



Milton Mount Primary School

PSHE and RSE Progression of Knowledge and Skills Document

EYFS, Key Stage 1 & Key Stage 2

Intent Statement

At Milton Mount, we are GLOBAL CITIZENS! Our intention is that when children leave our school, they will do so with the knowledge, understanding and emotions to be able to play an active, positive and successful role in today's diverse society. We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it. In an ever-changing world, it is important that they are aware, to an appropriate level, of different factors which will affect their world and that they learn how to deal with these so that they have good mental health and well-being.

Our PSHE curriculum starts in the Early Years Foundation Stage focusing on the early learning goal and continues up to Year 6, following the National curriculum content guidance. Our PSHE curriculum enables children to access the wider curriculum and prepares them to be a global citizen now and in their future roles within a global community. It promotes the spiritual, moral, cultural, mental and physical development of pupils, preparing them for the opportunities, responsibilities and experiences for later life.

Do More

EYFS - In the Foundation Stage, PSHE and citizenship is taught as an integral part of everyday learning and is embedded throughout the curriculum. The objectives taught are the Personal, Social and Emotional Development statements from 'Development Matters in the EYFS' and the PSED Early Learning Goals.

Key Stage 1 and Key Stage 2 - At Key Stage 1 and 2, PSHE is taught through a clear and comprehensive scheme of work in line with the National Curriculum. We ensure we cover the Health and Well-Being, Relationships and Living in the Wider World Learning Opportunities set out in the PSHE Association's Programme of Study, which comprehensively cover the statutory Health Education and Relationships Education guidance.

The PSHE Association's Programme of Study is a spiral, progressive scheme of work, covering all of the above and 'aims to prepare children for life, helping them to know and value who they are and understand how they relate to other people in this ever-changing world'. There is a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. It includes mindfulness to allow children to advance their emotional awareness, concentration and focus.

Know More

The three themes have equal weighting and importance within teaching, and topics are taught on a rolling, spiral basis. Topics are revisited across year groups, and understanding is deepened. This allows for progression and retention of key skills and knowledge, and also the introduction of some concepts at an age-appropriate point.

Remember More

Sticky starters are used at the start of each lesson which allows children to recall key knowledge and information. 3 questions are asked: one from the previous week, one from the previous unit (term) and one from the previous year. This enables children to bring previous knowledge into current learning, helping them to make connections within the world around them.

Experience More

A combination of visitors and a focus on firsthand experiences help to ensure a memorable learning experience for all. Visitors such as emergency services and the school nurse complement our PSHE curriculum to offer additional learning. We encourage our pupils to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Assemblies are linked to PSHE, British Values and SMSC and cover any additional sessions that would benefit the whole school.

Consider more

By doing, knowing, remembering and experiencing more, children at Milton Mount will have an understanding of themselves and others so that children thrive now and, in the future, to become global citizens.

Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Self-Regulation (Health and Wellbeing – respecting ourselves and others)	Self-Regulation (Health and Wellbeing – respecting ourselves and others)	Managing Self (Health and Wellbeing – respecting ourselves and others)	Managing Self (Health and Wellbeing – respecting ourselves and others)	Building Relationships (Living in the wider world – building relationships)	Building Relationships (Living in the wider world – building relationships)
Year 1	Relationships (Family)	Health and Wellbeing (Allergies)	Health and Wellbeing (Growing and changing)	Living in the Wider World (Money)	Health and Wellbeing (Keeping healthy)	Living in the Wider World (Relationships)
Year 2	Health and Wellbeing (Respecting ourselves and others)	Health and Wellbeing (Respecting ourselves and others)	Living in the Wider World (Relationships)	Living in the Wider World (Money and work)	Health and Wellbeing (Bullying)	Health and Wellbeing (Growing and staying strong)
Year 3	Living in the Wider World (Friendships)	Health and Wellbeing (Keeping fit)	Living in the Wider World (Relationships - family)	Health and Wellbeing (Food)	Living in the Wider World (Community)	Health and Wellbeing (Changing bodies)
Year 4	Living in the Wider World (Friendships)	Living in the Wider World (Respect)	Living in the Wider World (Environment)	Living in the Wider World (Change and loss)	Health and Wellbeing (Drugs)	Health and Wellbeing (Changing bodies)
Year 5	Health and Wellbeing (Personal Identity)	Health and Wellbeing (Puberty)	Living in the Wider World (Money)	Health and Wellbeing (Mental Wellbeing)	Living in the Wider World (Online and social media)	Living in the Wider World (Democracy)
Year 6	Health and Wellbeing (Mental Wellbeing)	Health and Wellbeing (Health and prevention)	Health and Wellbeing (Alcohol)	Living in the Wider World (Racism/Diversity)	Health and Wellbeing (Puberty and reproduction)	Health and Wellbeing (Transition)

