

PSHE LEARNING LADDER



PSHE Learning Ladder

Explore

Discover

Create

KS1 PSHE Learning Ladder

| | Families and Relationships | Keeping Safe | Health and Wellbeing | Citizenship | Economic Wellbeing | Identity | RSE |
|----|--|--|--|--|---|----------|---|
| Υ٦ | Understanding that families can include a range of people and how different members of a family are related to each other To begin to understand the characteristics of positive friendships Learning that friendships can have problems but that these can be overcome Exploring friendly behaviours Learning to recognise how other people show their feelings and how to care for others Exploring the ability to successfully work with different people Understanding ways to help others | Understanding how to respond appropriately to adults in a range of settings Understanding what to do if I get lost Exploring potential hazards in the home and how to avoid these Understanding the roles people have within the local community to help keep me safe Developing an understanding of appropriate physical contact Exploring what is and isn't safe to put in or on my body Understanding what classes as an emergency and how to make a call to the emergency services | Understanding the importance of and hygiene Understanding the risks of sun exposure and how to stay safe in the sun Developing an understanding of allergies and what to do if someone has an allergic reaction Exploring health related jobs and people who help to keep us healthy Understanding the importance of sleep and positive sleep habits Exploring two different methods of relaxation: progressive muscle relaxation and laughter Understanding my strengths and qualities Understanding and describing feelings | Understanding rules in school Recognising why rules are necessary Understanding the needs of different animals and how to meet these Understanding the needs of younger children and how these change Understanding how voting can be used to make decisions Understanding differences between people Recognising the groups we belong to | Developing an understanding of the value of money and how to keep it safe Understanding where money comes from Developing an understanding of how banks work Recognising the range of jobs available in school and the skills people need to do these | | To understand that we are all different but can still be friends To discuss how children grow and change To explore different types of families and who to ask for help To identify who can help when families make us feel unhappy or unsafe |
| Y2 | Learning that families can be made up of different people Understanding that families offer care, love and support Understanding difficulties in friendships and action that can be taken Learning how other people show their feelings and how to respond to them Exploring the conventions of manners in different situations Developing an understanding of self respect Exploring how loss and change can affect us | Developing an understanding of being safe near roads and learning how to cross roads safely Understanding the safe use of medicines Beginning to understand the importance of staying safe online Understanding the difference between secrets and surprises Understanding the concept of privacy and naming the private parts of my body Learning how to be safe around medicines Knowing the names of parts of my body | and emotions Developing an understanding of how to look after my teeth Understanding the importance of exercise and its effect on the body Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation Recognising an increasing range of feelings and some strategies for managing different emotions Developing empathy Identifying personal goals and how to work towards them Exploring the need for perseverance and developing a growth mindset | Understanding rules in the community Understanding how rules are made Recognising the importance of looking after the school environment Identifying ways to help look after the school environment Understanding the jobs people do to look after the environment in school and the local community Understanding how democracy works in school through the school council Understanding that everyone is unique Recognising the contribution people make to the local community | Understanding the value of money and where it comes from Developing an understanding of wants and needs Recognising that people make choices about how to spend money Developing an understanding of how to select a bank account Beginning to understand how people select the job they want to do | | To introduce the concept of gender stereotypes To identify differences between males and females To explore some of the differences between males and females and to understand how this is part of the life cycle To focus on sexual difference and name body parts |

