I can make some healthy snack and explain why they are good for my body.            Children working at greater depth:            I can identify and prepare snacks that are healthy, and explain my choice by saying why they're good for my body.</p>		<p>Relationships            Children working at the expected standard:            I can identify some ways in which my friend is different to me. I can express how it feels to share healthy food with my friends.            I can identify some of the things that cause conflict between me and my friends.            Children working at greater depth:            I can compare myself with a friend and describe the similarities and differences between us.            I can identify and prepare snacks that are healthy and explain my choice by saying why they are good for my body.            I can identify a range of things that cause conflict between me and my friends and explain why these conflicts happen.            Changing Me            Children working at expected standard:            I can tell you about the natural process of growing from young to old and understand that this is not in my control            I understand there are different types of touch and can tell you which ones I like and don't like.            I can identify what I am looking forward to when I am in Year 3.            Children working at greater depth:            I can identify people I respect who are older than me            I am confident to say what I like and don't like and can ask for help.            I can start to think about changes I will make when I am in Year 3 and know how to go about this.</p>	
	<b>Topic 1</b>	<b>Topic 2</b>	<b>Topic 3</b>	<b>Topic 4</b>	<b>Topic 5</b>	

<p><b>Year 3</b></p> 	<ul style="list-style-type: none"> <li>● I can understand that we are created individually in God's image and likeness to be loved, love others and make a difference.</li> <li>● I can recognise my worth and identify positive things about myself, my achievements and those around me.</li> <li>● I can face new challenges positively, make responsible choices and ask for help when I need it whilst recognising my own and others emotions.</li> <li>● I can understand why rules are needed and how they relate to rights and responsibilities.</li> <li>● I can understand that my actions affect myself and others and I care about other people's feelings.</li> <li>● I can make responsible choices, take action and understand my actions affect others so try to see things from their points of view.</li> <li>● I can understand that in Baptism God makes us His adopted children and 'receivers' of His love and that by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue).</li> </ul>	<ul style="list-style-type: none"> <li>● I can learn that God loves, embraces, guides, forgives and reconciles us with Him and one another, the importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness. Those relationships take time and effort to sustain.</li> <li>● I can tell you about a person who has faced difficult challenges and achieved success.</li> <li>● I can identify a dream/ ambition that is important to me and can imagine how I will feel when I achieve my dream/ ambition.</li> <li>● I can enjoy facing new learning challenges with motivation and enthusiasm, working out the best ways for me to achieve them by breaking down a goal into a number of steps.</li> <li>● I can recognise obstacles which might hinder my achievements and can take steps to overcome them whilst evaluating my own learning process.</li> <li>● I can understand different relationships and how to maintain positive relationships.(10:10)</li> <li>● I can develop an awareness bullying (including cyber bullying) and learn about exploitation and harassment in relationships. (10:10)</li> </ul>	<ul style="list-style-type: none"> <li>● I can identify the roles and responsibilities of each member of my family and can reflect on the expectations of males and females.</li> <li>● I can identify and put into practice some of the skills of friendship and know how to negotiate in conflict situations.</li> <li>● I can explain how some of the actions and work of people around the world help and influence my life whilst understanding how my needs and rights are different to other children around the world.</li> <li>● I can know how to express my appreciation to family and friends.</li> <li>● I can recognise that I have a responsibility to keep myself and other safe online.</li> <li>● I can know how to use technology safely and that inappropriate language and behaviour should be reported to an adult.</li> <li>● I can understand what physical contact is acceptable and unacceptable.</li> </ul>	<ul style="list-style-type: none"> <li>● I can understand that not all drugs are good for us and that alcohol and tobacco are harmful substances. Our bodies are created by God so we should take care of them.</li> <li>● I can learn how to help in an emergency situation using first aid knowledge.</li> <li>● I can understand how exercise and the amount of calories, fat and sugar I put into my body will affect my health.</li> <li>● I can understand that everybody's family is different and important to them.</li> <li>● I can understand that differences and conflict sometimes happens among family members.</li> <li>● I can understand what it means to be a witness to bullying.</li> <li>● I can know that witnesses can make a situation better or worse by what they do.