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Strands		EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Wellbeing	Health and Prevention		<p>Understanding the importance of hand hygiene.</p> <p>Understanding the risks of sun exposure and how to stay safe in the sun.</p> <p>Developing an understanding of allergies and what to do if someone has an allergic reaction.</p>			<p>Developing independence in looking after my teeth.</p>	<p>Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun.</p>	<p>Understanding ways of preventing illness and the benefits of immunisation.</p> <p>Developing an understanding of possible signs of illness and some actions I can take.</p>
	Physical Health and Wellbeing	<p>Importance of managing their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices</p> <p>Importance of healthy food choices and exercise.</p>	<p>Exploring health related jobs and people who help to keep us healthy</p> <p>Understanding the importance of sleep and positive sleep habits</p> <p>Exploring two different methods of relaxation: progressive muscle relaxation and laughter</p>	<p>Understanding the importance of exercise and its effect on the body</p> <p>Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation</p>	<p>Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest</p> <p>Understanding the positive impact of relaxation on the</p> <p>Body and learning relaxation stretches</p> <p>Understanding what a balanced diet is and the effects upon mental and physical health</p>	<p>Identifying what makes me feel calm and relaxed and learning visualization as a tool to aid relaxation</p> <p>Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles</p>	<p>Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep</p> <p>Understanding the relationship between stress and relaxation and exploring yoga as a technique for relaxation</p>	<p>Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation</p> <p>Understanding the factors which contributes to my physical and mental health</p> <p>Identifying a range of relaxation strategies and situations in which</p>
	Mental Wellbeing	<p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</p> <p>Set and work towards simple goals, being able to</p>	<p>Understanding my strengths and qualities</p> <p>Understanding and describing feelings and emotions</p>	<p>Recognising an increasing range of feelings and some strategies for managing different emotions</p> <p>Developing empathy</p>	<p>Exploring my identity through the groups I belong to</p> <p>Identifying my strengths and exploring how I use them to help others</p>	<p>Understanding that it is normal to experience a range of emotions</p> <p>Developing the ability to appreciate the emotions of others in different situations</p>	<p>Understanding what can cause stress and how to deal with it</p> <p>Exploring ways to achieve a goal, setting short-term,</p>	<p>Exploring my personal qualities and how to build on them</p> <p>Learning the importance of resilience and development</p>

		<p>wait for what they want and control their immediate impulses when appropriate</p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>To celebrate differences</p>		<p>Identifying personal goals and how to work towards them</p> <p>Exploring the need for perseverance and developing a growth mindset</p>	<p>Understanding how to overcome problems by breaking them into smaller, achievable steps</p>	<ul style="list-style-type: none"> Learning to take responsibility for me emotions and that I can control some things but not others <p>Developing an understanding of mental health including experiencing problems</p> <p>Developing a growth mindset, acknowledging that mistakes are useful to learning</p>	<p>medium-term and long-term targets</p> <p>Developing the ability to take responsibility for and manage my feelings</p> <p>Identifying how failure can make me feel, learning to manage those feelings and that failure is important part of success</p>	<p>strategies for being resilient in challenging situations</p> <p>Identifying long-term goals and developing a plan as to how to achieve them</p> <p>Identifying strategies to manage feelings around change</p>
Living in the Wider World and Health and Wellbeing	Being Safe (Including Online)	<p>Explain the reasons for rules, know right from wrong and try to behave accordingly</p> <p>To know the PANTS rule</p>	<p>Understanding how to respond appropriately to adults in a range of settings</p> <p>Understanding what to do if I get lost</p> <p>Exploring potential hazards in the home and how to avoid these</p> <p>Understanding the roles people have within the local community to help keep me safe</p> <p>Developing an understanding of appropriate physical contact</p>	<p>Developing an understanding of being safe near roads and learning how to crossroads safely</p> <p>Understanding the safe use of medicines</p> <p>Beginning to understand the importance of staying safe online</p> <p>Understanding the difference between secrets and surprises</p> <p>Understanding the concept of privacy and naming the</p>	<p>Understanding ways to keep safe when crossing and near roads</p> <p>Developing skills as responsible digital citizen</p> <p>Recognising and responding to cyberbullying</p> <p>Beginning to recognize unsafe digital content</p>	<p>Developing an understanding of being safe online</p> <p>Understanding how to seek help if I need to</p> <p>Exploring the difference between private and public</p> <p>Understanding that age restrictions are designed to protect me</p> <p>Learning about the benefits and risks of sharing information online</p>	<p>Developing an understanding of how to ensure relationships online are safe</p> <p>Recognising an increasing number of online risks and ways to stay safe online</p>	<p>Developing an understanding about the reliability of online information</p> <p>Exploring online relationships including dealing with problems</p> <p>Understanding that online relationships should be treated in the same way as face-to-face relationships</p> <p>Knowing where to get help with any online problems</p>
	Drugs, Alcohol and Tobacco		<p>Exploring what is and isn't safe to put in or on my body</p>	<p>Learning how to be safe around medicines</p>		<p>Understanding the risks associated with tobacco</p>	<p>Understanding the influence others can have on me</p> <p>Learning strategies, I can use to overcome pressure from others</p>	<p>Understanding the risks associated with alcohol</p>

