



P.H.S.E.

Progression Map and End Points

St Joseph's RC Primary School



Our children are not going to be just "our children" - they are going to be other people's husbands and wives and the parents of our grandchildren.

(Mary Calderone)

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St Joseph's RC Primary School

P.H.S.E End Points

	End of EYFS	End of KS1	End of Lower KS2	End of Upper KS2
Module 1 Religious	<ul style="list-style-type: none"> Children will understand that we are created individually by God as part of His creation plan. We can give thanks to God. 	<ul style="list-style-type: none"> Children will know that this means they are uniquely created individuals who Jesus wants to be friends with. 	<ul style="list-style-type: none"> Children will understand that God designed them with a purpose: to be loved, to love and to make a difference; and will understand the importance of saying sorry and seeking forgiveness in relationships with others and God. 	<ul style="list-style-type: none"> Children will understand that God wants us to put our faith in Him which means putting our confidence and hope in Him even though we can't see Him.
Module 1 Me, my body, my	<ul style="list-style-type: none"> Children will understand that their bodies are good and made by God, can name the parts of the body and know that we have to look after them and how to do so. 	<ul style="list-style-type: none"> Children will understand that part of being unique means we each have individual gifts, talents and skills; will be able to name taught body parts and describe how they can be used; and will be able to articulate various ways of keeping healthy and maintaining personal hygiene. 	<ul style="list-style-type: none"> Children will understand that we should find our self-confidence in God, who loves us and calls us His children; and will understand that our bodies are a gift from God and how to respect them in various ways through what we wear, eat and do 	<ul style="list-style-type: none"> Children will be able to recall some of the changes which girls and boys experience during puberty and will be able to discern whether certain choices will have a good or bad impact on our health.

Module 1 Emotional Wellbeing	<p>Children will understand that we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc) That it is natural for us to relate to and trust one another, They will develop a language to describe their feelings and an understanding that everyone experiences feelings, both good and bad. They will develop simple strategies for managing feelings, emotions and behaviour. They will understand that we have choices and these choices can impact how we feel and respond. They will know that we can say sorry and forgive like Jesus.</p>	<ul style="list-style-type: none"> • Children will show respect for the likes/dislikes of others, and understand that people might experience feelings differently; will understand what it means to have choice over their actions, in spite of their feelings; and will be able to describe some simple strategies for managing feelings and maintaining good behaviour, including a basic understanding of the concept of forgiveness. 	<ul style="list-style-type: none"> • Children will understand the concept of 'emotional well-being' and how we can take positive actions to enhance this; will understand that images in the media do not always reflect reality and can affect how people feel about themselves; and will understand that feelings are not always good guides for action, and that resilience helps us to consider our feelings within a wider context in order to make good choices and choose thankfulness. 	<p>Children will understand that the pressures we face (e.g. from the media) can affect how people feel about themselves; will understand how thoughts, feelings and actions relate to one another and that feelings are not good guides for actions. They will be able to describe a variety of techniques to help them manage their thoughts, feelings and actions.</p>
Module 1 Life cycles	<p>Children can understand that there are natural life stages from birth to death, and what these are - typically naming baby, child, adult</p>	<ul style="list-style-type: none"> • Children will understand that these life stages from birth to death are part of God's plan for us, and be able to describe what different life stages are like. 	<ul style="list-style-type: none"> • Children will understand how a baby grows and develops in its mother's womb and be able to name some of the stages of this. 	<ul style="list-style-type: none"> • Children will be able to describe how a baby grows and develops in the womb and demonstrate some wonder and curiosity about this and will understand some facts about periods and the menstrual cycle including period hygiene.
Module 2 Religious	<p>Children will understand that we are part of God's family and that Jesus cared for others and wanted them to live good lives like Him. They will understand that we should love other people in the same way God loves us.</p>	<p>Children will understand that saying sorry is important and can mend friendships - both with those around us and with God.</p>	<ul style="list-style-type: none"> • Children will understand that when we do wrong things, we hurt God and others, but when we say sorry, God forgives us 	<p>Children will appreciate that we all have something we can offer in terms of loving others.</p>

