



Knowledge and Skills – Progression Ladder

Subject: PSHE							
YEAR GROUP	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>Module 1</p> <p>CREATED AND LOVED BY GOD</p> <p>Unit 1 – Religious Understanding</p>	<p>We are created individually by God as part of His creation plan</p> <p>We are all God's children and are special</p> <p>Our bodies were created by God and are good</p> <p>We can give thanks to God!</p>	<p>We are created individually by God</p> <p>God wants us to talk to Him often through the day and treat Him as our best friend</p> <p>God has created us, His children, to know, love and serve Him</p> <p>We are created as a unity of body, mind and spirit: who we are matters and what we do matters</p> <p>We can give thanks to God in different ways</p>	<p>We are created individually by God</p> <p>God wants us to talk to Him often through the day and treat Him as our best friend</p> <p>God has created us, His children, to know, love and serve Him</p> <p>We are created as a unity of body, mind and spirit: who we are matters and what we do matters</p>	<p>We are created individually by God who is Love, designed in His own image and likeness</p> <p>God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation)</p> <p>Every human life is precious from the beginning of life (conception) to natural death</p> <p>Personal and communal prayer and worship are</p>	<p>We are created individually by God who is Love, designed in His own image and likeness</p> <p>God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation)</p> <p>Every human life is precious from the beginning of life (conception) to natural death</p>	<p>We were created individually by God who cares for us and wants us to put our faith in Him.</p> <p>Physically becoming an adult is a natural phase of life.</p> <p>Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan – and the results will be worth it!</p>	<p>We were created individually by God who cares for us and wants us to put our faith in Him.</p> <p>Physically becoming an adult is a natural phase of life.</p> <p>Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan – and the results will be worth it!</p>



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			<p>We can give thanks to God in different ways</p>	<p>necessary ways of growing in our relationship with God</p> <p>In Baptism God makes us His adopted children and 'receivers' of His love</p> <p>By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue).</p> <p>It is important to make a nightly examination of conscience.</p> <p>Receiving the Sacraments helps them to develop healthy</p>	<p>Personal and communal prayer and worship are necessary ways of growing in our relationship with God</p>		
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				relationships with others			
<p>Module 1</p> <p>CREATED AND LOVED BY GOD</p> <p>Unit 2 –</p> <p>Me, My body, My health</p>	<p>We are each unique, with individual gifts, talents and skills.</p> <p>Whilst we all have similarities because we are made in God's image, difference is part of God's plan!</p> <p>That their bodies are good and made by God</p> <p>The names of the parts of the body (not genitalia)</p> <p>That our bodies are good and we</p>		<p>Children will learn that we are unique, with individual gifts, talents and skills.</p> <p>That our bodies are good</p> <p>The names of our body parts (please refer to the Module Overview for important guidance on discussing genitalia)</p> <p>That girls and boys have been created by God to be both similar and different, together</p>	<p>Learn what changes will happen to girls during puberty</p>	<p>Similarities and differences between people arise as they grow and make choices, and that by living and working together – teamwork – we create community</p> <p>Self-confidence arises from being loved by God (not status, etc)</p> <p>About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what</p>		<p>Similarities and differences between people arise as they grow and mature</p> <p>By living and working together ('teamwork') we create community.</p> <p>There are many different types of family set up</p> <p>Self-confidence arises from being loved by God (not status, etc.)</p> <p>That human beings are different to other animals</p> <p>About the unique growth and development of</p>