	The Changing adolescent body			Knowing the names of parts of my body		Developing an understanding of physical and emotional changes as I grow up	Understanding the physical changes from childhood to adulthood Developing an understanding of the main aspects of puberty, including menstruation Learning about the emotional changes during puberty	Knowing the changes experienced during puberty Understanding how a baby is conceived and develops
	Basic First Aid		Understanding what classes as an emergency and how to make a call to the emergency services		Knowing how to call the emergency services Knowing how to respond to bites and stings	Knowing how to help someone with asthma	Knowing how to help someone who is bleeding	Knowing how to help someone who is choking Knowing how to help someone who is unresponsive
Living in the Wider World – Families and Relationships	Families		Understanding that families can include a range of people and how different members of a family are related to each other	Learning that families can be made up of different people Understanding that families offer care, love and support	Learning that problems can occur in families and that there is help available if needed	Understanding that families are varied, in the UK and across the world and having respect for these differences	Understanding that we all have different positive attributes, and we should be proud of these Learning what marriage is and that it is a choice that people make Learning that sometimes families can make children feel unhappy or unsafe and that there is help available	
	Friendships	Work and play cooperatively and take turns with others from positive relationships with friends and peers. Show sensitivity to their own and to others' needs.	To begin to understand the characteristics of positive friendships Learning that friendships can have problems but that these can be overcome Exploring friendly behaviors	Understanding difficulties in friendships and actions that can be taken	Exploring ways to resolve friendship problems Developing an understanding of the impact of bullying and what to do if bullying occurs	Exploring physical and emotional boundaries in friendships Exploring different roles related to bullying including victim, bully and bystander	Understanding that friendships will encounter issues but that may strengthen them Understanding the impact of bullying and what might influence the behaviour of a bully	Learning that friendships can experience conflict, and ways in which to resolve conflict, through negotiation and compromise Understand emotions around transition and change.

	Respectful Relationships	Form positive attachments to adults	<p>Learning to recognise how other people show their feelings and how to care for others</p> <p>Exploring the ability to successfully work with different people</p> <p>Understanding ways to help others</p>	<p>Learning how other people show their feelings and how to respond to them</p> <p>Exploring the conventions of manners in different situations</p> <p>Developing an understanding of self-respect</p>	<p>Understanding what trust is and identifying who I can trust</p> <p>Learning about the effects of nonverbal communication</p> <p>Developing listening skills</p> <p>Exploring stereotyping</p>	<p>Understanding expected courtesy and manners in a range of scenarios</p> <p>Understanding my actions and behaviour affects others</p> <p>Understanding stereotyping</p>	Learning stereotypes can be unfair, negative and destructive	<p>Learning what respect is and that it is part of a relationship</p> <p>Understanding that everyone deserves to be respected but that respect can be lost</p> <p>Understanding stereotyping and bullying linked to it</p> <p>Understanding what racism is and the impact of racism. Understanding diversity and equality.</p>
	Change and Loss			Exploring how loss and change can affect us		Learning what bereavement is and how to help someone who has experienced bereavement		<p>Understanding grief and the associated emotions</p> <p>To explore the process and emotions relating to grief</p>

Spiritual

- Encouraging self-reflection and awareness through lessons on emotions, personal growth, and mindfulness.
- Exploring values and beliefs through discussions on fairness, kindness, and respect for others.
- Providing opportunities for creative expression, such as storytelling, role-play, and circle time.
- Learning about different worldviews and traditions through multicultural education in PSHE.

