

# Holy Trinity Progression Map of Key Concepts for <a href="PSHCE">PSHCE</a>

#### 4. Citizenship

How does the British legal system protect its citizens? How can citizens participate in the political system? What is the role of the UK in international organisations?

#### 2. Health

How can I take care of my emotional wellbeing during periods of stress?

What strategies can I use to deal with stress?

What strategies can I use to deal with stress? How can I create and maintain a sense of work life balance?

### 3. Relationships

How can I cope with loss and change? How can I keep myself safe online? How can I seek help if something goes wrong online?

### 1. Living in the wider world

What are my rights and responsibilities at work?
What types of employment opportunities are there?
How can I write a CV and use this to sell myself to a future employer?
What is entrepreneurship?

# 4. Citizenship

What is the role and purpose of an MP? What is the House of Commons? What is the House of Lords? How are laws passed in Parliament?

How can pressure groups and lobbying influence the government?

# 3. Relationships

What skills do I need to build successful relationships?
What does exploitation and abuse look like in a relationship? How can I seek help if I am experiencing exploitation or abuse?

# 2. Health

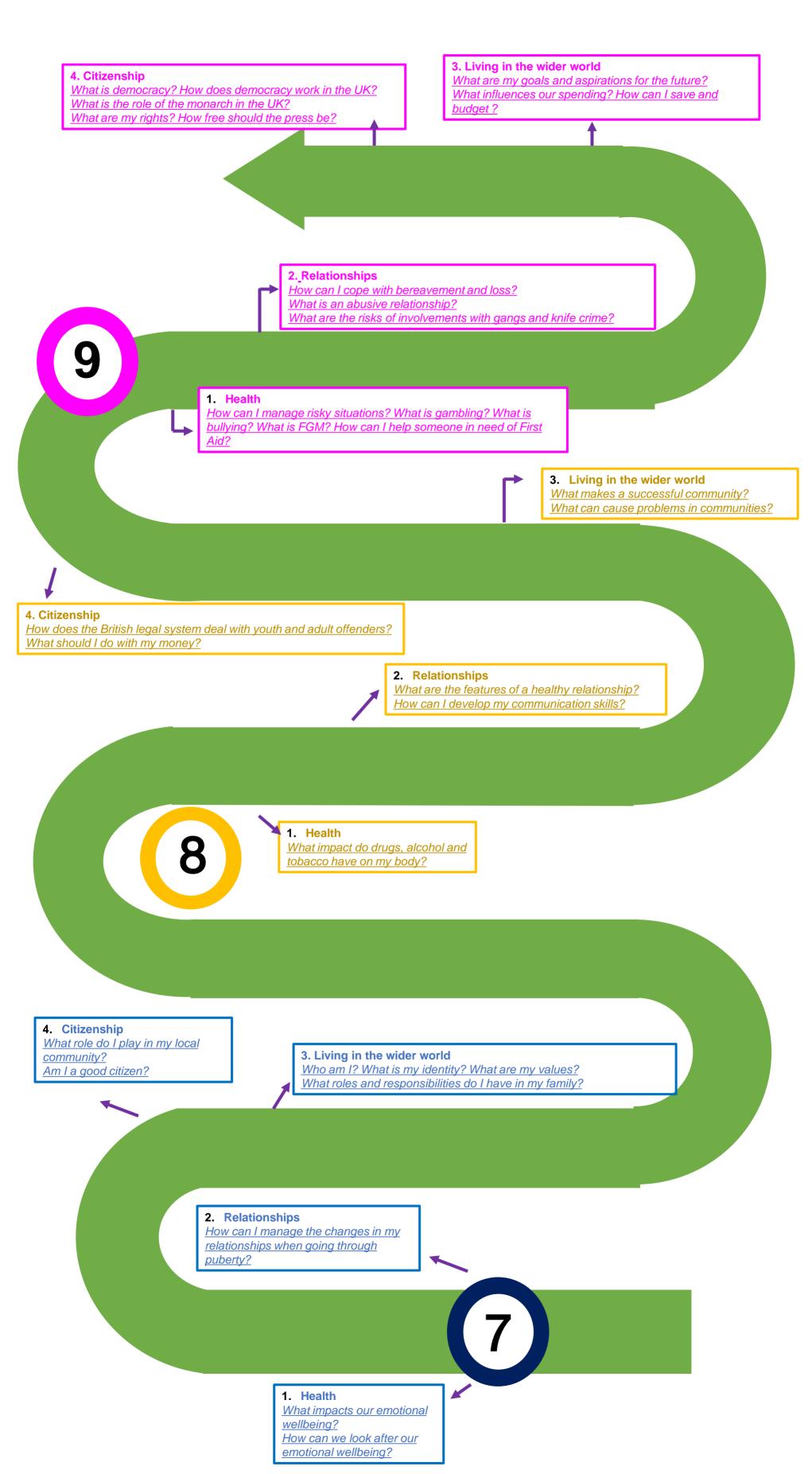
What are the effects of drugs and alcohol on my body? What are the effects of drug and alcohol on society?

What is addiction and dependency and how can I seek help for these issues? How can I be pro-active in looking after my physical health?

