

# PSHE

## Progression of Key Themes and Concepts

### Lower KS2

#### Cycle A

Managing conflict  
Stereotypes, especially religion and culture  
Belonging and identity, including refugees  
Healthy eating and hygiene  
Dental health  
Bullying, feeling safe, helping others feel safe  
Ethical trade e.g. Fairtrade  
Loans and mortgages

#### Cycle B

Inclusive friendships  
Privacy, boundaries and consent (including online)  
Stereotypes, especially disability  
Standing up for the rights of self and others  
Inequality (of power and wealth)  
Money currencies  
International aid and charities

### EYFS

Importance of families.  
Who's in my family and other families?  
Happy friendships & being a good friend.  
Basic personal hygiene and self-care  
Being healthy.  
What makes me, me?  
Everyone is special.  
Buying goods with money

### Upper KS2

#### Cycle A

Supporting our friends  
Stereotypes, especially racism  
Online safety, behaviours and responsibility  
Seeking support for others (especially with mental health)  
Mental health and wellbeing  
Value for money

#### Cycle B

Stable, caring relationships  
Marriage and civil partnership  
Unhealthy relationships and support  
Inclusive friendships  
Resolving differences  
Prejudice and discrimination, inc. sexual orientation, body image  
Drugs, alcohol and tobacco—facts and risks  
Immunisation and vaccination

**Y5:** Puberty, physical and emotional changes

**Y6:** Sex education

### KS1

#### Cycle A

Characteristics of healthy family life.  
Families are all different  
Characteristics of friendship  
Safe relationships, including online  
Asking for help  
Emotional literacy  
Community support from birth to old age  
Keeping safe, including sun safety  
Household budgeting

#### Cycle B

Stereotypes, especially gender  
Bereavement, loss and change  
Keeping healthy  
Basic human rights and inequality  
Budgeting—wants and needs