</li> </ul>	<ul style="list-style-type: none"> <li>● I can recognise that some words are used in a hurtful way.</li> <li>● I can tell you about a time when my word's affected someone's feelings and what the consequences were.</li> <li>● I can understand that God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'</li> <li>● I can understand that the human family can reflect the Holy Trinity in charity and generosity.</li> <li>● The Church family comprises of home, school and parish (which is part of the diocese).</li> <li>● I can know that God wants His Church to love and care for others and devise practical ways of loving and caring for others.</li> <li>● I can start to recognise stereotypical ideas I might have about parenting and family roles.</li> <li>● I can identify what I am looking forward to when I am in Year 4 by starting to think of changes I will make.</li> </ul>
<p><b>Year 4</b></p> 	<ul style="list-style-type: none"> <li>● I can understand that we are created individually in God's image and likeness to be loved, love others and make a difference.</li> <li>● I can know that my attitudes and actions make a difference to the class as a team.</li> <li>● I can understand who is in my school community, the roles they play and how school democracy works through the school council.</li> <li>● I can understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them.</li> <li>● I can understand how groups come together to make decisions whilst also knowing how democracy and having a voice benefits the school community.</li> <li>● I can understand that, sometimes, we make assumptions on what people look like and what may influence me to do that.</li> <li>● I can know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure.</li> </ul>	<ul style="list-style-type: none"> <li>● I can tell you why witnesses sometimes join in with bullying and sometimes don't tell.</li> <li>● I can identify what is special about me and value the ways in which I am unique.</li> <li>● I can tell you a time when my first impression of someone changed when I got to know them.</li> <li>● I can know how the circle of change works and apply it to changes I want to make in my own life whilst identifying and learning to accept that there are changes that may be out of my control.</li> <li>● I can understand that similarities and differences between people arise as they grow and make choices, and that by living and working together we create community; Self-confidence arises from being loved by God (not status, etc).</li> <li>● I can learn about the need to respect and look after our bodies as a gift from God through what we wear, what we eat and what we physically do.</li> <li>● I can learn what the term puberty means, learn when I can expect puberty to take place and understand that puberty is part of God's plan for our bodies.</li> </ul>	<ul style="list-style-type: none"> <li>● I can learn correct naming of genitalia and learn what changes will happen to boys and girls during puberty.</li> <li>● I can understand that emotions change as I grow up (including hormonal effects) and that emotional well-being is important.</li> <li>● I can recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</li> <li>● I can understand that some behaviour is wrong, unacceptable, unhealthy and risky; Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.</li> <li>● I can recognise situations which can cause jealousy in relationships.</li> <li>● I can identify someone I love, express why they are important to me and tell you about someone I know that I no longer see.</li> <li>● I can recognise how friendships change, know how to manage friendships and understand that boyfriend/girlfriend relationship is for when I'm older.</li> </ul>	<ul style="list-style-type: none"> <li>● I can know how to show love and appreciation to the people and animals who are special to me.</li> <li>● I can recognise how different friendship groups are formed, their dynamic and how I fit into them.</li> <li>● I can understand the facts about smoking and the effects on health, and also some of the reasons some people start to smoke.</li> <li>● I can understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons people drink alcohol.</li> <li>● I can recognise when people are putting me under pressure, know ways to resist them and know myself well enough to have a clear picture of what I believe is right and wrong.</li> <li>● I can understand that God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'</li> </ul>	<ul style="list-style-type: none"> <li>● I can understand that the human family can reflect the Holy Trinity in charity and generosity.</li> <li>● The Church family comprises of home, school and parish (which is part of the diocese).</li> <li>● I can know that God wants His Church to love and care for others and devise practical ways of loving and caring for others.</li> <li>● I can tell you about some of my hopes and dreams.</li> <li>● I can understand that sometimes hope and dreams do not come true and that reflecting on positive experiences can help counteract disappointment.</li> <li>● I can know how to make a new plan, set new goals, work out steps to achieve a goal and identify contributions made by myself and others in achieving our goal.</li> </ul>