<p>Module 2 Personal relationships</p>	<p>Children will be able to name special people (e.g. parents, carers, friends) and what makes them special. They will understand the importance of the nuclear family and of the wider family. They will understand the importance of being close to and trusting of 'special people' and telling them if something is troubling them. They will understand how their behaviour affects other people and that there is appropriate and inappropriate behaviour. They will be able to identify the characteristics of positive and negative relationships. They will know of the different types of teasing and that all bullying is wrong and unacceptable. They will know when they have been unkind to others and to say sorry and that when we are unkind, we hurt God and should say sorry. They will learn how to respond when people are being unkind to them and others and that we should forgive like Jesus forgives.</p>	<p>Children will understand that their 'special people' are special to them in different ways, and be able to identify who they would go to if something was troubling them; will be able to describe and strive to practise the qualities of being a good friend; will understand that when we are unkind to others, we hurt God too and so should say sorry to Him; and be able to identify times when they have been unkind.</p>	<p>Children will be able to describe some qualities of friendship and strategies to use when relationships go wrong; and will understand the meaning of 'pressure' and 'resilience', and the importance of seeking support from trusted adults.</p>	<p>Children will be able to describe some strategies they can adopt to resist pressure; will be able to discern situations in which it would be appropriate and right to say 'no'; and will understand how positive self-talk can impact our feelings, actions and relationships for the better</p>
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<p>Module 2 Keeping safe</p>	<p>Children will be able to explain about safe and unsafe situations indoors and outdoors, including online and that they can ask for help from their special people. They will understand that they are entitled to bodily privacy and that they can and should be open with 'special people' they trust if anything troubles them. They will understand that there are different people we can trust for help, especially those closest to us who care for us, including our teachers and our parish priest. They will be able to explain that medicines should only be taken when a parent or doctor gives them to us and that medicines are not sweets. They will understand that we should always try to look after our bodies because God created them and gifted them to us. They will understand that there are lots of jobs designed to help us for example, that paramedics help us in a medical emergency and that First Aid can be used in non-emergency situations, as well as whilst waiting for an ambulance.</p>	<p>Children will be able to describe and give examples of good/bad secrets, and understand that they should be open and honest with 'special people' if anything troubles them; will understand that alcohol and tobacco are harmful substances that are illegal for children to access; will understand that in an emergency, they (or an adult) should call 999 and ask for ambulance, police and/or fire brigade; and will understand that First Aid can be used in many situations where an ambulance is not required, and demonstrate understanding of basic First Aid.</p>	<p>Children will demonstrate some prior knowledge around this topic and be able to identify and record facts throughout the session; and with prompting, demonstrate understanding of how First Aid knowledge can be applied in real-life situations.</p>	<p>Children will understand that some physical contact is appropriate and some is inappropriate, and be able to describe some examples of these; will understand the impact that these substances can have on people's lifestyles, and how we can all make better choices to benefit our health and well-being; will be able to come up with 'for' and 'against' arguments for giving into pressure, and practise making good choices; and will, with prompts, have a degree of confidence in performing the DR ABC primary survey, as well putting someone in the recovery position.</p>
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<p>Module 3 Religious understanding</p>	<p>Children can understand that God is love: Father, Son and Holy Spirit, that being made in His image means being called to be loved and to love others. They will know what a community is, and that God calls us to live in community with one another. They will have read some Scripture illustrating the importance of living in a community and will understand that no matter how small our offerings, they are valuable to God and He can use them for His glory.</p>	<p>Children will understand that God is three in one: Father, Son and Holy Spirit; and will understand that Jesus calls us to love our neighbour even if we've never met them/don't like them</p>	<p>Children will understand that being made in the image of God means we are made to love God and others, and be loved by God and others; and will understand that we the Church are called to love others as God loves us, and will be able to come up with some practical examples of how they can do this.</p>	<p>Children will understand that the Holy Spirit works through us to share God's love and goodness with others; and will know that God loves them and wants them to love others, and be able to come up with examples of how Catholic Social Teaching principles can be practised.</p>
<p>Module 3 Living in the wider world</p>	<p>Children can understand that they belong to various communities, such as home, school, parish, the wider local area, nation and the global community. They will know that they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc. They will be able to explain that we have a duty of care for others and for the world we live in (charity work, recycling, etc.) and say what harms and what improves the world in which they live.</p>	<p>Children will understand that their actions/inactions can help/harm the communities they are part of.</p>	<p>Children will be able to devise practical ways of loving and caring for others.</p>	<p>Children will understand how Catholic Social Teaching principles can help them to judge not only whether something is wrong, but why it is wrong.</p>

