



# Holy Trinity Progression Map of Key Concepts for PSHCE

## 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?*

*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?*

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## 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?*

**4. Citizenship**

*What is democracy? How does democracy work in the UK?  
What is the role of the monarch in the UK?  
What are my rights? How free should the press be?*

**3. Living in the wider world**

*What are my goals and aspirations for the future?  
What influences our spending? How can I save and budget ?*

**2. Relationships**

*How can I cope with bereavement and loss?  
What is an abusive relationship?  
What are the risks of involvements with gangs and knife crime?*

**1. Health**

*How can I manage risky situations? What is gambling? What is bullying? What is FGM? How can I help someone in need of First Aid?*

**3. Living in the wider world**

*What makes a successful community?  
What can cause problems in communities?*

**4. Citizenship**

*How does the British legal system deal with youth and adult offenders?  
What should I do with my money?*

**2. Relationships**

*What are the features of a healthy relationship?  
How can I develop my communication skills?*

**1. Health**

*What impact do drugs, alcohol and tobacco have on my body?*

**4. Citizenship**

*What role do I play in my local community?  
Am I a good citizen?*

**3. Living in the wider world**

*Who am I? What is my identity? What are my values?  
What roles and responsibilities do I have in my family?*

**2. Relationships**

*How can I manage the changes in my relationships when going through puberty?*

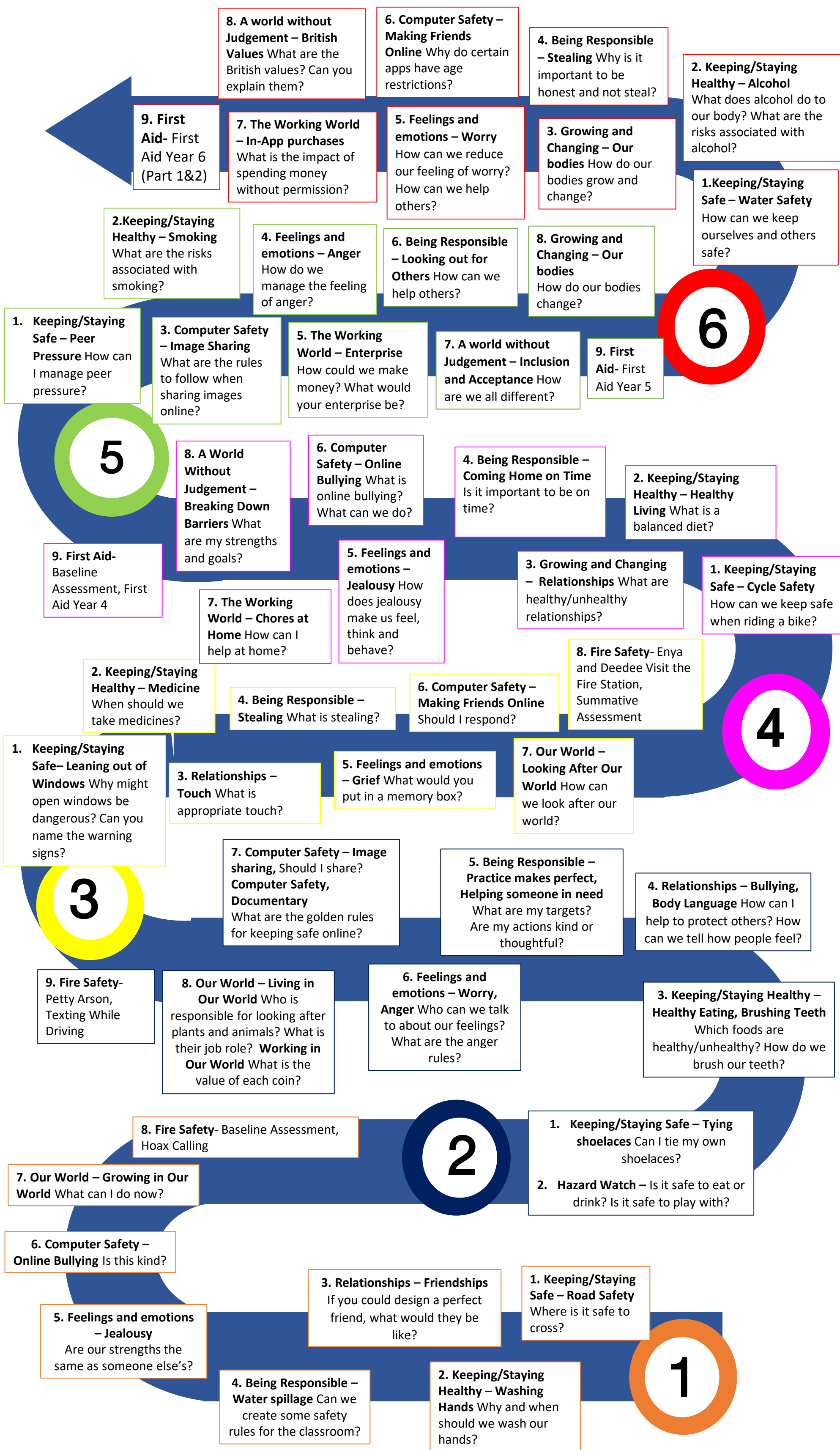
**1. Health**

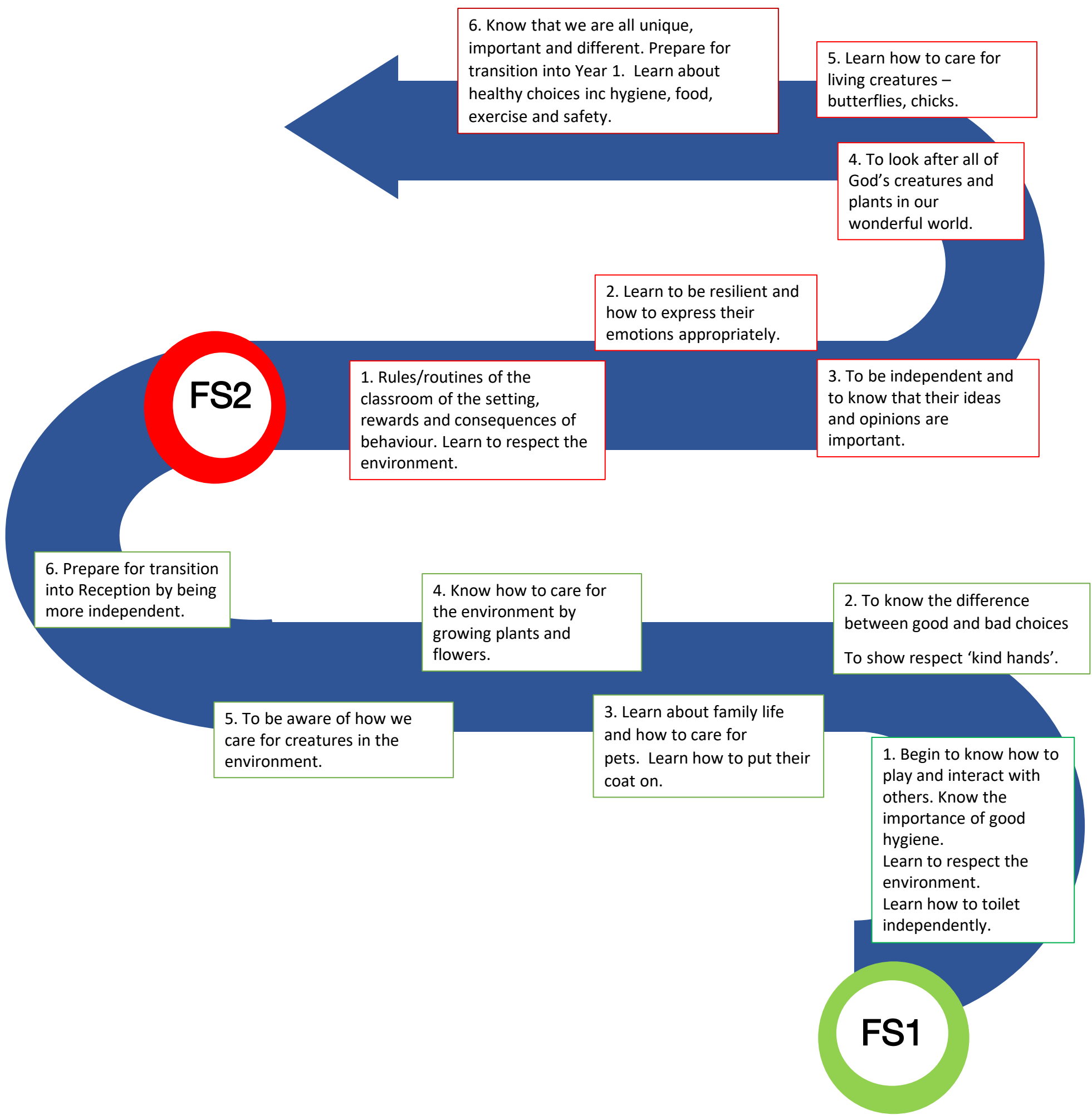
*What impacts our emotional wellbeing?  
How can we look after our emotional wellbeing?*

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FS2

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

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

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

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.

6. Prepare for transition into Reception by being more independent.

4. Know how to care for the environment by growing plants and flowers.

2. To know the difference between good and bad choices  
To show respect 'kind hands'.

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.

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.

FS1

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.