



Mount CofE Primary School - PSHE / Relationship Education Progression

Year	Knowledge	Skills	Key Vocabulary
Year 1	- Understand the concept of personal identity and how it is shaped by family, friends, and community - Recognise and name different emotions, and how to express them appropriately - Identify the importance of personal hygiene and healthy habits	- Communicate their own feelings and needs - Demonstrate ways to show care and consideration for others - Practise good personal hygiene habits	- Identity, emotions, hygiene, healthy habits
Year 2	- Understand the importance of respecting differences and celebrating diversity - Recognise the role of family and friends in providing care and support - Identify strategies for managing change and dealing with loss	- Express empathy and compassion towards others - Describe ways to build and maintain healthy relationships - Demonstrate coping strategies for dealing with change and loss	- Diversity, respect, family, friends, change, loss
Year 3	- Understand the concept of personal boundaries and the importance of consent - Recognise the effects of bullying and how to respond to it - Identify the importance of personal safety and how to keep themselves safe	- Communicate their personal boundaries and respect the boundaries of others - Demonstrate strategies for standing up to bullying - Apply safety rules and practises in different situations	- Boundaries, consent, bullying, personal safety
Year 4	- Understand the changes that occur during puberty and how to manage them - Recognise the importance of healthy relationships and the characteristics of a positive relationship - Identify the risks associated with the use of technology and social media	- Manage the physical and emotional changes of puberty - Demonstrate the skills needed to build and maintain healthy relationships - Apply strategies for using technology and social media safely	- Puberty, relationships, technology, social media
Year 5	- Understand the concept of mental health and well-being, and how to maintain it - Recognise the risks associated with substance abuse and how to make informed choices	- Practise self-care and coping strategies for maintaining good mental health - Demonstrate decision-making skills in relation to substance use and financial matters	- Mental health, well-being, substance abuse, financial literacy



Year	Knowledge	Skills	Key Vocabulary
	- Identify the importance of financial literacy and responsible decision-making	- Apply critical thinking skills to evaluate the impact of their choices	
Year 6	- Understand the importance of personal health and how to maintain it - Recognise the risks associated with how to stay safe - Identify the role of the community in providing support and resources	- Demonstrate the skills needed to maintain personal health and make informed choices - Apply strategies for staying safe and seeking help when needed - Engage with community resources and support networks	- Intimate health, risk, community, support

This progression framework aligns with Mount CofE Primary School's vision and values by providing a comprehensive and sequenced approach to PSHE and Relationship Education. It addresses the school's improvement priorities around ensuring quality teaching and learning, as well as developing a shared strategy for the school's Christian identity. The framework ensures that pupils are equipped with the knowledge, skills, and vocabulary to navigate the complex social and emotional challenges they may face, while also fostering the school's core values of caring, respect, and understanding.