



**BURRADON COMMUNITY PRIMARY SCHOOL**  
**PSHCE Assessment and progression of skills**  
**2024 - 2025**

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Visions and values Including Daily Check In Thrive Plans Emotions and mental wellbeing Respectful Relationships Links with E-safety</p>	<ul style="list-style-type: none"> <li>Know some things they do and do not enjoy doing</li> <li>Build up range of emotions - happy, sad, angry worried etc.</li> <li>Begin to respond to the feelings of others</li> <li>Know that actions and words can hurt others bodies and minds</li> <li>Understand the term kind hands</li> <li>Play with other children starting to take turns with toys</li> <li>Use manners -please, thank you</li> </ul>	<ul style="list-style-type: none"> <li>Say some of my strengths.</li> <li>Recognise that they need to try even if things are difficult</li> <li>Say ways to be kind and respect others including manners</li> <li>Describe happiness and think of times they are happy</li> <li>Know ways to deal with anger with support</li> <li>Know ways they can be mindful and self-assess</li> <li>Name some types of bullying and know how to get help</li> </ul>	<ul style="list-style-type: none"> <li>Set a realistic goal with support and break it down into steps and discuss difficulties with an adult or peer</li> <li>Know that making mistakes is part of learning</li> <li>know ways to show respect and use them</li> <li>Know what sadness is and how to cope with sadness</li> <li>Describe fight and flight responses and to begin to manage anger</li> <li>Discuss different ways to relax</li> <li>Understand the impact of bullying online an in person</li> </ul>	<ul style="list-style-type: none"> <li>Set a goal with increasing independence and suggest ways of achieving the goal</li> <li>Discuss admiration and what it means. Say what they admire about others.</li> <li>Explain what the word respect means and demonstrate times they have been respectful</li> <li>Know ways to calm down safely and know when to get support</li> <li>With support explain resilience and think of times they have been resilient</li> <li>Explore the word homophobic and how it links with respect.</li> </ul>	<ul style="list-style-type: none"> <li>Set own goals that link to areas I want to improve</li> <li>Say what others admire about them and what makes them special</li> <li>Show respectful behaviour and challenge disrespectful behaviour</li> <li>Use calming strategies with more independence and have an awareness of the impact of their anger</li> <li>Explain resilience and share times they have been resilient with others being proud for their achievements</li> <li>Explore the word homophobic and the impact it has on other</li> </ul>	<ul style="list-style-type: none"> <li>Set my own goals and know the effective characteristics of learning.</li> <li>Explain the link between admiration and morals and why they are important</li> <li>Respect other people's views and choices and be aware of discrimination</li> <li>Know they are responsible for the choices they make even if angry and realise there will be consequences</li> <li>Understand resilience and show resilience and explain impact.</li> <li>Explore homophobic language as a form of bullying and know not to be a bystander</li> </ul>	<ul style="list-style-type: none"> <li>Set longer term goals by making a plan</li> <li>Recognise that they have to be responsible for reaching their goal even if they don't succeed at first and recognise excuses</li> <li>Know about discrimination and stereotypes and how this links to respect.</li> <li>Know their actions and linked to their thoughts and feelings and know they need to stop and think before acting or there will be consequences</li> <li>Know what to do if they are feeling anxious</li> <li>Know how to resist peer pressure including online</li> </ul>
Vocabulary	<p>happy sad angry cross worried scared excited kind unkind sorry enjoy hurt helpful hobbies interests</p>	<p>cared for nervous strengths manners respect bullying try hard helpful hopeful difficult easy relax calm down fair unfair embarrassed</p>	<p>goal setting mistakes relax online resilience perseverance proud jealous realistic comfortable uncomfortable problem solving welcoming compliment apologise jealous</p>	<p>Respectful disrespect characteristics of learning admiration consequences homophobic conflict passive adequate inadequate remorse humiliation resentment conflict proportionate isolation</p>	<p>Respectful disrespect independence characteristics of learning admiration consequences homophobic conflict passive adequate inadequate remorse humiliation resentment conflict proportionate isolation</p>	<p>Respectful disrespect characteristics of learning admiration discrimination consequences homophobic conflict passive adequate inadequate remorse humiliation resentment conflict proportionate isolation</p>	<p>long term goals Planning ahead Succeed excuses responsibilities stereotypes prejudice denial</p>



