



PSHE/RHE Progression Grid

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Being Me	Celebrating Difference	Dreams and Goals	Healthy Me	Relationship	Changing Me
Cycle A Year 1/ 2 Long Term Plan	What Is The Same and Different About Us?	What is Special to Us?	What Helps Us Stay Healthy?	What Can We Do With Money?	Who Helps to Keep Us Safe?	How Can We Look After Each Other and the World?
Cycle A Year 3 / 4 Long Term Plan	What Strengths, Skills and Interests Do We Have?	Why Should We Eat Well and Look After Our Teeth?	How Can We Manage Our Feelings?	How Will We Grow and Change?	How Can Our Choices Make A Difference to Others and the Environment?	How Can We Manage Risk in Different Places?
Cycle A Year 5 / 6 Long Term Plan	How Can We Keep Healthy As We Grow?	How Can We Manage Hurtful, Bullying Behaviour to protect Our Mental Well-Being?	What Will Change As We Become More Independent? Good Touch/Bad Touch	How Do We Build Safe Relationships ?	How Can the Media Influence People? Economic well-being.	How Do Friendships Change As We Grow?



Cycle B Year 1/ 2 Long Term Plan	What Makes A Good Friend?	What is Bullying?	What Jobs Do People Do?	What Helps Us To Stay Safe?	What Helps Us Grow and Stay Healthy?	How Do We Recognise Our Feelings?
Cycle B Year 3 / 4 Long Term Plan	What Keeps Us Safe?	How Can We Be A Good Friend?	What Are Families Like?	Why Should We Keep Active and Sleep Well?	How Do We Treat Each Other With Respect?	What Makes A Community?
Cycle B Year 5 / 6 Long Term Plan	What Makes Up A Person's Identity?	What Decisions Can People Make With Money?	How Can We Help in an Accident or Emergency?	How Can Friends Communicate Safely?	How Can Drugs Common to Everyday Life Affect Health?	What Jobs Would We Like To Do?

Kirk Langley Progression for PSHE/RHE

A school where every child can 