LKS2 PSHE Learning Ladder

| | Families and Relationships | Keeping Safe | Health and Wellbeing | Citizenship | Economic Wellbeing | Identity | RSE |
|----|--|---|---|--|---|----------|--|
| Y3 | Learning that problems can occur in families and that there is help available if needed Exploring ways to resolve friendship problems Developing an understanding of the impact of bullying and what to do if bullying occurs Understanding what trust is and identifying who I can trust Learning about the effects of non verbal communication Developing listening skills Exploring stereotyping | Understanding ways to keep safe when crossing and near roads Developing skills as a responsible digital citizen Recognising and responding to cyberbullying Beginning to recognise unsafe digital content Exploring that people and things can influence me and I need to make the right decision for me Exploring choices and decisions that I can make Knowing how to call the emergency services Knowing how to respond to bites and stings | Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest Understanding the positive impact of relaxation on the body and learning relaxation stretches Understanding what a balanced diet is and the effects upon mental and physical health Exploring my identity through the groups I belong to Identifying my strengths and exploring how I use them to helps others Understanding how to overcome problems by breaking them into smaller, achievable steps | Developing an understanding of children's rights and how they help children Considering the responsibilities adults and children have to maintain children's rights Understand how recycling can have a positive impact on the environment Developing an understanding of how democracy works at a local level Understanding the need for rules and the consequences of breaking these Developing an understanding of groups within the local community and how these support the local community | Understanding that there are different ways to pay for things Developing an understanding of budgeting Understanding that money can cause a range of feelings Understanding that people have different attitudes to money Growing understanding of the range of jobs available Understanding the stereotypes which can exist around jobs but that these should not affect people's choices | | To identify that people are unique and to respect those differences To explore the differences between male and female bodies To consider appropriate and inappropriate physical contact and consent To explore different types of families and who to go to for help and support |
| Y4 | Understanding that families are varied, in the UK and across the world and having respect for these differences Exploring physical and emotional boundaries in friendships Exploring different roles related to bullying including victim, bully and bystander Understanding expected courtesy and manners in a range of scenarios Understanding how my actions and behaviour affects others Understanding stereotyping Learning what bereavement is and how to help someone who has experienced bereavement | Developing an understanding of being safe online Understanding how to seek help if I need to Exploring the difference between private and public Understanding that age restrictions are designed to protect me Learning about the benefits and risks of sharing information online Understanding the risks associated with tobacco Developing an understanding of physical and emotional changes as I grow up Knowing how to help someone with asthma | Developing independence in looking after my teeth Identifying what makes me feel calm and relaxed and learning visualisation as a tool to aid relaxation Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles Understanding that it is normal to experience a range of emotions Developing the ability to appreciate the emotions of others in different situations Learning to take responsibility for my emotions and that I can control some things but not others Developing an understanding of mental health including experiencing problems Developing a growth mindset, acknowledging that mistakes are useful to learning | Understanding that human rights apply to everyone and who protects these Understanding how reusing items is of benefit to the environment Understanding the role of local government Understanding the groups which make up a community and the benefits they bring Understanding the positives diversity brings to a community | Understanding the factors which affect whether something is value for money Understand the importance of tracking money Understanding the impact of losing money Developing an understanding of what might influence job choices Understanding how work can change over time | | To explore the human lifecycle To identify some basic facts about puberty To explore how puberty is linked to reproduction To explore respect in a range of relationships To discuss the characteristics of healthy relationships |

