

**PSHCE Progression Map
Even Year**

Golden Thread – Others!	<p>Respect – How does respect help us to build better relationships?</p> <p>Responsibility – Why is it important to take responsibility for our actions?</p> <p>Resilience – How can resilience help us succeed?</p>
KS 1 Autumn Acorns Respect	<p>Respect for family and friends – Explore showing love and care to those close to us.</p> <p>Respect for rules – Understand why rules are important at school and home.</p>
KS 1 Spring Acorns Responsibility	<p>What happens when we help? – Explore how small acts of responsibility make a big difference.</p> <p>Looking after ourselves – Basic hygiene and safety as part of taking care of oneself. Including understanding that all household products, including medicine, can be harmful if not used responsibly. What can I do when I feel poorly? Including the responsible use of medicines.</p>
KS1 Summer Acorns Resilience	<p>What can we do when things are hard? Explore strategies like asking for help and trying again.</p> <p>Celebrating small successes – Discuss the importance of recognising progress, not just outcomes.</p>
LKS2 Autumn Map & Syc Respect	<p>How does respect build friendships? – Discuss active listening, sharing and understanding emotions.</p> <p>Respecting differences in our community – Explore inclusion and celebrating individuality.</p>
LKS2 Spring Map & Syc Responsibility	<p>What are my roles and responsibilities? – Discuss roles in school, at home and in friendships.</p> <p>Responsible choices in daily life – Explore decision making in spending, eating and behaving. Include what I know about drugs, how I feel about them and responsible choices that I make to feel safe.</p>
LKS2 Summer Map & Syc Resilience	<p>How can we keep trying? – Learn to set small goals and celebrate perseverance.</p> <p>Resilience in teamwork – Understand how supporting others builds resilience in groups</p>
UKS2 Autumn Wil & Oak Respect	<p>Conflict resolution through respect – Learn to manage conflicts constructively by focusing on mutual respect.</p> <p>Building respect across generations – Understand and value relationships with elders and younger children.</p>
UKS2 Spring Wil & Oak Responsibility	<p>Leadership and responsibility – Learn about setting an example for others and leading responsibly.</p> <p>Global responsibility – Discuss how actions impact on others worldwide, like reducing waste or helping charities.</p>
UKS2 Summer Wil & Oak Resilience	<p>Resilience in facing change – Prepare for life changes and build adaptability.</p> <p>From setback to success – Reflect on famous examples of resilience and apply lessons to personal challenges. Include the challenge of social pressure relating to smoking, vaping and alcohol. I know some of the health risks linked to smoking, vaping and alcohol and I can make an informed decision about my choices and how to resist social pressure.</p>

**PSHCE Progression Map
Odd Year**

Golden Thread – Me!	<p>Respect – How does respect help us to build better relationships?</p> <p>Responsibility – Why is it important to take responsibility for our actions?</p> <p>Resilience – How can resilience help us succeed?</p>
KS 1 Autumn Acorn Respect	<p>What is respect? Explore the idea of respect through practical examples, like taking turns, listening and being kind.</p> <p>Respect for Differences – Introduction to diversity, understanding that people are unique and that’s O.K. Including boys and girls body parts.</p>
KS 1 Spring Acorns Responsibility	<p>What am I responsible for? Explore self care, such as keeping tidy, being safe and helping at home. Include boys and girls body parts, respecting privacy, which parts of the body are private and why this is.</p> <p>Being a good friend- Discuss how being responsible means being a reliable and kind friend.</p>
KS1 Summer Acorns Resilience	<p>What does resilience mean? – Introduce the idea of “bouncing back” after small challenges like losing a game.</p> <p>Learning from mistakes – Discuss how mistakes are part of learning and growth.</p>
LKS2 Autumn Map & Syc Respect	<p>How do we show respect in our community? – Discuss respecting rules, authority figures and community spaces.</p> <p>Respecting opinions and feelings – Learn to manage disagreements respectfully and understand others’ perspectives.</p>
LKS2 Spring Map & Syc Responsibility	<p>How can I be responsible in my actions? – Discuss the consequences of choices and the importance of honesty and trust.</p> <p>Caring for our world – Introduction to environmental responsibility, such as recycling. How babies grow and develop and how we care for them. How do boys’ and girls’ bodies change externally as they grow and develop into adults.</p>
LKS2 Summer Map & Syc Resilience	<p>How do we stay positive? – Explore managing frustration, using self-talk and strategies for staying calm.</p> <p>Building confidence in ourselves – Discuss trying new things builds resilience and self-belief.</p>
UKS2 Autumn Wil & Oak Respect	<p>What does respect look like in leadership? – Develop understanding of mutual respect in leadership roles and teamwork.</p> <p>Respecting global cultures and traditions – Explore respecting cultural differences through discussions and global diversity.</p>
UKS2 Spring Wil & Oak Responsibility	<p>Taking responsibility for a project or group – Explore leadership responsibilities in collaborative tasks.</p> <p>Responsibility and the Internet – Learn about online safety, respectful behaviour and accountability in digital spaces.</p>
UKS2 Summer Wil & Oak Resilience	<p>Overcoming big challenges – Reflect on overcoming difficulties, asking for help and seeking solutions.</p> <p>Resilience in the real world – Apply resilience skills to transitions such as moving to secondary school, handling peer pressure and puberty. Puberty for boys and girls, including menstruation and reproduction from conception to birth.</p>