






## Personal, Social, Health Education (PSHE) Subject Progression:

		Nursery & Reception	Year 1 & 2	Year 3 & 4	Year 5 & 6
	<b>Resilience</b>	Children begin to develop confidence in new experiences and learn to manage small challenges, such as taking turns and trying new activities. They start to understand that mistakes help them learn and begin to show perseverance when faced with difficulties.	Children build resilience by recognising that effort and practice help them to improve. They begin to manage small setbacks and frustrations, developing self-belief in their ability to overcome challenges. Children learn strategies to regulate their emotions and develop a positive attitude towards problem-solving.	Children develop a greater awareness of how to cope with challenges and setbacks. They recognise how persistence leads to progress and begin to take responsibility for managing their emotions in difficult situations. Children start to set themselves goals and learn to adapt when things do not go as planned.	Children demonstrate resilience by approaching challenges with a positive mindset. They develop strategies for coping with failure, stress, and pressure, learning how to reflect on experiences and grow from them. Children take ownership of their responses to difficult situations and support others in building resilience.
	<b>Aspiration</b>	Children begin to talk about their likes, interests, and what they would like to do in the future. They show curiosity about different jobs and roles in society, beginning to explore what they enjoy and what they are good at. Children start to set small goals for themselves, such as completing a task or learning a new skill.	Children explore their strengths and interests, beginning to think about what they would like to achieve. They set small goals and learn that hard work and perseverance can help them succeed. Children start to develop a sense of ambition and celebrate their achievements.	Children begin to explore their future aspirations, thinking about different career paths and personal achievements. They set goals for their learning and personal growth, understanding that success comes from effort and perseverance. Children start to recognise the skills they need to achieve their ambitions.	Children think critically about their aspirations, setting long-term goals and considering the steps needed to achieve them. They explore different career paths and opportunities, developing confidence in their abilities. Children begin to understand the importance of self-motivation and taking responsibility for their own progress.
	<b>Expression</b>	Children express their thoughts and feelings through play, movement, and simple conversations. They begin to recognise different emotions and communicate their needs to familiar adults. Children start to develop confidence in speaking and sharing their ideas in small groups.	Children develop confidence in sharing their opinions and feelings. They learn to listen to others and express themselves in respectful ways. Children begin to understand that their words and actions can have an impact on others.	Children develop confidence in expressing themselves clearly. They learn how to communicate their thoughts and feelings in a respectful and constructive way. Children begin to understand the importance of active listening and learn strategies to resolve disagreements calmly.	Children develop self-awareness and confidence in expressing themselves in different situations. They learn how to articulate their thoughts and emotions clearly while considering the perspectives of others. Children begin to understand how body language, tone, and words influence communication.
	<b>Citizenship</b>	Children begin to understand simple rules and routines in their community. They learn to take turns, share, and listen to others. Children start to recognise that people have different needs and experiences, developing early empathy and kindness towards others.	Children learn about the importance of kindness, fairness, and respect in their community. They begin to recognise how rules and responsibilities help people to live and work together. Children start to understand that people have different backgrounds and experiences, and they begin to show appreciation for diversity.	Children gain a deeper understanding of their role in the wider community. They learn about fairness, justice, and human rights, and explore how they can contribute positively to society. Children begin to recognise and challenge unfairness, showing respect for different cultures and beliefs.	Children take an active role in their school, understanding their rights and responsibilities as citizens. They explore issues such as democracy, equality, and the environment, learning how to make a positive impact. Children begin to consider ethical issues and reflect on how their actions can contribute to a fair and inclusive society.
	<b>Health and Wellbeing</b>	Children develop awareness of their basic needs, such as eating well, staying active, and getting enough rest. They learn simple hygiene routines, such as washing hands and brushing teeth. Children begin to recognise different emotions and how they can ask for help when they feel upset or unwell.	Children build on their understanding of healthy choices, recognising the importance of a balanced diet, physical activity, and rest. They develop simple strategies for managing emotions, such as breathing techniques or talking to a trusted adult. Children start to understand how to stay safe in different situations, including online.	Children develop a greater understanding of how to take care of their bodies and minds. They explore ways to stay active, eat healthily, and manage stress. Children begin to recognise how habits and lifestyle choices can affect their long-term wellbeing.	Children develop a strong understanding of how to maintain both physical and mental wellbeing. They explore how lifestyle choices, relationships, and emotions influence their health. Children learn strategies for managing stress, maintaining positive relationships, and seeking help when needed.