



PSHE and wellbeing Progression Map

Physical health and wellbeing

Nursery	Reception	Year 1	Year 2
Key vocabulary: Clean Wash hands Brush teeth	Hygiene Clean Germs Heart beat healthy	Hygiene Clean Germs illnesses Healthy food Growing and changing	Healthy choice Reason Disease Control
To manage basic hygiene including washing and drying hands, brushing teeth.	To know why we wash our hands and our bodies	To know why we must keep ourselves clean.	
To use toilet independently	To say what happens to our bodies when we exercise	To know how we can stay healthy and talk about healthier food.	To be able to make healthier choices and give reasons for choices.
To begin to get dressed and undressed	To dress and undress independently	To sequence stages of growth. (See Science)	To know how diseases spread and how to control them (hand washing)
To start eating independently using a knife and fork.	To know that we should eat healthy food and to give examples	To talk about the differences between boys and girls.	To know the differences between boys and girls and name body parts.



Emotional health

Nursery	Reception	Year 1	Year 2
Key Vocabulary: Happy angry sad Tired hungry Like don't like	Zones of regulation Scared excited frustrated worried Feeling Think listen	Zones of regulation Recognise Views Opinions Self-regulation challenge	Zones of regulation Recognise Reflect Wellbeing emotions
To identify and name some feelings.	To express their feelings and identify causes.	To recognise and check in with feelings. To express their views and listen to those of others.	To recognise and describe own feelings.
To share their likes and dislikes.	Understand their own feelings and how they can affect others.	Understand vocabulary to describe their feelings both good and bad.	To identify some factors that affect emotional health and wellbeing both good and bad.
Set themselves small goals.	Identify their positive qualities and strengths.	To learn self-regulation.	To express their views confidently, reflect on and listen to those of others.



To share views and opinions.	Share their views and opinions and give reasons for them.	To recognise a sense of worth. Identify ways to face new challenges.	

Relationships

Nursery	Reception	Year 1	Year 2
Key Vocabulary: Feelings Friend Kind Listen Behaviour Rules care	Similarities Difference Rules Turns Share relationships	Identify Similarities Difference Respect Bullying Listen teamwork	Behaviours Actions Respect Similarities Difference Bullying Strategies Problem solve

Global week and other cultural celebrations that are part of our school celebrations.			
Talk about feelings and their own and other's behaviours.	Understand that people come from different backgrounds.	Begin to identify and respect difference between people.	Understand that their behaviours and actions can impact on others.



Know that some behaviour is unacceptable.	Know that in school different pupils behave in different ways.	Beginning to identify ways others can be teased or bullied and understand why this is wrong.	Identify and respect differences between people.
Work as part of a group, showing more confidence in social situations.	Be aware of and follow the rules. Work as part of a class, taking turns and sharing.	Listen to others and work cooperatively	Understand ways others can be teased or bullied and why this is wrong.
Link with others to solve problems	Build constructive and respectful relationships		Identify strategies to resist bullying/what to do when witness bullying.

Keeping safe including E-safety

Nursery	Reception	Year 1	Year 2
Key vocabulary: Safe Look listen	Safe Road Look Listen Rules Stranger Danger online	Safety Protective Secrets Sharing Awareness Online Stranger Danger Look Listen	Safety Protective Secrets Sharing Awareness Online Stranger Danger Look Listen



		rules	Rules Medicines Drugs
Talk about ways to keep healthy and safe.	To know how to keep themselves safe; at home, On the road In the sun	Understand which people can help us to stay safe – protective hands.	Understand what medicines are.
	Know that adults keep us safe	Understand stranger danger and identify ways to stay safe; at home, on the road, in the sun.	Understand how people keep us safe out of school, police and road safety.
Show an awareness of road safety	Understand stranger danger and ways to keep safe NSPCC pants rule	Begin to understand what a secret is and why it may be important to share it.	To know what a secret is and why it is important to share it sometimes.
To only use a tablet or computer with a parent.	Know how to keep safe online	Begin to develop an awareness of why we have to keep safe online.	To know how we may be unsafe online and follow e-safety steps to be safe.