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# 1. Living in the wider world

How can I budget my money? What will I need to budget for as an adult?
What is credit and debt? What causes stresses and pressures on spending?
What are my future career aspirations? What different types of employment opportunities are there?



8. A world without Judgement - British Values What are the British values? Can you explain them?

6. Computer Safety -**Making Friends Online** Why do certain apps have age restrictions?

5. Feelings and

4. Being Responsible - Stealing Why is it important to be honest and not steal?

2. Keeping/Staying Healthy – Alcohol What does alcohol do to our body? What are the risks associated with alcohol?

9. First **Aid-** First Aid Year 6 (Part 1&2)

7. The Working World In-App purchases What is the impact of spending money without permission?

emotions – Worry How can we reduce our feeling of worry? How can we help others?

3. Growing and Changing - Our **bodies** How do our bodies grow and change?

1.Keeping/Staying Safe – Water Safety

How can we keep ourselves and others safe?

2.Keeping/Staying Healthy - Smoking What are the risks associated with smoking?

4. Feelings and emotions - Anger How do we manage the feeling of anger?

6. Being Responsible - Looking out for Others How can we help others?

**bodies** How do our bodies change?

8. Growing and Changing - Our

9. First

1. Keeping/Staying Safe – Peer **Pressure** How can I manage peer pressure?

3. Computer Safety Image Sharing What are the rules to follow when sharing images online?

5. The Working World – Enterprise How could we make money? What would your enterprise be?

7. A world without Judgement – Inclusion and Acceptance How are we all different?

Aid- First Aid Year 5

9. First Aid-Baseline Assessment, First Aid Year 4

8. A World Without Judgement -**Breaking Down Barriers** What are my strengths and goals?

> 7. The Working World - Chores at **Home** How can I

6. Computer Safety - Online **Bullying** What is online bullying? What can we do?

5. Feelings and

4. Being Responsible -**Coming Home on Time** Is it important to be on time?

2. Keeping/Staying **Healthy – Healthy** Living What is a balanced diet?

help at home?

emotions -Jealousy How does jealousy make us feel, think and behave?

3. Growing and Changing Relationships What are healthy/unhealthy relationships?

1. Keeping/Staying Safe – Cycle Safety How can we keep safe when riding a bike?

2. Keeping/Staying **Healthy – Medicine** When should we take medicines?

4. Being Responsible -**Stealing** What is stealing? 6. Computer Safety -**Making Friends Online** Should I respond?

8. Fire Safety- Enya and Deedee Visit the Fire Station, Summative Assessment

1. Keeping/Staying Safe-Leaning out of Windows Why might open windows be dangerous? Can you name the warning signs?

3. Relationships -Touch What is appropriate touch? 5. Feelings and emotions Grief What would you put in a memory box?

7. Our World -**Looking After Our** World How can we look after our world?

5. Being Responsible -

Practice makes perfect,

Helping someone in need

4. Relationships - Bullying,

7. Computer Safety – Image **sharing,** Should I share? Computer Safety, **Documentary** What are the golden rules

for keeping safe online?

What are my targets? Are my actions kind or thoughtful? 6. Feelings and

Body Language How can I help to protect others? How can we tell how people feel?

9. Fire Safety-Petty Arson, **Texting While** Driving

8. Our World - Living in Our World Who is responsible for looking after plants and animals? What is their job role? Working in Our World What is the value of each coin?

emotions - Worry, **Anger** Who can we talk to about our feelings? What are the anger rules?

3. Keeping/Staying Healthy – **Healthy Eating, Brushing Teeth** Which foods are healthy/unhealthy? How do we brush our teeth?

8. Fire Safety- Baseline Assessment, **Hoax Calling** 

1. Keeping/Staying Safe – Tying shoelaces Can I tie my own shoelaces?

2. Hazard Watch – Is it safe to eat or drink? Is it safe to play with?

7. Our World – Growing in Our World What can I do now?

6. Computer Safety -Online Bullying Is this kind?

> 5. Feelings and emotions Jealousy Are our strengths the same as someone else's?

3. Relationships – Friendships If you could design a perfect friend, what would they be like?

1. Keeping/Staying Safe – Road Safety Where is it safe to cross?

4. Being Responsible -Water spillage Can we create some safety rules for the classroom?

2. Keeping/Staying Healthy – Washing Hands Why and when should we wash our hands?

6. Know that we are all unique, important and different. Prepare for transition into Year 1. Learn about healthy choices inc hygiene, food, exercise and safety.

- 5. Learn how to care for living creatures butterflies, chicks.
  - 4. To look after all of God's creatures and plants in our wonderful world.

Learn to be resilient and how to express their emotions appropriately.

1. Rules/routines of the classroom of the setting, rewards and consequences of behaviour. Learn to respect the

environment.

3. To be independent and to know that their ideas and opinions are important.

- 6. Prepare for transition into Reception by being more independent.
- 4. Know how to care for the environment by growing plants and flowers.
- 5. To be aware of how we care for creatures in the environment.
- 3. Learn about family life and how to care for pets. Learn how to put their coat on.
- 2. To know the difference between good and bad choices

To show respect 'kind hands'.

1. Begin to know how to play and interact with others. Know the importance of good hygiene.
Learn to respect the environment.
Learn how to toilet independently.

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