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<p>RSE including Families and people who care for me</p>	<ul style="list-style-type: none"> <li>Name body parts and discuss similarities and differences with opposite gender and know the underwear rule.</li> <li>Discuss their family and who is in their family</li> <li>Build up relationships with trusted adult and seek out help when needed</li> </ul>	<ul style="list-style-type: none"> <li>Name body parts and discuss similarities and differences with opposite gender and know the underwear rule.</li> <li>Know that all families are different.</li> <li>Know people they can trust and trusted adults they can talk to</li> <li>Know the importance of being and having good friends.</li> </ul>	<ul style="list-style-type: none"> <li>Name body parts and know that private areas are to be kept private.</li> <li>Know the characteristics of being a good friend using vocabulary such as respect and kindness</li> <li>Know that all families are different and the different roles people have.</li> <li>Explore the concept of secrets and surprises</li> <li>Know that relationships have ups and downs and how to make amends or get help.</li> <li>Begin to understand resilience</li> <li>Explore the concept of loss</li> </ul>	<ul style="list-style-type: none"> <li>Name body parts and discuss similarities and differences with opposite gender and know the underwear rule</li> <li>Explore power and control within a relationship and the power of words</li> <li>Know about different families and relationships including marriage</li> <li>Explore the feeling of being lonely</li> <li>Know about the importance of trust and telling the truth</li> <li>Know the different types of bullying</li> <li>Practise how to be assertive</li> </ul>	<ul style="list-style-type: none"> <li>Name body parts and discuss the word puberty and changing bodies in relation to menstruation (girls)</li> <li>Explore power and control and courtesy and respect</li> <li>Know about different families and relationships including marriage and the positives in family life (love, spending time together)</li> <li>Give times people may feel lonely and who to turn to for help</li> <li>Know about the importance of trust and if they are trustworthy</li> <li>Know the different types of bullying and how to report bullying including online</li> <li>Practise how to be assertive</li> </ul>	<ul style="list-style-type: none"> <li>Know how their body will and emotions may change as they approach and move through puberty.</li> <li>Recognise what constitutes a positive, healthy relationship and unhealthy signs in a relationship</li> <li>Understand that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity</li> <li>Give advice to a friend who is feeling lonely</li> <li>Understand the term transgender.</li> <li>Build up confidence to resist peer pressure and give examples</li> </ul>	<ul style="list-style-type: none"> <li>Know about the rights of a child</li> <li>Recognise what constitutes a positive, healthy relationship and develop skills to form and maintain positive healthy relationships including permission seeking (consent)</li> <li>Recognise risky or negative relationships and know different ways of ask for help</li> <li>Describe how and why the body changes during puberty in preparation for reproduction</li> <li>Understand reproduction as part of a relationship and the importance of consent</li> </ul>
<p>Vocabulary</p>	<p>Friend family help Underwear rule Vagina penis anus important adults</p>	<p>trust similarities differences male female gender relationships safe unsafe private</p>	<p>roles secrets surprises make amends loss belonging co-operation caring celebrate funeral privacy</p>	<p>unhealthy relationships cultural ethical racial peer pressure empathy preferences trustworthy discrimination</p>	<p>unhealthy relationships cultural ethical racial Puberty peer pressure empathy preferences discrimination menstruation puberty</p>	<p>unhealthy relationships cultural ethical racial Puberty transgender menstruation peer pressure empathy preferences</p>	<p>rights of a child permission consent risky grooming reproduction fertilisation offspring expectations</p>



