



LOZELLS SCHOOL
PSHE PROGRESSION
2024 - 2025

PSHE Autumn 1	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Mental Health & Emotions	Mental Health & Emotions	Mental Health & Emotions	Mental Health & Emotions	Mental Health & Emotions	Mental Health & Emotions
Caring Friendships & Physical & Mental Wellbeing	How do we feel? Different kinds of feelings; strategies to manage feeling; change and loss.	How do we show our feelings? Different kinds of feelings; strategies to manage feelings; recognise how others are feeling; change and loss; sharing feelings.	How can we describe our feelings? Wider range of feelings; conflicting feelings & experiences at the same time; describing feelings associated with change; recognising a wider range of feelings.	How can we manage our feelings? Wider range of feelings; conflicting feelings & experiences at the same time; describing feelings associated with change; recognising a wider range of feelings in others; responding to others feelings.	How can we manage our feelings and emotions? Wider range of feelings; conflicting feelings & experiences at the same time; recognising feelings associated with change; recognising a wider range of feelings in others; responding to others feelings; responding to feelings of emotion.	How can we manage our own & the feelings and emotions of others? Wider range of feelings; conflicting feelings & experiences at the same time; recognising feelings associated with change; recognising a wider range of feelings in others; responding to others feelings; responding to feelings of emotion within; responding to emotions of others; managing anxiety; using mindfulness strategies.

Citizenship Day Black History Month Caring Friendships LOZELLS SCHOOL VALUE RESPECT	Citizenship Day Respecting Diversity Black History	Citizenship Day Respecting Diversity (Including being tolerant) Black History	Citizenship Day Understanding Diversity Black History	Citizenship Day Benefits of Diversity Black History	Citizenship Day Community Cohesion Black History	Citizenship Day Diversity and Community Cohesion in Birmingham Black History
PSHE Autumn 2 Respectful Relationships	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Relationships	Relationships	Relationships	Relationships	Relationships	Relationships
	Pupils learn that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	Pupils learn how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	Pupils learn how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	Pupils learn that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	Pupils learn the importance of self-respect and how this links to their own happiness. Pupils learn that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	Pupils learn the conventions of courtesy and manners. Pupils learn practical steps they can take in a range of different contexts to improve or support respectful relationships.

Citizenship Day Respectful Relationships LOZELLS SCHOOL VALUE KINDNESS	Citizenship Day Anti-Bullying Week Choose Respect	Citizenship Day Anti-Bullying Week Choose Respect	Citizenship Day Anti-Bullying Week Choose Respect	Citizenship Day Anti-Bullying Week Choose Respect	Citizenship Day Anti-Bullying Week Choose Respect	Citizenship Day Anti-Bullying Week Choose Respect
	Year 1 Wellbeing	Year 2 Wellbeing	Year 3 Wellbeing	Year 4 Wellbeing	Year 5 Wellbeing	Year 6 Wellbeing
	Through picture books, video clips, stories and even emojis, children learn to understand what different emotions are and what they can do in response to these feelings.	Children begin to use their understanding of emotions and look outwards to get a better understanding of other people's thoughts and feelings as well as recognising their strengths and how to help. As part of learning about a growth mindset, children attempt different challenges and investigate different strategies for dealing with difficult situations and emotions.	Children develop their sense of identity throughout this topic, understanding their strengths and their place in the different groups and communities that they are a part of. Imagining themselves as superheroes, they can reflect on what makes them special and how they can help the people around	Incorporating their sense of identity into the context of the world they live in, children start to consider the concept of purpose. They do this through looking at the importance of different emotions they experience, understanding what we gain from each different food group as well as considering what roles they	Chinese New Year Assembly By Year 5, children are more independent so this topic focuses on the increased responsibility that accompanies this, including the responsibility to keep themselves, safe and happy. Through understanding how their actions affect the outcomes of a given situation, they see how they are in charge of their own destiny, whether it's how well they make friends, what goals	This final topic in Mental Health sees the children reflect on everything they have learned to equip them for the future, including looking at how to resolve conflicts and how to show resilience by employing a growth mindset. Pupils look at different relaxation strategies as well as other ways they can take responsibility for their physical and emotional wellbeing and consider what kind of person they want to be.

			them. Later in the topic, they explore some important factors which affect our mental and physical health and wellbeing: diet, dental health, rest, relaxation and hydration.	themselves play based on what they are good at and what they enjoy.	they achieve and even how they feel.	
Citizenship Day Online Relationships LOZELLS SCHOOL VALUE HAPPINESS	Citizenship Day Safer Internet Day Encouraging everyone-including children, parents, caregivers, teachers and policymakers – to join “Together for a better internet” Children’s mental Health Week ‘My Voice Matters’	Citizenship Day Safer Internet Day Encouraging everyone-including children, parents, caregivers, teachers and policymakers – to join “Together for a better internet” Children’s mental Health Week ‘My Voice Matters’	Citizenship Day Safer Internet Day Encouraging everyone-including children, parents and caregivers, teachers and policymakers – to join “Together for a better internet” Children’s mental Health Week	Citizenship Day Safer Internet Day Encouraging everyone-including children, parents and caregivers, teachers and policymakers – to join “Together for a better internet” Children’s mental Health Week	Citizenship Day Safer Internet Day Encouraging everyone-including children, parents and caregivers, teachers and policymakers – to join “Together for a better internet” Children’s mental Health Week ‘My Voice Matters’	Citizenship Day Safer Internet Day Encouraging everyone-including children, parents and caregivers, teachers and policymakers – to join “Together for a better internet” Children’s mental Health Week ‘My Voice Matters’

