


PSHE+SRE Curriculum Progression Document 2021

PFA outcome	Subject	Sub-Headings	Pathway 2	Pathway 3	Pathway 4
					
Good Health	PSHE+SRE	Basic First Aid	Young people can apply creams or plasters and clean small wounds.	Young people begin to learn about burns and how to treat them as well as how to get help from a first aider. Young people can identify a range of basic first aid items	Young people have an understanding of their own medical conditions or needs and can communicate these to others. They show an awareness of their conditions and can take actions that will keep them safe and healthy.
		Being me in my word	Young people can express basic facts about themselves and their families	Young people can say what their strengths and weaknesses are. How Bradstow school is special and how being here affects them as well as following class and school rules and learning about independent living and money	Young people will learn about their own needs and how to get these met and explore what their goals are for the future. Young people will explore employment, hobbies and finances.
		Celebrating difference	Young people name similarities between myself and others and some groups I belong to	Young people explore and begin to understand the lives of people who live in different places and how this might differ from their own culture. Young people explore how to show respect for other cultures	Young people begin to explore empathy for others and the idea of stereotypes as well as why and how these can be damaging and how to challenge them. Young people will encounter some UK laws and what to do if they find themselves in difficult or illegal situations.
		Changing me	Young people can name their body parts and ways that their body might change as they get older. Young people will encounter ideas about how to express good and not so good feelings / emotions	Young people how needs change as they get older including hygiene, responsibilities, choices and managing external influences. Young people learn about setting themselves goals.	Young people begin to explore ideas including transitions, loss, separation and bereavement. Young people can name ways and strategies for coping with changes during puberty and how to resist unhealthy pressures from others as they get older.
		Close relationships and Dating	Young people develop the skills necessary to take part in events with others in the community, these may include behaviour, time keeping and travel skills.	Young people develop the skills they need to actively socialise with other people including asking about other's interests and talking about their own interests. Young people develop skills needed for eating and drinking in a café or restaurant with another person as well as travelling there and the social norms of a dating scenario.	Young people develop the skills needed to ask someone on a date, understand the expectations and cultural norms on a date and to understand how these might change as you get to know someone better. Young people show an understanding of issues around sexual relationships, consent and staying safe.
		Dreams and Goals	Young people can names things they like and dislike and take part in lessons about different types of jobs	Young people can choose a project to complete that interests them and learn more about it as well as showing an understanding of new opportunities that might be available to them as they get older.	Young people can reflect on their experiences and begin to understand how they can learn from these as well as set themselves simple but challenging goals for short term and their future.
		Emotion and Self-Regulation	Young people can recognise at least two different emotions and will tolerate Zones resources being shows and modelled to them.	Young people can take part in self-regulation activities when supported by a member of staff	Young people begin to show a solid understanding of their own emotions and which zone of regulation they are in and use strategies appropriate to their emotions in order to self-regulate or show self-awareness of their state of mind / energy levels.
		Families and those who care for us	Young people know who sis in their family and who looks after	Young people can understand how children's rights link with families and those who care for	Young people begin to explore issues around change, transition and loss. Young people can make

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		them and begin to explore different types of relationships	us and explore how their actions affect themselves and others.	links with getting older and gaining new responsibilities and opportunities. Young people begin to understand their role in keeping themselves and others safe.
	Feeling Poorly	Young people learn more about the role of the doctor and other health care professionals as well as what they could do if they have different minor health concerns.	Young people can communicate clearly how they care feeling to a parent or carer. Young people explore the difference between feeling ill and an emergency	Young people begin to understand how their choices can have good and not so good consequences on their health and can use more words to describe different types of physical sensations. Young people can name some events that would be an emergency as opposed to those that do not need urgent medical assistance.
	Health Services	Young people are able to point to parts of their body accurately and make links between certain feelings and emotions. Young people are able to wait for an appointment at a doctors or other health service office	Young people are able to communicate effectively with health professionals using words or communication aids. Young people learn how to use a telephone and plan their day using a diary.	Young people delve deeper into understanding their own health and medical needs and what support they need to access services. Young people have an understanding of what medicines that take or could take and why they take these.
	Healthy Me	Young People explore the factors that contribute to a physically healthy lifestyle. This includes basic hygiene, nutrition, exercise and health services	Young people begin to understand some of the consequences of not following a healthy lifestyle and how to make informed healthy choices. The idea of healthy and unhealthy relationships is discussed.	Young people begin to understand about the spread of disease and how physical and mental health relate to each other. Young people explore in more depth their own medical needs and how to develop skills to ask for help.
	Hygiene	Young people will allow a parent to carer to help them with basic self-care tasks and begin to do some tasks independently	Young people take part in lessons around basic oral and physical hygiene and can name some reasons that this is important	Young people can perform self-care tasks independently and begin to understand the spread of germs and consequences of this including what they can do to keep clean and healthy in themselves and their environment.
	Mental Health and Wellbeing	Young people develop their skills in recognising emotion in others. Young people are taught about the concept of mental health	Young people learn about how being a positive learner and having a positive attitude can be helpful for your education and mental health.	Young people begin to learn about strategies to help with unhelpful thoughts and the impact negative thoughts can have on themselves and others. Young people begin to understand their own diagnosis and how this might affect the help the need and how they feel.
	My Manners	Young people can start a conversation or communicate with others for multiple different reasons	Young people show they are able to help other people with simple tasks, use people's names, tell stories and give compliments when able/ appropriate. Young people develop conversational skills.	Young people develop conversational skills further and are able to hold conversations which are not a topic of interest for them for longer periods as well as able to change the topic politely when is appropriate. Young people are able to show an interest in others and ask questions and listen to the answers
	Nutrition and Diet	Young people can express food preferences and group foods, young people begin to be able to distinguish between healthy foods and treat foods.	Young people learn more about the role of water to a healthy diet as well as fibre, carbohydrates, fats and oils, dairy and protein.	Young people can understand in more depth how fruits and vegetables play an important role in a healthy diet, they can show they can make healthy choices and can review their diet and decide whether they should or could make some changes.