UKS2 PSHE Learning Ladder

| | Families and Relationships | Keeping Safe | Health and Wellbeing | Citizenship | Economic Wellbeing | Identity | RSE |
|----|--|--|--|---|--|--|--|
| Y5 | Understanding that we all have different positive attributes and we should be proud of these Learning what marriage is and that it is a choice that people make Learning that sometimes families can make children feel unhappy or unsafe and that there is help available Understanding that friendships will encounter issues but that this may strengthen them Understanding the impact of bullying and what might influence the behaviour of a bully Learning how stereotypes can be unfair, negative and destructive | Developing an understanding of how to ensure relationships online are safe Recognising an increasing number of online risks and ways to stay safe online Understanding the influence others can have on me Learning strategies I can use to overcome pressure from others Understanding the physical changes from childhood to adulthood Developing an understanding of the main aspects of puberty, including menstruation Learning about the emotional changes during puberty Knowing how to help someone who is bleeding | Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep Understanding the relationship between stress and relaxation and exploring yoga as a technique for relaxation Understanding what can cause stress and how to deal with it Exploring ways to achieve a goal, setting short-term, medium-term and long-term targets Developing the ability to take responsibility for and manage my feelings Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success | Understanding the law and what happens when someone breaks it Understanding how rights and responsibilities link Developing an understanding of freedom of expression Understanding why reducing use of materials is positive for the environment Developing an understanding of how parliament and government work Understanding the contribution people make to the community and how this is recognised Developing an understanding of pressure groups | Understand how to create a budget based on priorities Developing an understanding of borrowing money Beginning to understand income and expenditure Developing an understanding about risks associated with money Understand stereotypes in work and how these can be overcome Understanding the role of money in selecting a job | | To explore the emotional and physical changes occurring in puberty To understand male and female puberty changes in more detail To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty |
| Y6 | Learning that friendships can experience conflict, and ways in which to resolve conflict, through negotiation and compromise Learning what respect is and that it is part of a relationship Understanding that everyone deserves to be respected but that respect can be lost Understanding stereotyping and bullying linked to it Understanding grief and the associated emotions To explore the process and emotions relating to grief | Developing an understanding about the reliability of online information Exploring online relationships including dealing with problems Understanding that online relationships should be treated in the same way as face to face relationships Knowing where to get help with any online problems Understanding the risks associated with alcohol Knowing the changes experienced during puberty Understanding how a baby is conceived and develops Knowing how to help someone who is choking Knowing how to help someone who is unresponsive | Understanding ways of preventing illness and the benefits of immunisation Developing an understanding of possible signs of illness and some actions I can take Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation Understanding the factors which contribute to my physical and mental health Identifying a range of relaxation strategies and situations in which they would be useful Exploring my personal qualities and how to build on them Learning the importance of resilience and developing strategies for being resilient in challenging situations Identifying long-term goals and developing a plan as to how to achieve them | Understanding how human rights protect people Developing an understanding of the importance of education Developing an understanding of environmental issues relating to food Developing an understanding of causes which are important personally Understanding how government works Understanding what prejudice and discrimination are Understanding how prejudice and discrimination can be overcome | Recognising differences in how people deal with money and the role of emotions in this Understanding how to keep bank accounts safe Developing an understanding of gambling Understanding the routes into different jobs Recognising that people change jobs for a number of reasons | Understanding what makes identity Recognising the difference between how we see ourselves and how others see us Exploring the role of gender in identity Exploring how the media might influence our identity | To consider puberty and reproduction Exploring the importance of communication and respect in relationships To consider different ways people might start a family To explore positive and negative ways of communicating in a relationship |

Year 1 PSHE Learning Ladder

| Family and Relationships | <u>Keeping Safe</u> | Health and Wellbeing | <u>Citizenship</u> | Economic Wellbeing | <u>RSE</u> |
|---|---|--|--|---|--|
| Understanding that families can include a range of people and how different | Understanding how to respond appropriately to | Understanding the importance of and hygiene | Understanding rules in school | Developing an understanding of the value of money and how | To understand that we are all different but can still be friends |
| members of a family are related to each | adults in a range of | | Recognising why rules are | to keep it safe | |
| other | settings | Understanding the risks of sun | necessary | · | To discuss how children grow and |
| | | exposure and how to stay safe | | Understanding where money | change |
| To begin to understand the | Understanding what to do if I | in the sun | Understanding the needs of | comes from | T |
| characteristics of positive friendships | get lost | Dovoloning an understanding | different animals and how to meet these | Developing an understanding | To explore different types of families and who to ask for help |
| Learning that friendships | Exploring potential hazards in | Developing an understanding of allergies and what to do if | meet triese | of how banks work | families and who to ask for help |
| can have problems but that these can | the home and how to avoid | someone has an allergic | Understanding the needs of | or new banks work | To identify who can help when |
| be overcome | these | reaction | younger children and how these change | Recognising the range of jobs available in school and the | families make us feel unhappy or unsafe |
| Exploring friendly behaviours | Understanding the roles | Exploring health related | | skills people need to do these | |
| | people have within the local | jobs and people who help to | Understanding how voting can | | |
| Learning to recognise how other people | community to help keep me | keep us healthy | be used to make decisions | | |
| show their feelings and how to care for | safe | | | | |
| others | | Understanding the importance | Understanding differences | | |
| Exploring the ability to successfully | Developing an understanding | of sleep and positive sleep habits | between people | | |
| work with different people | appropriate physical contact | Habits | Recognising the groups we | | |
| work with different people | appropriate physical contact | Exploring two different | belong to | | |
| Understanding ways to help others | Exploring what is and isn't safe | methods of relaxation: | | | |
| | to put in or on my body | progressive muscle | | | |
| | | relaxation and laughter | | | |
| | Understanding what classes as | llada da diserrita | | | |
| | an emergency and how to make a call to | Understanding my strengths and qualities | | | |
| | the emergency services | and quanties | | | |
| | 2 | Understanding and describing | | | |
| | | feelings and emotions | | | |