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P.H.S.E Progression of skills

Nursery

<ul style="list-style-type: none"> Pupils understand that we were created by God out of love and for love 	<ul style="list-style-type: none"> Pupils understand why the Bible is so important to Christians and that Jesus is a role model for us to copy in loving one another. 	<ul style="list-style-type: none"> Pupils can name different family relationships and identify special people they can trust. 	<ul style="list-style-type: none"> Pupils understand what makes a positive/negative relationship and learn to look to Jesus as a role model for being a good friend.
<ul style="list-style-type: none"> Pupils understand how to resolve conflict in friendships through saying sorry and asking for/receiving forgiveness. 	<ul style="list-style-type: none"> Pupils understand different ways they can stay safe outside, inside and inside themselves too. 	<ul style="list-style-type: none"> Pupils understand bodily privacy and the importance of talking to their 'special people' if anything troubles them. 	<ul style="list-style-type: none"> Pupils understand that medicines are drugs and how to stay safe around them.
<ul style="list-style-type: none"> Pupils understand who can help them in an emergency. 	<ul style="list-style-type: none"> Pupils understand that we are made in the image of God and are designed to love God and one another too. 	<ul style="list-style-type: none"> Pupils understand that we are part of a wider community and our loving actions can be used by God to do incredible things in it. 	<ul style="list-style-type: none"> Pupils understand the responsibilities they have to people, places and the planet now and increasingly as they get older.

Reception

<ul style="list-style-type: none"> Pupils understand that they are uniquely created by God and special because they are made and loved by Him. 	<ul style="list-style-type: none"> Pupils understand how wonderful their unique, God-given bodies are. 	<ul style="list-style-type: none"> Pupils understand that privates are privates. 	<ul style="list-style-type: none"> Pupils understand how to make good, healthy lifestyle decisions, including about exercise, diet, sleep and personal hygiene.
<ul style="list-style-type: none"> Pupils can identify what likes and dislikes they have in common. 	<ul style="list-style-type: none"> Pupils understand how they are feeling, what feelings can look like and why they might be feeling them. 	<ul style="list-style-type: none"> Pupils understand that actions have consequences; that when we make mistakes, we should say sorry and ask for forgiveness. 	<ul style="list-style-type: none"> Pupils understand the life cycle, that growing up is part of God's plan for our lives, and that we are loved by Him at every life stage.
<ul style="list-style-type: none"> Pupils begin to understand the concept of the Trinity, where God is three-in-one and each part loves the others and loves us. 			