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	<p>need to look after them</p> <p>What constitutes a healthy lifestyle, including exercise, diet, sleep, and personal hygiene</p>		<p>making up the richness of the human family</p> <p>That our bodies are good and we need to look after them</p> <p>What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating</p> <p>The importance of sleep, rest and recreation for our health</p> <p>How to maintain personal hygiene</p>		<p>they physically do.</p> <p>Learn what the term 'puberty' means.</p> <p>Learn when they can expect puberty to take place.</p> <p>Understand that puberty is part of God's plan for our bodies.</p> <p>Learn correct naming of genitalia</p> <p>Learn what changes will happen to boys during puberty</p>		<p>humans, and the changes that boys and girls will experience during puberty</p> <p>About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately</p> <p>The need for modesty and appropriate boundaries</p> <p>How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.</p>
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<p>Module 1</p> <p>Unit 3 –</p> <p>CREATED AND LOVED BY GOD</p> <p>Emotional Well-being</p>	<p>We all have different ‘tastes’ (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)</p> <p>It is natural for us to relate to and trust one another A language to describe their feelings</p> <p>An understanding that everyone experiences feelings</p> <p>An understanding that feelings are neither good nor bad; they give us</p>		<p>That it is natural for us to relate to and trust one another</p> <p>That we all have different ‘tastes’ (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)</p> <p>A language to describe our feelings</p> <p>Gain a basic understanding that feelings and actions are two different things, and that our good actions can ‘form’ our feelings and our character</p>		<p>That emotions change as they grow up (including hormonal effects – Version 2 only)</p> <p>About the range and intensity of their feelings and that ‘feelings’ are not good guides for action</p> <p>That feelings are neither good or bad, but information about what we are experiencing that help us consider how to act</p> <p>What ‘emotional well-being’ means and that positive actions and enhance</p>		<p>To recognise that images in the media do not always reflect reality and can affect how people feel about themselves</p> <p>That thankfulness builds resilience against feelings of envy, inadequacy etc, and against pressure from peers or the media</p> <p>Deepen their understanding of the range and intensity of their feelings; that ‘feelings’ are not good guides for action</p> <p>Learn that some behaviour is wrong, unacceptable, unhealthy or risky</p> <p>That emotions change as they grow up</p>
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	<p>information about what we are experiencing</p> <p>Simple strategies for managing feelings</p> <p>How feelings can affect actions, and that actions have consequences</p> <p>Simple strategies for managing emotions and behaviour</p> <p>That we have choices and these choices can impact how we feel and respond.</p>		<p>Simple strategies for managing feelings and maintaining good behaviour</p> <p>That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they make mistakes</p> <p>That Jesus died on the cross so that we would be forgiven</p>		<p>emotional well-being</p> <p>To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</p> <p>That God made us and loves us as we are.</p> <p>Some behaviour is wrong, unacceptable, unhealthy and/or risky.</p> <p>Thankfulness builds resilience against feelings of envy, inadequacy, and insecurity, and against</p>	<p>(including hormonal effects)</p> <p>To deepen their understanding of the range and intensity of their feelings; that feelings are not good guides for action</p> <p>That openness with trusted parents/carers/teachers when worried helps with healthy emotional well-being.</p> <p>That beauty, art, etc. can lift the spirit and also contribute to our sense of well-being.</p> <p>The difference between harmful and harmless videos and images</p> <p>The impact that harmful videos and</p>
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	We can say sorry and forgive like Jesus				pressure talking to trusted people from peers and the media		images can have on young minds Ways to combat and deal with viewing harmful videos and images
Module 1 CREATED AND LOVED BY GOD Unit 4 – Life Cycles	That there are natural life stages from birth to death, and what these are Change is a part of growing up Their experiences of change will help their transition to Year 1 God is with them every step of the		Learn and appreciate that there are natural life stages from birth to death, and what these are What 'death' means About some feelings often connected with grief What the Christian faith says about	Know that God is always with us as we change and grow. Learn coping strategies to support themselves and others.	That they were handmade by God with the help of their parents. How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception. How conception and life in the womb fits into the cycle of life.		How a baby grows and develops in its mother's womb Pregnancy and childbirth are God's way of giving the gift of life: He creates new life, but entrusts parents with the job of making us Basic scientific facts about sexual intercourse between a man and woman The physical, emotional, moral and



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	<p>way as they grow and change</p>		<p>death and eternal life</p> <p>Some ways to support themselves and others when they are grieving</p> <p>Change is a part of life.</p> <p>Managing our feelings about change helps to prepare us for future changes.</p> <p>God is with us as we change and grow.</p>		<p>Understand what 'death' means</p> <p>Learn about some feelings often connected with grief</p> <p>Know what the Christian faith says about death and eternal life</p> <p>Explore some ways to support themselves and others when they are grieving</p> <p>Understand that change is a part of life and that there are different kinds of change.</p> <p>Learn about some feelings often</p>		<p>spiritual implications of sexual intercourse</p> <p>The Christian viewpoint that sexual intercourse should be saved for marriage</p> <p>What 'death' means</p> <p>About some feelings often connected with grief</p> <p>What the Christian faith says about death and eternal life</p> <p>Some ways to support themselves and others when they are grieving</p> <p>That there are many emotions and feelings connected with change.</p>
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					<p>associated with change.</p> <p>About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life</p> <p>Some practical ways to manage the onset of menstruation</p>		<p>That gratitude and positivity help build resilience.</p> <p>Coping strategies to manage changes.</p> <p>That God is always with them.</p>
<p>Module 2</p> <p>CREATED TO LOVE OTHERS</p> <p>Unit 1 –</p> <p>Religious Understanding</p>		<p>We are part of God's family</p> <p>Saying sorry is important and can mend friendships</p> <p>Jesus cared for others and had expectations</p>		<p>That God loves, embraces, guides and forgives us; He reconciles us with Him and one another.</p> <p>The importance of forgiveness and reconciliation in relationships, and</p>		<p>That God calls us to love others</p> <p>About ways in which we can participate in God's call for us to love others</p>	