Year 2 PSHE Learning Ladder

| Family and Relationships | <u>Keeping Safe</u> | Health and Wellbeing | <u>Citizenship</u> | Economic Wellbeing | <u>RSE</u> |
|--|--|--|--|---|---|
| Learning that families can be made up of different people | Developing an understanding of being safe near roads and learning how to cross roads | Developing an understanding of how to look after my teeth | Understanding rules in the community | Understanding the value of money and where it comes from | To introduce the concept of gender stereotypes |
| Understanding that families offer care, love and support | safely Understanding the safe use of | Understanding the importance of exercise and its effect on the body | Understanding how rules are made | Developing an understanding of wants and needs | To identify differences between males and females |
| Understanding difficulties in friendships and action that can be taken Learning how other people show their | medicines Beginning to understand the importance of staying safe | Understanding when relaxation techniques can be useful and learning breathing exercises to | Recognising the importance of looking after the school environment | Recognising that people make choices about how to spend money | To explore some of the differences between males and females and to understand how this is part |
| feelings and how to respond to them | online | aid relaxation | Identifying ways to help look after the school environment | Developing an understanding of how to select a bank account | of the life cycle |
| Exploring the conventions of manners in different situations | Understanding the difference between secrets and surprises | Recognising an increasing range of feelings and some strategies | Understanding the jobs people do to look after the environment | Beginning to understand how people select the job they want | To focus on sexual difference and name body parts |
| Developing an understanding of self respect | Understanding the concept of privacy and naming the private | for managing different emotions | in school and the local community | to do | · |
| Exploring how loss and change can affect us | parts of my body Learning how to be safe around medicines | Developing empathy Identifying personal goals and how to work towards them | Understanding how democracy works in school through the school council | | |
| | Knowing the names of parts of my body | Exploring the need for perseverance and developing a growth mindset | Understanding that everyone is unique | | |
| | | | Recognising the contribution people make to the local community | | |

Year 3 PSHE Learning Ladder

| Family and Relationships | <u>Keeping Safe</u> | Health and Wellbeing | <u>Citizenship</u> | Economic Wellbeing | <u>RSE</u> |
|------------------------------------|------------------------------------|--------------------------------------|----------------------------------|----------------------------------|------------------------------|
| Learning that problems can occur | Understanding ways to keep safe | Developing the ability to plan for a | Developing an understanding of | Understanding that there are | To identify that people are |
| in families and that their is help | when crossing and near roads | healthy lifestyle with physical | children's rights and how they | different ways to pay for things | unique and to respect those |
| available if needed | | activity, a balanced diet and rest | help children | | differences |
| | Developing skills as a responsible | | | Developing an understanding of | |
| Exploring ways to resolve | digital citizen | Understanding the positive impact | Considering the responsibilities | budgeting | To explore the differences |
| friendship problems | | of relaxation on the body and | adults and children have to | | between male and female |
| | Recognising and responding to | learning relaxation stretches | maintain children's rights | Understanding that money can | bodies |
| Developing an understanding of | cyberbullying | | | cause a range of feelings | |
| the | | Understanding what a balanced | Understand how recycling can | | To consider appropriate and |
| impact of bullying and what to do | Beginning to recognise unsafe | diet is and the effects upon | have a positive impact on the | Understanding that people have | inappropriate physical |
| if bullying occurs | digital content | mental and | environment | different attitudes to money | contact and |
| , - | | physical health | | | consent |
| Understanding what trust is and | Exploring that people and things | | Developing an understanding of | Growing understanding of the | |
| identifying who I can trust | can influence me and I need to | Exploring my identity through the | how democracy works at a local | range of jobs available | To explore different types |
| | make the | groups I belong to | level | - | of families and who to go to |
| Learning about the effects of non | right decision for me | | | Understanding the stereotypes | for help and |
| verbal communication | _ | Identifying my strengths and | Understanding the need for rules | which can exist around jobs but | support |
| | Exploring choices and decisions | exploring how I use them to helps | and the consequences of breaking | that these should not affect | |
| Developing listening skills | that I can make | others | these | people's choices | |
| | | | | | |
| Exploring stereotyping | Knowing how to call the | Understanding how to overcome | Developing an understanding of | | |
| | emergency services | problems by breaking them into | groups within the local | | |
| | _ , | smaller, achievable steps | community and how these | | |
| | Knowing how to respond to bites | | support the local community | | |
| | and stings | | , | | |
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Year 4 PSHE Learning Ladder

