

Progression of PSHE & RHE Teaching at William Austin Junior School

	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
Y3	Being a good friend and respecting personal space. Strategies for resilience.	Respecting and valuing differences. Shared values of communities.	Our responsibilities and ways we can care and show respect for others.	Identifying healthy and unhealthy relationships. The characteristics of healthy, positive and committed relationships.	Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean.	Coping with feelings around the changes in our lives.
Y4	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.	Identity and diversity. Seeing different perspectives and not making judgements based on appearance.	Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child. Knowing what the local and national government are and what they are responsible for.	The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.	Identifying risks, hazards and environmental dangers including sun damage. Awareness of road safety. Influences on our health and wellbeing and how to cope with different feelings.	Understanding where money comes from, ways to pay, lending and borrowing. Knowing how to prioritise wants and needs and understanding the influence advertising has and being able to keep track of finances.
Y5	Identity and peer pressure off- and online. Positive emotional health and wellbeing.	Celebrating strengths, setting goals and keeping ourselves safe online.	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.		Awareness of the types of bullying and where to go to seek help. Importance of an active lifestyle and the risks of an inactive lifestyle. Understanding the role of a first aider and what to do in the event of an emergency. Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.	How puberty changes can affect our emotions and ways to manage this; questions about puberty and change.
Y6	How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.	Understanding biodiversity, the effects of energy usage, knowing the different environmental role model and how to become a global citizen. Awareness of human rights, who they apply to and how to respect rights.	Understanding the qualities needed within families and knowing what different families look like.	Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.	How our bodies change as we enter puberty, including hygiene needs and menstruation.