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		<p>of them and how they should act</p> <p>We should love other people in the same way God loves us</p>		<p>some of Jesus' teaching on forgiveness.</p> <p>That relationships take time and effort to sustain.</p> <p>We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness.</p>			
<p>Module 2</p> <p>CREATED TO LOVE OTHERS</p> <p>Unit 2 –</p> <p>Personal Relationships</p>		<p>To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special</p> <p>The importance of nuclear and wider family</p>		<p>Ways to maintain and develop good, positive, trusting relationships and strategies to use when relationships go wrong</p> <p>That there are different types of relationships</p>		<p>Pressure comes in different forms, and what some of those different forms are</p> <p>There are strategies that they can adopt to resist pressure</p>	<p>About prejudice, bullying and discrimination: what they mean and how to challenge them.</p> <p>About protected characteristics from the Equality Act 2010 such</p>



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		<p>The importance of being close to and trusting special people and telling them if something is troubling them</p> <p>How their behaviour affects other people, and that there is appropriate and inappropriate behaviour</p> <p>The characteristics of positive and negative relationships</p> <p>About different types of teasing, and that all bullying is wrong and unacceptable</p> <p>To recognise when they have been unkind and say sorry</p>		<p>including those between acquaintances, friends, family and relatives</p> <p>That good friendship is when both persons enjoy each other's company and also want what is truly best for the other</p> <p>The difference between a group of friends and a 'clique'</p> <p>Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying</p>		<p>Understand what consent and bodily autonomy means</p> <p>Discuss and reflect on different scenarios where it is right to say 'no'</p> <p>Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions</p> <p>Apply this approach to personal friendships and relationships</p>	<p>as race, age and disability.</p> <p>That everyone is made in the image of God, loved unconditionally by Him, has equal dignity and is deserving of equal respect.</p>
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		<p>To recognise when people are being unkind to them and others and how to respond</p> <p>That when we are unkind to others, we hurt God also and should say sorry to Him as well</p> <p>That we should forgive like Jesus forgives</p>		<p>Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond</p>			
<p>Module 2</p> <p>CREATED TO LOVE OTHERS</p> <p>Unit 3 –</p> <p>Life online</p>			<p>That the internet connects us to others and helps us in lots of ways.</p> <p>Our feelings matter – both online and offline.</p> <p>That Jesus cares about our feelings</p>	<p>To recognise that their increasing independence brings increased responsibility to keep themselves and others safe.</p> <p>How to use technology safely.</p>		<p>To recognise that their increasing independence brings increased responsibility to keep themselves and others safe</p> <p>How to use technology safely</p>	



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			<p>and gives us peace.</p> <p>Understand safe and unsafe situations, including online.</p> <p>Ask for adult help with anything that worries them or makes them feel unsafe</p>	<p>That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others.</p> <p>How to report and get help if they encounter inappropriate materials or messages.</p> <p>How to use technology safely</p> <p>That bad language and bad behaviour are inappropriate</p> <p>That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or</p>		<p>That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others</p> <p>How to report and get help if they encounter inappropriate materials or messages</p> <p>What the term cyberbullying means and examples of it.</p> <p>What cyberbullying can feel like for the victim.</p>	
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				<p>do can be good or bad for us and others</p> <p>How to report and get help if they encounter inappropriate materials or messages</p>		<p>How to get help if they experience cyberbullying.</p>	
<p>Module 2</p> <p>CREATED TO LOVE OTHERS</p> <p>Unit 4 –</p> <p>Keeping Safe</p>		<p>The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them</p> <p>How to resist pressure when feeling unsafe</p> <p>To know that they are entitled to bodily privacy.</p>		<p>To judge well what kind of physical contact is acceptable or unacceptable and how to respond</p> <p>About different kinds of abuse, including 'abuse of private parts'</p> <p>That there are different people we can trust for help, especially those</p>		<p>To judge well what kind of physical contact is acceptable or unacceptable and how to respond</p> <p>That abuse violates the rights of children</p> <p>That there are different people we can trust for help, especially those closest to us who</p>	