<p><b>Year 5</b></p> 	<ul style="list-style-type: none"> <li>● I can understand that we were created individually by God who cares for us and wants us to put our faith in Him and that lots of changes will happen during puberty, it might feel confusing, but it is all part of God's great plan.</li> <li>● I can face new challenges positively and know how to set personal goals.</li> <li>● I can understand my rights and responsibilities as a citizen of my country.</li> <li>● I can understand my rights and responsibilities as a citizen of my country and as a member of my school.</li> <li>● I can make choices about my own behaviour because I understand how rewards and consequences feel.</li> <li>● I can understand individual's behaviour can impact on a group and that having democracy and a voice of my own benefits the school community.</li> </ul>	<ul style="list-style-type: none"> <li>● I can understand that cultural differences sometimes cause conflict and I know what racism is.</li> <li>● I can understand how rumour-spreading and name-calling can be bullying behaviours whilst explaining the difference between direct and indirect types of bullying.</li> <li>● I can compare my life with people in the developing world and understand a different culture from my own.</li> <li>● I can understand that belonging to an online community (including gaming) can have positive and negative consequences and that I have rights and responsibilities.</li> <li>● I can recognise when I am spending too much time using devices and can explain how to stay safe when using technology to communicate.</li> <li>● I can understand that pressure comes in different forms, what those different forms are and that there are strategies that I can adopt to resist pressure.</li> </ul>	<ul style="list-style-type: none"> <li>● I can learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact my actions, then apply this approach to personal friendships and relationships.</li> <li>● I can recognise that with increased independence come a responsibility to keep myself and other safe online and that reporting inappropriate material is important for my physical and mental well-being.</li> <li>● I can understand what the term cyberbullying means and examples of it, what it feels like for the victim and how to get help if they experience cyberbullying.</li> <li>● I can judge well what kind of physical contact is acceptable or unacceptable and how to respond and that there are different people we can trust for help.</li> <li>● I can understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body, learn how to make good choices about substances and know that our bodies are created by God.</li> </ul>	<ul style="list-style-type: none"> <li>● I can understand how the media, social media and celebrity culture promotes certain body types.</li> <li>● I can describe the different roles food can play in people's lives, know what makes a healthy lifestyle and explain how people can develop eating problems relating to body image pressures.</li> <li>● I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.</li> <li>● I can describe how boys' and girls' bodies change during puberty.</li> <li>● I can know that I was handmade by God with the help of my parents, how a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception; how conception and life in the womb fits into the cycle of life.</li> <li>● I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</li> </ul>	<ul style="list-style-type: none"> <li>● I can understand the principles of Catholic Social Teaching and that God formed them out of love, to know and share His love with others.</li> <li>● I can learn to apply the principles of Catholic Social Teaching to current issues and find ways in which they can spread God's love in their community.</li> <li>● I can understand that I will need money to help me achieve some of my dreams.</li> <li>● I can know about a range of jobs carried out by people I know and have explored how much people earn in different jobs.</li> <li>● I can identify a job I would like to do when I grow up and understand what motivates me and what I need to achieve.</li> <li>● I can describe the dreams and goals of young people in a culture different to mine.</li> <li>● I can understand that communicating with someone in a different culture means we can learn</li> </ul>

	<ul style="list-style-type: none"> <li>●I can understand that God calls us to love others and to know ways in which we can participate in God’s call to us.</li> </ul>	<ul style="list-style-type: none"> <li>●I can understand what consent and bodily autonomy means whilst discussing and reflecting on different scenarios in which it is right to say ‘no’.</li> </ul>	<ul style="list-style-type: none"> <li>●I can recognise how I may come under pressure when it comes to drugs, alcohol and tobacco, learn that I am entitled to say “no” for all sorts of reasons, but not least in order to protect my God-given bodies.</li> <li>●I can learn that the recovery position can be used when a person is unconscious but breathing and that DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.</li> </ul>	<ul style="list-style-type: none"> <li>●I can know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity and that the Holy Spirit works through us to bring God’s love and goodness to others.</li> </ul>	<p>from each other and I can identify a range of ways that we could support each other.</p> <ul style="list-style-type: none"> <li>●I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this e.g through sponsorship.</li> </ul>