| Family and Relationships | <u>Keeping Safe</u> | <u>Health and Wellbeing</u> | <u>Citizenship</u> | Economic Wellbeing | <u>RSE</u> | | | |
|---|---|--|--|--|--|--|--|--|
| Understanding that families are varied, in the UK and across the world and having respect for these differences Exploring physical and emotional | Developing an understanding of being safe online Understanding how to seek help if I need to | Developing independence in looking after my teeth Identifying what makes me feel calm and relaxed and learning visualisation as a tool to aid | Understanding that human rights apply to everyone and who protects these Understanding how reusing items is of benefit to the environment | Understanding the factors which affect whether something is value for money Understand the importance of tracking money | To explore the human lifecycle To identify some basic facts about puberty | | | |
| boundaries in friendships | Exploring the difference between private and public | relaxation | Understanding the role of local | Understanding the impact of | To explore how puberty is linked to reproduction | | | |
| Exploring different roles related to bullying including victim, bully and bystander | Understanding that age restrictions are designed to protect me | Understanding the skills needed for different jobs and exploring how my skills can be used to undertake | government Understanding the groups which make up a community and the | losing money Developing an understanding of what might influence job choices | To explore respect in a range of relationships | | | |
| Understanding expected courtesy and manners in a range of scenarios | Learning about the benefits and risks of sharing information online | certain jobs and roles Understanding that it is normal to experience a range of emotions | benefits they bring Understanding the positives diversity brings to a community | Understanding how work can change over time | To discuss the characteristics of healthy relationships | | | |
| Understanding how my actions and behaviour affects others | Understanding the risks associated with tobacco | Developing the ability to appreciate the emotions of others | diversity brings to a community | | | | | |
| Understanding stereotyping | Developing an understanding of physical and emotional changes as | in different situations | | | | | | |
| Learning what bereavement is and how to help someone who has experienced bereavement | I grow up Knowing how to help someone with asthma | Learning to take responsibility for my emotions and that I can control some things but not others Developing an understanding of mental health including experiencing problems Developing a growth mindset, acknowledging that mistakes are useful to learning | | | | | | |

Year 5 PSHE Learning Ladder

| Family and Relationships | <u>Keeping Safe</u> | Health and Wellbeing | <u>Citizenship</u> | Economic Wellbeing | <u>RSE</u> |
|--|---|---|---|---|---|
| Understanding that we all have different positive attributes and we should be proud of these | Developing an understanding of how to ensure relationships online | Understanding the risks of exposure to the sun and developing independence for | Understanding the law and what happens when someone breaks it | Understand how to create a budget based on priorities | To explore the emotional and physical changes occurring in |
| Learning what marriage is and | are safe | protecting myself in the sun | Understanding how rights and responsibilities link | Developing an understanding of borrowing money | puberty |
| that it is a choice that people make | Recognising an increasing number of online risks and ways to stay safe online | Understanding the benefits of sleep and developing greater responsibility for ensuring good | Developing an understanding of freedom of expression | Beginning to understand income and expenditure | To understand male and female puberty changes in more |
| Learning that sometimes families can make children feel unhappy or | Understanding the influence | quality sleep | Understanding why reducing use | Developing an understanding | detail |
| unsafe and that there is help available | others can have on me Learning strategies I can use to | Understanding the relationship between stress and relaxation and exploring yoga as a technique for | of materials is positive for the environment | about risks associated with money Understand stereotypes in work | To explore the impact of puberty on the body and the |
| Understanding that friendships will encounter issues but that this | overcome pressure from others | relaxation | Developing an understanding of how parliament and government | and how these can be overcome | importance of physical hygiene |
| may strengthen them | Understanding the physical changes from childhood to adulthood | Understanding what can cause stress and how to deal with it | work Understanding the contribution | Understanding the role of money in selecting a job | To explore ways to get support during puberty |
| Understanding the impact of bullying and what might influence | Developing an understanding of | Exploring ways to achieve a goal, setting short-term, medium-term | people make to the community and how this is recognised | | support during publicy |
| the behaviour of a bully Learning how stereotypes can be | the main aspects of puberty, including menstruation | and long-term targets Developing the ability to take | Developing an understanding of pressure groups | | |
| unfair, negative and destructive | Learning about the emotional changes during puberty | responsibility for and manage my feelings | pressure groups | | |
| | Knowing how to help someone who is bleeding | Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success | | | |

