



Appleton Wiske Community Primary School PSHE Progression



Linked to myHappyMind Plus

Year	Knowledge	Skills	Key Vocabulary
Year 1	<ul style="list-style-type: none">- Understand basic brain functions: feelings and thoughts- Recognise safe and unsafe places- Identify ways to be kind and celebrate differences- Know simple ways to keep safe and healthy- Understand the concept of family and friendships	<ul style="list-style-type: none">- Recognise and name emotions- Express feelings appropriately- Follow simple safety rules- Show respect and care for others- Listen and share during group activities	Brain, feelings, safe, unsafe, family, friend, respect, celebrate
Year 2	<ul style="list-style-type: none">- Learn how the brain supports learning and emotional management- Understand personal space and boundaries- Identify healthy lifestyle choices (food, exercise, hygiene)- Recognise diverse family types and friendships- Understand basic digital safety	<ul style="list-style-type: none">- Manage emotions with support- Demonstrate respectful behaviour- Make healthy daily choices- Use polite language and share- Recognise and report unsafe online content	Emotions, boundaries, healthy, hygiene, family, friendship, internet safety
Year 3	<ul style="list-style-type: none">- Understand brain plasticity and learning changes- Know strategies to keep safe physically and emotionally- Recognise respectful and hurtful behaviours- Understand media influences and digital resilience basics- Explore community roles and responsibilities	<ul style="list-style-type: none">- Apply coping strategies for emotions- Resolve conflicts with guidance- Use critical thinking about media messages- Participate responsibly in groups- Show empathy and respect for differences	Plasticity, resilience, respect, hurtful behaviour, community, media literacy
Year 4	<ul style="list-style-type: none">- Learn how thoughts impact feelings and behaviour- Understand healthy friendships and safe relationships- Recognise importance of first aid and safety routines- Explore economic wellbeing and money basics- Develop awareness of diversity and inclusion	<ul style="list-style-type: none">- Use self-regulation strategies independently- Communicate feelings and needs clearly- Demonstrate basic first aid knowledge- Manage simple financial decisions (saving, spending)- Show inclusive attitudes and behaviours	Self-regulation, friendship, first aid, safety, economic wellbeing, diversity
Year 5	<ul style="list-style-type: none">- Understand brain's role in managing stress and building resilience	<ul style="list-style-type: none">- Apply resilience strategies in challenges- Manage conflicts and seek help appropriately	Resilience, conflict resolution, digital

	<ul style="list-style-type: none"> - Recognise complex relationships and managing hurtful behaviour - Explore digital resilience and online safety in depth - Understand physical and emotional changes during growing up - Know about shared responsibilities in communities 	<ul style="list-style-type: none"> - Critically evaluate digital content and privacy - Discuss puberty and transition changes - Take active roles in community projects 	<p>privacy, puberty, transition, community responsibility</p>
Year 6	<ul style="list-style-type: none"> - Deepen understanding of brain functions for wellbeing and decision making - Explore safe and positive relationships including consent and respect - Understand first aid, drugs, alcohol, and tobacco awareness - Prepare for transition with emotional and practical strategies - Understand economic wellbeing linked to future aspirations 	<ul style="list-style-type: none"> - Demonstrate informed decision-making skills. - Show empathy and respect in relationships. - Apply first aid skills confidently. - Plan and reflect on personal transition goals. - Manage money and understand economic choices. 	<p>Wellbeing, consent, first aid, drugs, transition, economic choices, aspirations</p>

This progression framework is fully integrated with the myHappyMind Plus programme subscribed to by Appleton Wiske Community Primary School. It ensures a coherent, evidence-based approach to PSHE that builds pupils' emotional literacy, resilience, and social skills incrementally through the MHM+ themes. This alignment supports the school's commitment to safeguarding, inclusion, and preparing pupils for lifelong wellbeing and positive relationships, consistent with the school's vision and OFSTED priorities.