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<p><b>Careers</b></p>	<ul style="list-style-type: none"> <li>Find out about jobs in the local community and listen to visitors discussing their jobs.</li> <li>Explore jobs in the context of Role Play</li> </ul>	<ul style="list-style-type: none"> <li>Talk about jobs and what you might like to do in the future.</li> <li>Show interest in a range of different jobs.</li> </ul>	<ul style="list-style-type: none"> <li>Set themselves simple goals and review the goals.</li> <li>Say what skills would make them good for a job.</li> <li>Know that jobs can be done by male or female and challenge stereotypes</li> </ul>	<ul style="list-style-type: none"> <li>Name a range of jobs.</li> <li>Understand there are different ways to make money</li> <li>Know that some skills are more suited to certain careers and discuss these.</li> <li>Begin to understand the term discrimination</li> <li>Know the importance of positive self-talk</li> </ul>	<ul style="list-style-type: none"> <li>Name a range of jobs they would be suited to and those they might not be suited to with a reason</li> <li>Understand that a job gives money and this is a salary</li> <li>Understand the term discrimination and how this applies to jobs</li> <li>Know some positive self-talk that they can use to develop self esteem</li> </ul>	<ul style="list-style-type: none"> <li>Name a range of jobs they would be suited to and the skills they will need to develop</li> <li>Understand that a job gives money and there are different ways to have a career</li> <li>Give examples of discrimination with a reference to jobs</li> <li>Know the importance of positive self-talk to increase self-esteem and the importance of resilience and give an example</li> </ul>	<ul style="list-style-type: none"> <li>Research and discuss a range of career choice and find out about jobs they have never heard of before</li> <li>Discuss discrimination and stereotypes related to careers</li> <li>Explore transition to secondary school and how they will make it successful</li> </ul>
<p>vocabulary</p>	<p>job visitor local area</p>	<p>likes dislikes ambitions future</p>	<p>skills stereotypes careers review</p>	<p>develop range Skill set Self-talk admire</p>	<p>develop range Skill set Self-talk Admire Salary Self esteem</p>	<p>develop range Skill set Self-talk Admire Salary Self esteem Resilience</p>	<p>transition successful discrimination stereotypes linked to diversity success</p>
<p><b>Health Education</b></p>	<ul style="list-style-type: none"> <li>Know the importance of washing hands after going to the toilet and before eating.</li> <li>Know that we can grow our own food and eat it.</li> <li>Explore the importance of sleep</li> <li>Explore physical health by being active</li> </ul>	<ul style="list-style-type: none"> <li>Manage own personal health including brushing teeth, washing themselves</li> <li>Know ways to be mindful</li> <li>Begin to explore the importance of sleep and the dangers of lack of sleep</li> <li>Know ways they can keep fit</li> </ul>	<ul style="list-style-type: none"> <li>Discuss the balance of good health and know some foods that fit into each food group.</li> <li>Understand we need to look after our physical and mental health and name some ways of doing this</li> <li>Know sleep is important</li> </ul>	<ul style="list-style-type: none"> <li>Explore what constitutes a healthy diet in terms of food types</li> <li>Name some foods which we should eat in moderation</li> <li>Know that lack of sleep can affect our mood</li> <li>Know how to keep clean and healthy</li> </ul>	<ul style="list-style-type: none"> <li>Understand what constitutes a healthy diet including calories and nutritional content.</li> <li>Use the term junk food and name junk foods they should avoid</li> <li>Know the consequences of lack of sleep on our physical health</li> <li>Know how to keep clean and healthy with increasing independence</li> </ul>	<ul style="list-style-type: none"> <li>Understand what constitutes a healthy diet including calories and nutritional content and apply to own diet</li> <li>Plan a balanced diet with a healthy balance from the different food groups</li> <li>Know the consequences of lack of sleep on our mental and physical health with examples.</li> <li>Know how to keep clean and healthy and the importance of this as their body changes in puberty</li> </ul>	<ul style="list-style-type: none"> <li>Know the importance of a balanced diet and how to improve their own diet</li> <li>Understand the terms physical and mental health and discuss strategies they have to support their own health including asking for help from a trusted adult</li> <li>Know how to keep clean and healthy and the importance of this as their body changes in puberty with increasing independence</li> </ul>



