



BURRADON COMMUNITY PRIMARY SCHOOL
PSHCE Assessment and progression of skills
2025 - 2026

	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"> Know some things they do and do not enjoy doing Build up range of emotions - happy, sad, angry worried etc. Begin to respond to the feelings of others Know that actions and words can hurt others bodies and minds Understand the term kind hands Play with other children starting to take turns with toys Use manners -please, thank you 	<ul style="list-style-type: none"> Say some of my strengths. Recognise that they need to try even if things are difficult Say ways to be kind and respect others including manners Describe happiness and think of times they are happy Know ways to deal with anger with support Know ways they can be mindful and self-assess Name some types of bullying and know how to get help 	<ul style="list-style-type: none"> Set a realistic goal with support and break it down into steps and discuss difficulties with an adult or peer Know that making mistakes is part of learning know ways to show respect and use them Know what sadness is and how to cope with sadness Describe fight and flight responses and to begin to manage anger Discuss different ways to relax Understand the impact of bullying online an in person 	<ul style="list-style-type: none"> Set a goal and manage frustrations using different strategies Describe what being anxious is and some things that make them anxious Demonstrate respect to others including self-respect Explore self - worth and the dangers of high and low self-worth Know what anger looks like and have ways to control it. Know it is ok to not feel ok and what they can do to manage this including relaxation 	<ul style="list-style-type: none"> Set own goals that link to areas I want to improve Say what others admire about them and what makes them special Show respectful behaviour and challenge disrespectful behaviour Use calming strategies with more independence and have an awareness of the impact of their anger Explain resilience and share times they have been resilient with others being proud for their achievements Explore the word homophobic and the impact it has on other 	<ul style="list-style-type: none"> Set my own goals and know the effective characteristics of learning. Explain the link between admiration and morals and why they are important Respect other people's views and choices and be aware of discrimination Know they are responsible for the choices they make even if angry and realise there will be consequences Understand resilience and show resilience and explain impact. Explore homophobic language as a form of bullying and know not to be a bystander 	<ul style="list-style-type: none"> Set longer term goals by making a plan Recognise that they have to be responsible for reaching their goal even if they don't succeed at first and recognise excuses Know about discrimination and stereotypes and how this links to respect. 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 Know what to do if they are feeling anxious Know how to resist peer pressure including online
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>frustration hopeful anxious self-respect relaxation mental health strategies self-worth choices gifts talent motivation trigger solution threaten excluded</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>Recap of Year 5 vocabulary</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> <p>Anus Scrotum Vagina Vulva Nipples testicles</p>	<ul style="list-style-type: none"> Name body parts and discuss similarities and differences with opposite gender and know the underwear rule. Discuss their family and who is in their family Build up relationships with trusted adult and seek out help when needed 	<ul style="list-style-type: none"> Name body parts and discuss similarities and differences with opposite gender and know the underwear rule. Know that all families are different. Know people they can trust and trusted adults they can talk to Know the importance of being and having good friends. 	<ul style="list-style-type: none"> Name body parts and know that private areas are to be kept private. Know the characteristics of being a good friend using vocabulary such as respect and kindness Know that all families are different and the different roles people have. Explore the concept of secrets and surprises Know that relationships have ups and downs and how to make amends or get help from people they trust Begin to understand resilience Explore the concept of loss 	<ul style="list-style-type: none"> Name body parts and discuss similarities and differences with opposite gender and know the underwear rule Explore power and control within a relationship and the power of words including where to get help Know about different families and relationships including marriage Explore the feeling of being lonely Know about the importance of trust and telling the truth Know the different types of bullying Practise how to be assertive 	<ul style="list-style-type: none"> Name body parts and discuss the word puberty and changing bodies in relation to menstruation (girls) Explore power and control and courtesy and respect Know about different families and relationships including marriage and the positives in family life (love, spending time together) Give times people may feel lonely and who to turn to for help Know about the importance of trust and if they are trustworthy Know the different types of bullying and how to report bullying including online Practise how to be assertive 	<ul style="list-style-type: none"> Know how their body will and emotions may change as they approach and move through puberty. Name the different parts of the body including vagina, vulva, anus, scrotum and nipples. Recognise what constitutes a positive, healthy relationship and unhealthy signs in a relationship and know where to get help Understand that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity Give advice to a friend who is feeling lonely Understand the term gender questioning. Build up confidence to resist peer pressure and give examples 	<ul style="list-style-type: none"> Know about the rights of a child Recognise what constitutes a positive, healthy relationship and develop skills to form and maintain positive healthy relationships including permission seeking (consent) Recognise risky or negative relationships and know different ways of ask for help and reporting concerns or abuse Describe how and why the body changes during puberty in preparation for reproduction including gender questioning children Understand reproduction as part of a relationship and the importance of consent.
<p>Vocabulary</p> <p>Vagina Vulva penis anus nipples scrotum testicles breasts</p>	<p>Friend family help Underwear rule 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</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</p>	<p>unhealthy relationships cultural ethical racial Puberty Gender questioning Gender reassignment menstruation peer pressure empathy</p>	<p>rights of a child permission consent risky grooming reproduction fertilisation offspring expectations</p>