Year 6 PSHE Learning Ladder

| <u>Family and</u> | <u>Keeping Safe</u> | Health and Wellbeing | <u>Citizenship</u> | Economic Wellbeing | <u>Identity</u> | <u>RSE</u> |
|-----------------------------------|--------------------------------|---|------------------------------|-----------------------------|--------------------------------|-----------------------------|
| <u>Relationships</u> | | | | | | |
| | Developing an understanding | Understanding ways of | Understanding how human | Recognising differences in | Understanding what makes | To consider puberty and |
| Learning that friendships can | about | preventing illness and the | rights protect people | how people deal with money | identity | reproduction |
| experience conflict, and ways | the reliability of online | benefits of immunisation | | and the role of emotions in | | |
| in which to resolve conflict, | information | | Developing an understanding | this | Recognising the difference | Exploring the importance of |
| through negotiation and | | Developing an understanding | of the importance of | | between how we see | communication and respect |
| compromise | Exploring online relationships | of possible signs of illness and | education | Understanding how to keep | ourselves and how others see | in relationships |
| Lancier hat according | including dealing with | some actions I can take | Be decise as advaded | bank accounts safe | us | To consider different |
| Learning what respect is and | problems | | Developing an understanding | Davidanina an undanstandina | Franksing the vale of gooden | To consider different ways |
| that it is part of a relationship | Understanding that online | Understanding that I have a responsibility to look after my | of environmental issues | Developing an understanding | Exploring the role of gender | people might start a family |
| Understanding that | relationships should be | overall health, including, diet, | relating to food | of gambling | in identity | To explore positive and |
| everyone deserves to be | treated in the same way as | oral hygiene, physical activity, | Developing an understanding | Understanding the routes | Exploring how the media | negative ways of |
| respected but that respect | face to face relationships | rest and relaxation | of causes which are | into different jobs | might influence our identity | communicating in a |
| can be lost | Table to race relationships | Test and relaxation | important personally | | inight initiative our facility | relationship |
| | Knowing where to get help | Understanding the factors | | Recognising that people | | |
| Understanding stereotyping | with any online problems | which contribute to my | Understanding how | change jobs for a number of | | |
| and bullying linked to it | | physical and mental health | government works | reasons | | |
| | Understanding the risks | | | | | |
| Understanding grief and the | associated with alcohol | Identifying a range of | Understanding what | | | |
| associated emotions | | relaxation strategies and | prejudice and discrimination | | | |
| | Knowing the changes | situations in which they | are | | | |
| To explore the process and | experienced during puberty | would be useful | l | | | |
| emotions relating to grief | l | | Understanding how prejudice | | | |
| | Understanding how a baby is | Exploring my personal | and discrimination can be | | | |
| | conceived and develops | qualities and how to build on them | overcome | | | |
| | Knowing how to help | them | | | | |
| | someone who is choking | Learning the importance of | | | | |
| | Someone who is choking | resilience and developing | | | | |
| | Knowing how to help | strategies for being resilient | | | | |
| | someone who is | in challenging situations | | | | |
| | unresponsive | | | | | |
| | | Identifying long-term goals | | | | |
| | | and developing a plan as to | | | | |
| | | how to achieve them | | | | |
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