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	Online Relationships	Young people encounter lessons which explain some of the risks and benefits of using online platforms and are able to name some things that they can do to stay safe	Young people can show they understand why they should keep their personal data private and other ways to keep safe when using the internet. Young people can name positive and negative consequences of being online.	Young people begin to understand in more detail what they should keep private and who they can or should share details with. They will also begin to understand when they should say yes, not, I'll ask, or I'll tell and that they never have to keep secrets.
	PE and Exercise	Young people take part in varying forms of exercise with support from adults	Young people can take part in physical activity for longer periods of time and begin to learn about the benefits of an active lifestyle.	Young people can take part in more complex sports for longer periods of time and explain how an active lifestyle is beneficial to their physical and mental health. Young people can set themselves goals and take part in fitness activities in community settings.
	Puberty	Young people learn about the reproductive cycle of humans and animals and identify likely changes in puberty.	Young people will explore the importance of sleep and understanding emotional changes due to puberty. Young people will how to keep their private parts private and if appropriate will learn about masturbation	Young people will learn about the reasons that their body is changing, when and where is appropriate to touch themselves or others. How to judge what level of physical contact is appropriate in different situations, the issues of consent.
	Relationships and Friendships	Young people can play with others and record ways that people can care for each other including recognising emotions in others	Young people can explore ideas of fair / unfair, kind / unkind and right and wrong. Young people learn what to do if someone is being unkind including where to get help and examples of things they can do or say	Young people learn how to work together towards a shared goal, recognise and name strategies to deal with bullying
	Respectful Relationships	Play with others and explore ideas around fair, unfair, right and wrong	Recognise unkindness and what to do about it. Learn more about unhealthy relationships	Acceptable levels of physical touch and what to do if someone is being unkind to themselves or others. Young people explore the concepts of discrimination, teasing and bullying
	Sex Education	Young people explore how to stay safe and understand their body as well as who they can go to if they have a question or problem	Young people learn more about how to keep safe, scientific understanding of preproduction and basic facts around sex, privacy and hygiene	Young people take part in lessons about differ types of sexual relationships, why people might have sex, where to go with concerns or for help, and the law around consent and sex.
	Sexuality	Young people explore different types of relationships and parenting scenarios	Young people explore parenthood and relationships in more detail including from different cultural or religious perspectives	Young people explore consent and the history of LGBT+ and how to ask questions and find answers about sexuality
	SRE	Young people will develop their understanding of their goals for the future as well as how they are unique. They also recap different types of families and relationships	Young people develop their understanding of the purpose of the sexual organs and reproductive cycles. Young people learn about consent, body image and stereotyping	Young people are taught about potential sexually transmitted infections, how to get help if they think they need it, think about parenting, how to navigate sexual relationships and masturbation.
	Staying Safe	Young people can name people they can trust and ask for help as well as some ways to stay safe online, when out walking or cycling and some understanding of privacy	Young people can identify some risks within their environment and how these could be managed. Young people also explore how to say no if asked to take part in risky behaviour	Young people gain deeper understanding of how to protect themselves from harm, the potential effects of drug use, online safety and safe sex.