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	<p>That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest.</p> <p>Medicines are drugs, but not all drugs are good for us.</p> <p>Alcohol and tobacco are harmful substances.</p> <p>Our bodies are created by God, so we should take care of them and be careful about what we consume.</p> <p>About what is and isn't an emergency</p> <p>That in an emergency, they (or an adult)</p>		<p>who care for us, including our teachers and parish priest</p> <p>Understand the effect that a range of substances including drugs, alcohol and tobacco can have on the body.</p> <p>Know that our bodies are created by God, so we should take care of them and be careful about what we consume.</p> <p>In an emergency, it is important to remain calm.</p>		<p>care for us, including parents, teachers and priests</p> <p>About the effect that a range of substances including drugs, tobacco and alcohol can have on the body.</p> <p>How to make good choices about substances that would have an impact on their health.</p> <p>That our bodies are created by God, so we should take care of them and be careful about what we consume.</p>	
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		<p>should call 999 and ask for ambulance, police and/or fire brigade</p> <p>To call 999 in an emergency and ask for ambulance, police and/or fire brigade</p> <p>That if they require medical help but it is not an emergency, basic First Aid should be used instead of calling 999</p> <p>Some basic principles of First Aid</p>		<p>Quick reactions in an emergency can save a life.</p> <p>Children can help in an emergency using their First Aid knowledge.</p> <p>It is our responsibility to follow the rules at home, school and in our country.</p> <p>Some of our rules and laws are based on our rights.</p> <p>Rights protect us and ensure everyone is treated equally.</p> <p>Rules and rights are based on our values as a community.</p>		<p>Consider how, as they get older, they may come under pressure when it comes to drugs, alcohol and tobacco</p> <p>Learn that they are entitled to say “no” for all sorts of reasons, but not least in order to protect their God-given bodies</p> <p>The recovery position can be used when a person is unconscious but breathing</p> <p>DR ABC is a primary survey to find out how to treat life-threatening</p>	
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				Our Christian/Gospel values promote the dignity and equality of all because we are all loved children of God.		conditions in order of importance	
<p>Module 3</p> <p>CREATED TO LIVE IN COMMUNITY</p> <p>Unit 1 – Religious Understanding</p>	<p>That God is love: Father, Son and Holy Spirit</p> <p>That being made in His image means being called to be loved and to love others</p> <p>What a community is, and that God calls us to live in community with one another</p>	<p>God is love: Father, Son and Holy Spirit</p> <p>Being made in His image means being called to be loved and to love others</p> <p>To know what a community is, and that God calls us to live in community with one another</p> <p>A scripture illustrating the importance of living in community as a consequence of this</p>	<p>God is love: Father, Son and Holy Spirit</p> <p>Being made in His image means being called to be loved and to love others</p> <p>To know what a community is, and that God calls us to live in community with one another</p> <p>A scripture illustrating the</p>	<p>God is love as shown by the Holy Trinity – a communion of persons supporting each other in their self-giving relationship.</p> <p>The human family reflects the Holy Trinity in mutual charity and generosity.</p> <p>We are made in the image of God, which means we are made to love</p>	<p>God is love as shown by the Holy Trinity – a communion of persons supporting each other in their self-giving relationship.</p> <p>The human family reflects the Holy Trinity in mutual charity and generosity.</p> <p>We are made in the image of God, which means we</p>	<p>God the Father, God the Son and God the Holy Spirit are the three persons of the Holy Trinity.</p> <p>The Holy Spirit works through us to share God's love and goodness with others.</p> <p>The human family reflects the Holy Trinity in charity and generosity</p>	<p>God the Father, God the Son and God the Holy Spirit are the three persons of the Holy Trinity.</p> <p>The Holy Spirit works through us to share God's love and goodness with others.</p> <p>The principles of Catholic Social Teaching</p> <p>That God formed them out of love, to know and share His love with others</p>