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			privacy		Puberty Period pads Menstrual products	preferences	
Careers	<ul style="list-style-type: none"> Find out about jobs in the local community and listen to visitors discussing their jobs. Explore jobs in the context of Role Play 	<ul style="list-style-type: none"> Talk about jobs and what you might like to do in the future. Show interest in a range of different jobs. 	<ul style="list-style-type: none"> Set themselves simple goals and review the goals. Say what skills would make them good for a job. Know that jobs can be done by male or female and challenge stereotypes 	<ul style="list-style-type: none"> Name a range of jobs Understand that they will need to develop skills to work in certain jobs in the future. Understand there are different ways to make money including having a career 	<ul style="list-style-type: none"> Name a range of jobs they would be suited to and those they might not be suited to with a reason Understand that a job gives money and this is a salary Understand the term discrimination and how this applies to jobs Know some positive self-talk that they can use to develop self-esteem Begin to understand the importance of a CV 	<ul style="list-style-type: none"> Name a range of jobs they would be suited to and the skills they will need to develop Understand that a job gives money and there are different ways to have a career Give examples of discrimination with a reference to jobs Know the importance of positive self-talk to increase self-esteem and the importance of resilience and give an example Begin to understand the importance of a CV 	<ul style="list-style-type: none"> Research and discuss a range of career choices and find out about jobs they have never heard of before Discuss discrimination and stereotypes related to careers Explore transition to secondary school and how they will make it successful Begin to understand the importance of a CV
vocabulary	job visitor local area	likes dislikes ambitions future	skills stereotypes careers review	develop range	develop range Skill set Self-talk Admire Salary Self-esteem CV	develop range Skill set Self-talk Admire Salary Self-esteem Resilience CV	transition successful discrimination stereotypes linked to diversity Success CV
Health Education	<ul style="list-style-type: none"> Know the importance of washing hands after going to the toilet and before eating. Know that we can grow our own food and eat it. Explore the importance of sleep Explore physical health by being active 	<ul style="list-style-type: none"> Manage own personal health including brushing teeth, washing themselves Know ways to be mindful Begin to explore the importance of sleep and the dangers of lack of sleep Know ways they can keep fit 	<ul style="list-style-type: none"> Discuss the balance of good health and know some foods that fit into each food group. Understand we need to look after our physical and mental health and name some ways of doing this Know sleep is important 	<ul style="list-style-type: none"> Understand the balance of good health and know dangers of an unbalanced diet to health with a focus on too much sugar. Know the benefits of exercise Know how to keep our bones healthy Know how to keep safe from the sun 	<ul style="list-style-type: none"> Understand what constitutes a healthy diet including calories and nutritional content. Use the term junk food and name junk foods they should avoid Know the consequences of lack of sleep on our physical health Know how to keep clean and healthy with 	<ul style="list-style-type: none"> Understand what constitutes a healthy diet including calories and nutritional content and apply to own diet Know the consequences of lack of sleep on our mental and physical health with examples. Know how to keep clean and healthy and the 	<ul style="list-style-type: none"> Know the importance of a balanced diet and how to improve their own diet 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

