Belswains Primary School

Strand	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Mental health	Name basic feelings and use simple calming strategies	Recognise different intensities of feelings and manage change	Manage worries and unhelpful thoughts	Understand distractions, thinking habits and ways to stay calm	Recognise habitual thoughts and manage rumination	Regulate emotions, manage stress and prepare for transition
Relationships	Share, cooperate, ask permission and recognise unkind behaviour	Develop belonging and look out for others	Build friendships and include others	Manage friendship difficulties, conflict and bullying	Challenge stereotypes and recognise prejudiced behaviour	Recognise healthy relationships and increasing independence
Consent and boundaries	Ask permission and understand that people can say no	Understand private body parts and use the PANTS rules	Respect personal space and identify trusted adults	Use the PANTS rules confidently	Give, seek or refuse permission and recognise inappropriate touch	Apply boundaries within increasingly independent relationships
Bodies and puberty	Use correct names for body parts where appropriate	Understand that bodies change as people grow	Develop body confidence and understand growing up	Learn about physical and emotional changes in puberty, including menstruation and wet dreams	Revisit body safety and personal boundaries	Consolidate puberty learning and understand how a baby is made*
Online safety	Recognise safe and unsafe online choices	Protect personal information and respond to upsetting content	Use passwords and make suitable viewing choices	Evaluate online information and spending influences	Manage online relationships, socialising and cybercrime risks	Understand AI, deepfakes, online financial harms and digital influence
Drug education	Understand that medicines and household products must be used safely	Apply safety rules and know when to ask an adult	Develop general risk-assessment skills	Understand risks associated with medicines, smoking, vaping and alcohol	Manage pressure and influence in relationships and other situations	Understand legal and illegal drugs, their effects and how media and peers influence decisions
Money and careers	Recognise that money is used to buy things	Distinguish needs from wants and explore different jobs	Make responsible choices and recognise influences	Understand spending decisions and evaluate news and advertising	Develop aspirations, strengths and work-related understanding	Become a critical consumer and explore careers and future pathways

PSHE Progression of Skills