PSHE Units:

- *Belonging & Identity* – Children reflect on their uniqueness and what makes them special.
- *Dreams & Goals* – Encourages self-belief and personal growth, helping children explore their aspirations.
- *Mindfulness & Wellbeing* – Activities such as guided reflection, yoga, and sports to help pupils develop self-awareness.

Linked School Events:

- **World Mental Health Day** – Pupils take part in mindfulness activities and discussions on emotions.
- **Harvest Festival & Religious Celebrations** – Encourages reflection on generosity, gratitude, and cultural beliefs.

Social

- Developing teamwork and cooperation skills through collaborative activities and discussions.
- Encouraging active participation in school life through **School Council, Eco Team, and Peer Mentors**.
- Teaching conflict resolution and positive relationship skills through activities like role-play and problem-solving scenarios.
- Supporting emotional wellbeing and mental health through sessions on resilience, empathy, and self-care.

PSHE Units:

- *Being Part of a Community* – Encourages teamwork, leadership, and active citizenship.
- *Health & Wellbeing* – Teaches resilience, emotional regulation, and looking after mental and physical health.
- *Economic Wellbeing & Enterprise* – Supports teamwork and problem-solving in group projects.

Linked School Events:

- **School Council & Eco Team Elections** – Pupils engage in democratic processes and leadership roles.
- **Charity Fundraising Events (Children in Need, Red Nose Day, etc.)** – Develops empathy and responsibility towards others.
- **Peer Mentor & Buddy Systems** – Older pupils support younger ones in developing social skills and confidence.

British Values

At Milton Mount Primary School, British Values are embedded within the PSHE curriculum to help pupils develop a strong sense of citizenship, respect, and responsibility. Through topics such as democracy, rule of law, individual liberty, mutual respect, and tolerance, children learn about their rights and responsibilities within society. Activities like School Council elections teach democracy in action, while lessons on rules and fairness highlight the importance of laws. Discussions on diversity and inclusion encourage respect for different cultures and beliefs, ensuring pupils grow into well-rounded, responsible citizens who embrace equality and kindness.

Moral

- Teaching pupils about right and wrong, fairness, and consequences through topics like relationships and responsible decision-making.
- Engaging in discussions about moral dilemmas (e.g., honesty, respect, and responsibilities).
- Exploring themes of justice, equality, and respect in both personal and wider social contexts.
- Encouraging children to reflect on their actions and consider how they impact others.

PSHE Units:

- *Relationships & Friendship* – Teaches honesty, fairness, and kindness in interactions with others.
- *Rights, Respect & Responsibilities* – Helps pupils understand justice, fairness, and the impact of their actions.
- *Anti-Bullying & Inclusion* – Pupils learn about standing up for others, making ethical decisions, and challenging discrimination.

Linked School Events:

- **Anti-Bullying Week** – Focuses on kindness, respect, and standing up to bullying.
- **Safer Internet Day** – Teaches digital responsibility and moral choices online.
- **Restorative Justice Workshops** – Helps children understand fairness and resolving conflicts peacefully.

Cultural

- Exploring different cultures, traditions, and communities to promote appreciation and respect for diversity.
- Learning about democracy, rights, and responsibilities through topics linked to citizenship and the **British Values curriculum**.
- Recognising and challenging stereotypes and prejudice through discussions on inclusion and equality.
- Celebrating cultural events and significant national/international awareness days within PSHE lesson

PSHE Units:

- *Diversity & Inclusion* – Explores different cultures, traditions, and perspectives to build understanding and respect.
- *Celebrating Differences* – Helps pupils challenge stereotypes and appreciate cultural diversity.
- *British Values (Democracy, Rule of Law, Respect, Individual Liberty, Tolerance)* – Links to citizenship education.

Linked School Events:

- **Black History Month** – Pupils learn about significant figures and contributions from different cultures.
- **Cultural Awareness Days** – Themed assemblies and activities on celebrations such as Diwali, Chinese New Year, Eid, and Hanukkah.
- **International Day** – Pupils explore different languages and global cultures.