Year 1			
<ul style="list-style-type: none"> Pupils understand that they're all special because they are made and loved by God. 	<p>Pupils understand that it is important to talk to their special people about things that are troubling them.</p>	<ul style="list-style-type: none"> Pupils understand how their behaviour can affect other people. 	<ul style="list-style-type: none"> Pupils learn how to give and receive forgiveness.
<ul style="list-style-type: none"> Pupils understand that being safe is not just about physical precautions, they need to feel safe on the inside too. 	<ul style="list-style-type: none"> Pupils learn how to stay safe online. 	<ul style="list-style-type: none"> Pupils understand the difference between good secrets that are safe to keep, and bad secrets that are unsafe to keep. 	<ul style="list-style-type: none"> Pupils understand how to resist pressure when feeling unsafe.
<ul style="list-style-type: none"> Pupils understand that privates are private and that their body belongs to them. They understand that no means no and that they should talk about secrets that upset them. 	<ul style="list-style-type: none"> Pupils understand the harm substances such as alcohol and tobacco can have on our bodies. 	<ul style="list-style-type: none"> Pupils understand what makes a situation a 999 emergency. 	<ul style="list-style-type: none"> Pupils understand the principles of basic First Aid.
<ul style="list-style-type: none"> Pupils understand the concept of the Holy Trinity and think about what the Holy Trinity means for them. 	<ul style="list-style-type: none"> Pupils understand who their neighbour is and what this means for them and their communities. 	<ul style="list-style-type: none"> Pupils understand what it means to belong to a community and the rights and responsibilities that come with it. 	

Year 2			
<ul style="list-style-type: none"> Pupils understand some of the similarities differences between girls and boys on physical, emotional and spiritual levels. 	<ul style="list-style-type: none"> Pupils understand how to take care of their bodies. 	<ul style="list-style-type: none"> Pupils understand and articulate their own feelings and how other people's feelings might differ from theirs. 	<ul style="list-style-type: none"> Pupils understand that we all have different feelings at different times, and different likes and dislikes too.
<ul style="list-style-type: none"> Pupils understand that choices have consequences and what to do when it all goes wrong. 	<ul style="list-style-type: none"> Pupils understand the specifics of the human life cycle. 	<ul style="list-style-type: none"> Pupils understand that how they act can help or harm their communities. 	<ul style="list-style-type: none">
Year 3			
<ul style="list-style-type: none"> Pupils understand that they are created by God out of love and for love: they were designed for this purpose, which should inform how they live. 	<ul style="list-style-type: none"> Pupils understand that through prayer, the Sacraments and our friendships and relationships with others, we can have a foretaste of heaven. 	<ul style="list-style-type: none"> Pupils understand different types of sin, and the importance of forgiveness in relationships. 	<ul style="list-style-type: none"> Pupils understand what it means to be a good friend and learn some strategies to use when relationships become difficult
<ul style="list-style-type: none"> Pupils understand how to recognise bullying and abuse (including physical bullying and emotional bullying online). 	<ul style="list-style-type: none"> Pupils understand ow quickly things can be shared around the world online, including photos, passwords and other personal information. They understand how this can be damaging and/or dangerous, and will learn steps to keep themselves safe. 	<ul style="list-style-type: none"> Pupils understand how they can report and get help if they encounter inappropriate messages or material online. 	<ul style="list-style-type: none"> Pupils understand the term 'abuse' and recognise different types of abuse. They understand that they can talk to a trusted adult about any issues they may face.
<ul style="list-style-type: none"> Pupils understand that consuming alcohol, drugs and tobacco is harmful to our bodies, and therefore God's creation. 	<ul style="list-style-type: none"> Pupils understand how First Aid, quick reactions and staying calm during an emergency can make the difference between life and death. 	<ul style="list-style-type: none"> Pupils begin to understand what the Holy Trinity means for them and their communities. 	<ul style="list-style-type: none"> Pupils understand that the wider Church has a mission to reflect the Holy Trinity through love for others.