<p><b>Year 6</b></p> 	<ul style="list-style-type: none"> <li>●I can identify my goals for this year, understand my fears and worries and know how to express them.</li> <li>●I can know about universal rights for all children but for many children these rights are not met and that my actions affect other people locally and globally.</li> <li>●I can make my own choices about my own behaviour because I understand rewards, consequences and my rights and responsibilities whilst understanding how individuals behaviour can impact a group and having a voice benefits the democracy of the school community.</li> <li>●I can understand that we were created individually by God who cares for us and wants us to put our faith in Him and that lots of changes will happen during puberty, it might feel confusing, but it is all part of God’s great plan.</li> <li>●I can understand that there are different perceptions of what normal means and that being different could affect someone’s life.</li> <li>●I can explain some of the ways in which one person or a group can have power over another.</li> <li>●I can know some of the reasons why people use bullying behaviours.</li> </ul>	<ul style="list-style-type: none"> <li>●I can give examples of people with disabilities who lead amazing lives.</li> <li>●I can explain ways in which difference can be a source of conflict and a cause for celebration.</li> <li>●I can understand how similarities and differences between people arise as I grow and mature, and that by living and working together we create community and that self-confidence arises from being loved by God (not status, etc).</li> <li>●I can know my learning strengths and can set challenging, realistic goals for myself.</li> <li>●I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these.</li> <li>●I can identify problems in the world that concern me, talk to other people about them and work with other people to help make the world a better place.</li> <li>●I can describe some ways in which I can work with other people to help make the world a better place.</li> </ul>	<ul style="list-style-type: none"> <li>● I can know what some people in my class like or admire about me and can accept their praise.</li> <li>● I can know that it is important to take care of my mental health and how I can do that.</li> <li>● I can understand that there are different stages of grief and that there are different types of loss that cause people to grieve.</li> <li>● I can recognise when people are trying to gain power or control.</li> <li>● I can deepen my understanding of the range and intensity of my feelings; that ‘feelings’ are not good guides for action and that some behaviour is wrong, unacceptable, unhealthy or risky.</li> <li>● I can understand that emotions change as I grow up (including hormonal effects) and that emotional well-being can include appreciating that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.</li> <li>● I can understand the difference between harmful and harmless videos and images, the impact that harmful videos and images can have on young minds and ways to combat and deal with viewing harmful videos and images.</li> </ul>	<ul style="list-style-type: none"> <li>● I can recognise that images in the media do not always reflect reality and can affect how people feel about themselves and that thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media.</li> <li>● I can understand that human beings are different to other animals, the unique growth and development of humans, and the changes that girls will experience during puberty and the need to respect their bodies as a gift from God to be looked after well, and treated appropriately.</li> <li>● I can understand that human beings are different to other animals, the unique growth and development of humans, and the changes that boys will experience during puberty and the need to respect their bodies as a gift from God to be looked after well, and treated appropriately.</li> <li>● I can learn how to make good choices that have an impact on my health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.</li> <li>● I can learn how a baby grows and develops in its mother’s womb and the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life.</li> <li>● I can know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity and to know that the Holy Spirit works through us to bring God’s love and goodness to others.</li> <li>● I can know the principles of Catholic Social Teaching and that God formed them out of love, to know and share His love with others.</li> </ul>	<ul style="list-style-type: none"> <li>● I can learn to apply the principles of Catholic Social Teaching to current issues and find ways in which I can spread God’s love in their community.</li> <li>● I can take responsibility for my health and make choices that benefit my health and well-being.</li> <li>● I can know about different types of drugs and their uses and effects on the body particularly the liver and heart.</li> <li>● I can understand that some people can be exploited and made to do things that are against the law.</li> <li>● I can know why some people join gangs and the risks this involves.</li> <li>● I can understand what it means to be emotionally well and can explore people’s attitudes towards mental health/ illness.</li> <li>● I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.</li> </ul>