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	<p>A Scripture illustrating the importance of living in a community</p> <p>No matter how small our offerings, they are valuable to God and He can use them for His glory.</p>	<p>Jesus' teaching on neighbours</p>	<p>importance of living in community as a consequence of this</p> <p>Jesus' teaching on neighbours</p>	<p>God and others, and be loved by God and others.</p> <p>The human family reflects the Holy Trinity in charity and generosity</p> <p>The Church family comprises of home, school and parish (which is part of the diocese)</p>	<p>are made to love God and others, and be loved by God and others.</p> <p>The human family reflects the Holy Trinity in charity and generosity</p> <p>The Church family comprises of home, school and parish (which is part of the diocese)</p>	<p>The Church family comprises of home, school and parish (which is part of the diocese)</p>	
<p>Module 3</p> <p>CREATED TO LIVE IN COMMUNITY</p> <p>Unit 2 –</p> <p>Living in the Wider World</p>	<p>That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community</p>	<p>That they belong to various communities such as home, school, parish, the wider local community, nation and global community</p> <p>That they should help at home with practical tasks such as keeping</p>	<p>That they belong to various communities such as home, school, parish, the wider local community, nation and global community</p>	<p>That God wants His Church to love and care for others.</p> <p>To devise practical ways of loving and caring for others.</p>	<p>That God wants His Church to love and care for others.</p> <p>To devise practical ways of loving and caring for others.</p>	<p>Apply the principles of Catholic Social Teaching to current issues.</p> <p>Find ways in which they can spread</p>	<p>Apply the principles of Catholic Social Teaching to current issues.</p> <p>Find ways in which they can spread God's love in their community.</p>



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<p>That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc.</p> <p>That we have a duty of care for others and for the world we live in (charity work, recycling etc.)</p> <p>About what harms and what improves the world in which we live in (charity work, recycling, etc.)</p> <p>About what harms and what improves the world in which they live</p> <p>About some different types of jobs</p>	<p>their room tidy, helping in the kitchen etc.</p> <p>That we have a duty of care for others and for the world we live in (charity work, recycling etc.)</p> <p>About what harms and what improves the world in which we live</p> <p>About some different types of jobs in the community</p> <p>About some of the gifts, skills and strengths needed to do different jobs and that all jobs are open to boys and girls</p> <p>Work is a part of our purpose (vocation)</p>	<p>That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc.</p> <p>That we have a duty of care for others and for the world we live in (charity work, recycling etc.)</p> <p>About what harms and what improves the world in which we live</p> <p>That money is valuable and is used as an exchange for needs and wants.</p>	<p>Know that there are many different jobs and types of work.</p> <p>Understand some of the factors that influence people's choice of work.</p> <p>Explore their own interests, skills and gifts in relation to their job aspirations.</p> <p>Know that God calls us to work together to share His love and care for each other and the world.</p>	<p>Know that there are many different jobs and types of work.</p> <p>Understand some of the factors that influence people's choice of work.</p> <p>Explore their own interests, skills and gifts in relation to their job aspirations.</p> <p>Know that God calls us to work together to share His love and care for each other and the world.</p>	<p>God's love in their community.</p> <p>Learn about the process of getting a job and consider factors that influence job choices.</p> <p>Understand how stereotyping can affect work aspirations and learn to challenge such attitudes.</p> <p>Consider jobs in different sectors, learning pathways to work and their own job aspirations.</p>	<p>There are a wide variety of payment options.</p> <p>The importance of budgeting and tracking spending and saving.</p> <p>About the hierarchy of needs and other influences on spending choices.</p> <p>Some people have more money than others.</p> <p>God asks us to be good stewards of our money and resources.</p>
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	<p>That having a job can help us to look after each other and the world</p> <p>That God has given us all strengths, gifts and talents to do His work</p> <p>About strengths and interests needed to do different jobs</p> <p>That money helps us buy things.</p> <p>That wants and needs are different.</p> <p>That God's love and the love we share with</p>	<p>God has given us all strengths, gifts and talents to do His work</p>	<p>That wants and needs are different.</p> <p>About spending and saving choices.</p> <p>That God's love and the love we share with others is more valuable than anything.</p>				
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	others is freely given and our most important need.						
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