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vocabulary	germs toilet health food growing active	keeping clean mindful tiredness sleep active fit exercise	balance of good health food groups physical health mental health	calories nutritional content junk food obesity personal hygiene illness	calories nutritional content junk food obesity personal hygiene illness	calories nutritional content junk food obesity personal hygiene illness consequences	independence responsibility choices
Drug Education and Safety in the world	<ul style="list-style-type: none"> <li>Begin to know some safe things to touch and things they wouldn't touch Discuss water and fire safety.</li> <li>Introduction to the emergency services and phoning 999</li> </ul>	<ul style="list-style-type: none"> <li>Know what is safe and unsafe to put in your body.</li> <li>know how to call the emergency services and 999</li> <li>Know about foods that are safe and unsafe</li> <li>Know about safety symbols all around us</li> </ul>	<ul style="list-style-type: none"> <li>know smoking and alcohol can be dangerous for our health</li> <li>Know that medicines can help us and how to take them safely</li> <li>Make a fire escape plan</li> <li>Know what to do if they were involved in a fire</li> <li>Know what they need to be safe and survive including following rules</li> </ul>	<ul style="list-style-type: none"> <li>Know that medicines are drugs but not all drugs are medicines</li> <li>Know the dangers of tobacco and alcohol and addiction</li> <li>Know that caffeine is a drug and what caffeine is in</li> </ul>	<ul style="list-style-type: none"> <li>Know the dangers of tobacco and alcohol, addiction to our minds and bodies</li> <li>Know that caffeine is a drug and some of the effects of caffeine</li> </ul>	<ul style="list-style-type: none"> <li>Know the effects helpful and harmful that drugs can have.</li> <li>know consequences of smoking and alcohol for physical and mental health and the law</li> <li>Explore legal drugs such as caffeine and the effects they can have on the body including energy drinks and give their viewpoint with a reason</li> </ul>	<ul style="list-style-type: none"> <li>Define what a drug is and name some illegal and legal drugs</li> <li>Know about alcohol, smoking and vaping</li> <li>Build up confidence to manage peer pressure relating to drugs.</li> <li>Use basic first aid techniques with confidence</li> <li>Know how to make sensible choices and understand the law</li> </ul>
vocabulary	touch ambulance fire brigade police telephone	emergency symbols body inside dangers rules harm	drug medicine smoking alcohol escape survive	consequences caffeine alcohol legal rights responsibilities substance	consequences caffeine alcohol legal  rights responsibilities substance	consequences caffeine alcohol law rights responsibilities substance	vaping criminal responsibility implication authority legal illegal
Financial education	<ul style="list-style-type: none"> <li>Explore money in the context of role play and know that money is a way of paying for things</li> </ul>	<ul style="list-style-type: none"> <li>Know what money is and say different coins and notes and discuss some things they like to spend money on.</li> </ul>	<ul style="list-style-type: none"> <li>Discuss how different people can have different ideas about spending and saving.</li> <li>know wants and needs and what is meant by this.</li> </ul>	<ul style="list-style-type: none"> <li>Discuss spending and saving linked to needs and wants</li> <li>Know the different ways we get money- jobs, benefits, prizes, gifts etc</li> <li>Have a basic understanding of borrowing money and paying it back</li> <li>Have a basic understanding of the word fairtrade.</li> </ul>	<ul style="list-style-type: none"> <li>Explain the link between jobs and money and understand the term income.</li> <li>Know some ways of saving for things you will enjoy Know that spending on certain products can benefit others</li> <li>Know some ways we borrow money and begin to understand it costs more to pay it back.</li> </ul>	<ul style="list-style-type: none"> <li>Understand a budget and how this supports spending and saving</li> <li>Know that money can be borrowed as a loan to pay for things and discuss the pros and cons of this</li> <li>Know that we buy things from all over the world and the impact of Fairtrade</li> </ul>	<ul style="list-style-type: none"> <li>Know the link between learning and work.</li> <li>Explain the importance of banks and bank accounts</li> <li>Understand the word economy and what shapes the economy</li> <li>Know about pensions and their importance</li> <li>Have a clear understanding of</li> </ul>

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					<ul style="list-style-type: none"> <li>Explore Fairtrade and explain it to a per.</li> </ul>		Fairtrade and the impact.
vocabulary	money coins notes Pay spend	spend save choices	wants needs	impact borrowing loans products benefits Fairtrade	impact borrowing loans products benefits	impact borrowing loans products benefits fairtrade	economy bank accounts pensions

EYFS				
End of Autumn term				
End of Spring term				
End of Summer term				
(percentage of pupils )				
Year group 1	Working significantly below	Developing	Secure	Greater Depth/exceeding
End of Autumn Term				

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**2024 - 2025**



End of Spring Term				
End of Summer Term				
(percentage of pupils)				
Year group 2	Working significantly below	Developing	Secure	Greater Depth/exceeding
End of Autumn term				
End of Spring Term				
End of Summer Term				
(percentage of pupils)				
Year group 3	Working significantly below	Developing	Secure	Greater Depth/exceeding
End of Autumn Term				
End of Spring Term				
End of Summer Term				
(percentage of pupils)				

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**PSHCE Assessment and progression of skills**  
**2024 - 2025**



Year group 4	Working significantly below	Developing	Secure	Greater Depth/exceeding
End of Autumn term				
End of Spring Term				
End of Summer Term				
(percentage of pupils)				
Year Group 5	Working significantly below	Developing	Secure	Greater Depth/exceeding
End of Autumn term				
End of Spring Term				
End of Summer Term				
(percentage of pupils)				
Year 6	Working significantly below	Developing	Secure	Greater Depth/exceeding
End Of Autumn Term				

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**PSHCE Assessment and progression of skills**  
**2024 - 2025**



End of Spring Term				
End of Summer Term				
(percentage of pupils)				