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				<ul style="list-style-type: none"> Recognise early signs of illness Know about allergies and what can trigger allergies Know about vaccines and diseases 	<p>increasing independence and where to get help if needed</p> <ul style="list-style-type: none"> Know the importance of exercise 	<p>importance of this as their body changes in puberty and where to get help</p> <ul style="list-style-type: none"> Discuss the importance of being physically healthy 	<ul style="list-style-type: none"> Know how to keep clean and healthy and the importance of this as their body changes in puberty with increasing independence
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	unbalanced diet healthy bones illness allergies	calories nutritional content junk food obesity personal hygiene	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"> Begin to know some safe things to touch and things they wouldn't touch Discuss water and fire safety. Introduction to the emergency services and phoning 999 	<ul style="list-style-type: none"> Know what is safe and unsafe to put in your body. know how to call the emergency services and 999 Know about foods that are safe and unsafe Know about safety symbols all around us 	<ul style="list-style-type: none"> know smoking and alcohol can be dangerous for our health Know that medicines can help us and how to take them safely Make a fire escape plan Know what to do if they were involved in a fire Know what they need to be safe and survive including following rules 	<ul style="list-style-type: none"> Know that medicines are drugs but not all drugs are medicines Know the importance of vaccinations, immunisations and antibiotics Know the dangers of the sun and how to protect themselves Know how to keep safe around household medicines 	<ul style="list-style-type: none"> Know some of dangers of tobacco and alcohol and vaping. Use basic first aid techniques Explore what a drug is and understand it can be legal or illegal. 	<ul style="list-style-type: none"> Know some of dangers of tobacco and alcohol and vaping. Use basic first aid techniques with increasing confidence Explore what a drug is and understand it can be legal or illegal and give information on a some drugs 	<ul style="list-style-type: none"> Define what a drug is and name some illegal and legal drugs Know about alcohol, smoking and vaping Build up confidence to manage peer pressure relating to drugs. Use basic first aid techniques with confidence Know how to make sensible choices and understand the law
vocabulary	touch ambulance fire brigade police telephone	emergency symbols body inside dangers rules harm	drug medicine smoking alcohol escape survive	vaccinations immunisations antibiotics prescription	consequences alcohol legal rights responsibilities substance	consequences alcohol law rights responsibilities substance	vaping criminal responsibility implication authority legal illegal



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Financial education	<ul style="list-style-type: none"> Explore money in the context of role play and know that money is a way of paying for thing 	<ul style="list-style-type: none"> Know what money is and say different coins and notes and discuss some things they like to spend money on. 	<ul style="list-style-type: none"> Discuss how different people can have different ideas about spending and saving. know wants and needs and what is meant by this. 	<ul style="list-style-type: none"> Discuss spending and saving linked to needs and wants Know that spending on certain products can benefit others such as Fairtrade Know the importance of helping others 	<ul style="list-style-type: none"> Explain the link between jobs and money and understand the term income. Know about businesses and being an entrepreneur Explore Fairtrade 	<ul style="list-style-type: none"> Explain the link between jobs and money and understand the term income. Know about businesses and being an entrepreneur and find out about a job they did not know about Explore Fairtrade 	<ul style="list-style-type: none"> Explain the link between jobs and money and understand the term income. Know about businesses and being an entrepreneur and find out about a job they did not know about including salary Explore fairtrade
vocabulary	money coins notes Pay spend	spend save choices	wants needs	products Fairtrade Charity Target skills	Business Enterpretrener	Business Enterpretrener Fairtrade	Business Enterpretrener fairtrade

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