Year 4			
<ul style="list-style-type: none"> Pupils understand that people are unique and that our similarities and differences should be celebrated. 	<ul style="list-style-type: none"> Pupils understand that their bodies are a gift from God that He wants us to look after and respect. 	<ul style="list-style-type: none"> Pupils understand what puberty is and why we go through it. 	<ul style="list-style-type: none"> Pupils understand some of the changes that boys and girls will face when they enter puberty.
<ul style="list-style-type: none"> Pupils understand that there are some techniques to scrutinise their feelings and determine whether they are a good guide for taking action. 	<ul style="list-style-type: none"> Pupils understand what they can do to help themselves stay emotionally healthy. 	<ul style="list-style-type: none"> Pupils understand how the polished 'reality' of the media can affect how people feel about themselves. 	<ul style="list-style-type: none"> Pupils understand that particular feelings and pressures may make us want to act inappropriately. They understand how to build resilience in various ways, including choosing to be thankful.
<ul style="list-style-type: none"> Pupils understand that we were handmade by God and how life is created in the womb. 	<ul style="list-style-type: none"> 		<ul style="list-style-type: none">
Year 5			
<ul style="list-style-type: none"> Pupils understand they are created by God who cares for us and wants us to put our faith in Him. 	<ul style="list-style-type: none"> Pupils understand the nature of God's call to love others. 	<ul style="list-style-type: none"> Pupils understand the different ways in which people can experience pressure and strategies to resist it. 	<ul style="list-style-type: none"> Pupils understand about consent and bodily autonomy and have the ability and confidence to say 'no'.
<ul style="list-style-type: none"> Pupils understand how our thoughts and feelings not only impact on our well-being, but also our friendships and relationships with others. 	<ul style="list-style-type: none"> Pupils understand how to make safe and sensible decisions about what content to share or not share, including photos, passwords and other personal information. They understand that it can be damaging and dangerous and how to devise rules to remember to keep themselves safe. 	<ul style="list-style-type: none"> Pupils understand how they can chat safely, the impact cyberbullying can have, and what behaviour is acceptable and unacceptable online. They understand how they can report and get help if they encounter inappropriate messages or material. 	<ul style="list-style-type: none"> Pupils understand the concept of rights, and how abuse violates their rights.
<ul style="list-style-type: none"> Pupils understand how using drugs, alcohol and tobacco can impact on people's lifestyles and inhibit the body's natural functioning. 	<ul style="list-style-type: none"> Pupils understand how to deal with pressurising situations and make good choices. 	<ul style="list-style-type: none"> Pupils understand some basic First Aid knowledge, including the recovery position and the DR ABC primary survey. 	<ul style="list-style-type: none"> Pupils understand how they can allow the Holy Spirit to work through them to share God's love in the world.
<ul style="list-style-type: none"> Pupils understand how God wants us to live in society with each other. 	<ul style="list-style-type: none"> Pupils understand the ways in which they can reach out to others and spreading God's love in their communities. 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
Year 6			
<ul style="list-style-type: none"> Pupils understand that their value 	<ul style="list-style-type: none"> Pupils understand the physical 	<ul style="list-style-type: none"> Pupils understand that good choices 	<ul style="list-style-type: none"> Pupils understand how to how to

and self-confidence should arise from being loved by God	changes that take place for boys and girls through puberty.	regarding rest, sleep, exercise, personal hygiene and diet will have a positive impact on their health.	build resilience through thankfulness.
<ul style="list-style-type: none"> Pupils understand that people behave and react to their feelings and emotions, and how these feelings can change quickly. 	<ul style="list-style-type: none"> Pupils understand things that help their emotional well-being including how to manage feelings that can seem uncontrollable. 	<ul style="list-style-type: none"> Pupils understand the emotional and mental impact that videos and images of an adult nature can have on children and young people, particularly pornography 	<ul style="list-style-type: none"> Pupils understand some key information and facts about sexual intercourse, underpinned with the religious understanding that sexual intercourse is intended for married couples and has been designed by God. *
<ul style="list-style-type: none"> Pupils understand how girls manage their periods (menstruation), and understand some of their possible side effects (including PMS). 	<ul style="list-style-type: none"> Pupils understand why periods happen, that fertility is necessary to bring a child into the world, and how the menstrual cycle is part of God's plan for creation. 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">

- May be omitted or may be set as a homework task with parents.