			'My Voice Matters'	'My Voice Matters'		
PSHE Spring 2 Being Safe & Online Relationships	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	RSE	RSE	RSE	RSE	RSE	RSE
	Responding to adults in different social settings; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost or in an emergency and how to call emergency services; avoiding hazards in the home, and exploring the jobs of people in the community who keep us safe.	Developing understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.	Learning how to call emergency services; responding to bites and stings; becoming a responsible digital citizen; learning about cyberbullying and identifying unsafe digital content; exploring influences and making independent choices; developing awareness of road safety.	Learning about online safety and the benefits and risks of sharing information online; telling the difference between private and public; looking age restrictions; exploring the physical and emotional changes in puberty; looking at the risks associated with tobacco; knowing how to help someone with asthma.	The emotional and physical changes of puberty, including menstruation; online safety, influence and strategies to overcome it and administering first aid to someone who is bleeding.	The reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive

Citizenship Week LOZELLS SCHOOL VALUE HONESTY Being Safe & Online Relationships	Citizenship Day Boundaries What sort of boundaries are appropriate in friendships with peers and others?	Citizenship Day Privacy The concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	Citizenship Day Who is online? That people sometimes behave differently online, including pretending to be someone they are not.	Citizenship Day Keeping safe online The rules and principles for keeping safe online, how recognise risk, harmful content and contact and how to report them.	Citizenship Day First Aid Pupils learn concepts of basic first-aid, for example dealing with common injuries, including head injuries.	Citizenship Day Harmful substances The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
	Year 1 Citizenship Children learn about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.	Year 2 Citizenship Eid-al-Fitr Assembly Children learn about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion.	Year 3 Citizenship Children learn about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.	Year 4 Citizenship St Georges Day Assembly Children learn about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the	Year 5 Citizenship Children are introduced to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community.	Year 6 Citizenship Children learn about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.

				role of local government.		
Citizenship Day Physical & Mental Wellbeing LOZELLS SCHOOL VALUE FORGIVENESS	Citizenship Day Physical Health & Mental Wellbeing Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, identifying and dealing with allergic reactions, people in the community who keep us healthy.	Citizenship Day Physical Health & Mental Wellbeing Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals and developing a growth mindset and understanding dental hygiene.	Citizenship Day Physical Health & Mental Wellbeing Understanding that a healthy lifestyle includes physical activity, a balanced diet, and rest and relaxation; exploring identity through groups we belong to, and how our strengths can be used to help others; learning how to solve problems by breaking them down into achievable steps.	Citizenship Day Physical Health & Mental Wellbeing Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming and relaxing activities; developing independence in dental hygiene.	Citizenship Day Physical Health & Mental Wellbeing Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.	Citizenship Day Physical Health & Mental Wellbeing Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Economic Wellbeing	Economic Wellbeing	Economic Wellbeing	Economic Wellbeing	Economic Wellbeing	Economic Wellbeing
PSHE Summer 2 Economic Wellbeing	Children learn about some of the ways that children may receive money. To know that it is wrong to steal money	Children learn some of the ways in which adults get money. To know the difference between a 'want' and 'need'. Children learn some of the features to look at when selecting a bank account.	Children begin to understand that there are a range of jobs available. Children start to understand that some stereotypes can exist around jobs but these should not affect people's choices	Children learn that money can be lost in a variety of ways. To understand the importance of tracking money. To know that many people will have more than one job or career in their lifetimes.	Children learn that when money is borrowed it needs to be paid back, usually with interest. To know that it is important to prioritise spending. To know that income is the amount of money received and expenditure is the amount of money spent.	Children begin to understand that there are certain rules to follow to keep money safe in bank accounts. Children learn that gambling is a risk where money, or something else, is swapped in the hope of winning something better or more money
Citizenship Day LOZELLS SCHOOL VALUE DETERMINATION Being Safe & Respectful Relationships	Citizenship Day Healthy relationships What is a/how can I be a good friend/brother/sister? Moral Choices What choices do we make? How do our choices affect others?	Citizenship Day Healthy relationships What is a/how can I be a good friend/brother/sister? Decision making – right/wrong? Who can help us make choices if we are	Citizenship Day Healthy relationships I can understand what trust is I can identify people I trust and why I can explain what I can do if I don't trust someone or	Citizenship Day Healthy relationships I begin to understand the physical and emotional boundaries in friendships I understand physical boundaries are	Citizenship Day Healthy relationships How will I protect myself from exploitation from friends/peers/partners/families? I begin to understand that family relationships can sometimes	Citizenship Day Healthy relationships How will I protect myself from exploitation from friends/peers/partners/families? How can stereotypes be, negative, unfair and destructive.

		<p>unsure? Who can we go to for help?</p>	<p>they break my trust</p> <p>Extremism The importance of respecting others, even when they are different from them</p>	<p>different for different people I can explain some boundaries in friendships I understand that I have the right to decide what happens to my body</p> <p>Extremism & Radicalisation Practical steps that pupils can take in a range of different contexts to improve or support</p>	<p>make children feel unhappy and what they can do if this happens</p> <p>I understand that sometimes families can make children feel unhappy or unsafe</p>	<p>County Lines/CCE</p>
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