Newbury Park Primary School
Learning for Life, Achieving Together
Courage | Curiosity | Compassion | Creativity

PDH Progression 24/25

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Character Development and Social skills	**My feelings - I'm not scared** - knowing what makes us happy and sad	**My feelings** Express feelings in a safe way, how to listen to others, be polite and show empathy **Being resilient** know what to do when feel lonelyShowing perseverance when challenged **Changing Me** To learn appropriate school behaviours	**Empathy and Friendship-** Play co-operatively, knowing what makes a good friend	**Who influences our lives -** Know the role of a leader. Understand school values. **How to deal with fear and worries** How to reframe unhelpful thinking **Growth mindset and transition** -setting goals	**What is special to me? Respect for self and other** Respecting similarities and differences	**Inspirational people and growth mindset** How to cope with change **Identity** Understand Traditions, differences, how to deal with disagreements **Stereotypes and discrimination** Understand what treating someone with respect looks like	**Expectations and Aspirations -** How to cope when under stress **Respect for opinions and choice** How to express personal boundaries **Recognise when need help and how to ask for help** Techniques to resist peer pressure	**Transition** Problem solving strategies to deal with change and challenge **Stereotypes** Understand why they are unfair **Peer pressure** Understanding of responsibilities
Health and wellbeing	**Following rules** Cleaning teeth, washing hands **Healthy food choices**	**Healthy Me** Healthy habits- washing, brushing teeth, eating breakfast, healthy food, exercise, things that make us happy/calm	**Mental well being and emotions**Know what emotions are and relate to specific situations **How to maintain personal hygiene** Understand responsibilities for health	**Mental well being** Understand Characteristics of healthy friendships **Healthy lifestyle (eating, exercise, sleep link to mental well being)** To know what is a healthy lifestyle	**Healthy eating** Know food groups and their benefits **Mental health** To know how to take care of mental health: recognise emotions. Speaking out, sleeping, hobbies. **Prevention-** To know the effects of being in	**Balanced lifestyle and healthy choices** To know characteristics of a poor diet and unhealthy eating and benefits of exercise and dental care **Basic first aid**	**Mental well being part of normal everyday life** To have strategies to improve mood **Puberty** To know physical and emotional changes that occur in puberty	**Mental and physical benefits of exercise** **Puberty-** Revise changes involved with puberty **Harmful substances** Understand risks

			Physical health Understand what exercise does to our bodies	and why it is important	the sun and how to keep safe			
Relationships	**Our family and friends-** Explain why our parents/carers are special understand how others are feeling, resolve disputes, follow rules of game,	**Who can help me?**To know who can help me in school and at home, in the community To know that families can be different	**Families and People who care for me** To understand why families are important **Choices and Friendship** To know what makes a good friend	**Respectful Relationships – Bullying** Know that there are different types of bullying. Recognise when people are being unkind. Have strategies to resist teasing	**People who are responsible to keep us safe** Know who keeps us safe and how we can help these people to keep us healthy and safe **Respond respectfully to a range of people** Develop strategies to resolve disputes and conflicts **Permission/Courtesy/ Manners** Revise healthy friendships	**On line Relationships** Know how online behaviour affects others **Families** Identify different family units	**Committed relationships** To know what marriage and civil partnerships are **Families** To understand the role of a family	**Different types of relationships** To understand characteristics of healthy relationships **Committed relationships** Understand that marriage can be an important part of faith
Rights Respecting	Make connections with rights and every day learning Give examples of rights	Make connections with rights and every day learning Identify when a right has been respected	Make connections with rights and every day life Identify when a right has been respected and explain why it is a good example	Make connections with rights and every day life Identify when a right has been respected and explain why it is a good example.	Make connections with rights and every day life Evaluate if a right has been respected effectively or not	Make connections with rights and every day life Evaluate if a right has been respected effectively or not	Make connections with rights and every day life Evaluate if a right has been respected effectively or not in a wide range of examples	Make connections with rights and every day life Evaluate if a right has been respected effectively or not in a wide range of

				Identify the impact of the right being respected.	Offer ideas on how to improve rights being met effectively	Offer ideas on how to improve rights being met effectively Act as consistent rights respecting role model	Offer ideas on how to improve rights being met effectively Act as a consistent, questioning rights respecting role model - speaking ut for others	examples (individual and group) Offer ideas on how to improve rights being met effectively Act as a consistent, questioning rights respecting role model - speaking out for others individually and as a group
Safety	**Following rules** Make safe choices when somewhere new Water safety	**Keeping safe** Road safety Trusted adults	**Keeping Safe in our environment.** Develop understanding of road safety, water safety, harmful household products **Trusted Adults** Understand how and why to talk to trusted adults **and when it is OK for adult to touch you**	**Fire safety** Know what to do in the event of fire. Know how to call the emergency services. **Feeling safe/Trusted adults (including online)** Develop understanding of asking for permission	**Online risks and safety** Know how to treat people on line, risks of meeting someone line, how to report concerns, why there are age restrictions **Feeling safe** Develop understanding of personal boundaries	**How to keep safe in London** Identify dangers and know how to keep safe on public transport **Appropriate and Inappropriate Touch** Know what is appropriate touch and why we ask for consent **Online safety** How to share information safely	**Social media safety and Harms** To understand why social media, computer games are age restricted **Consent and boundaries** How to express personal boundaries with others	**How to be a discerning consumer of online safety** How to know if info found on line is reliable **Online friendships** To understand boundaries and rules **How to keep safe on journeys to and from school**Identify dangers and how to keep safe. **Speaking out** How to prevent bullying