

Osidge PSHE/RSE Skills Progression

Term	Autumn	Spring	Summer
Year Group	Relationships	Health and Wellbeing (RSE and Drugs & Alcohol)	Living in the Wider World
Year 1	All About Me My Friendships Losing and Finding My Family	Awareness of Feelings Keeping Well and Clean Keeping Safe	Being Different The Environment Looking After Myself Money
Year 2	All About My Feelings Making and Breaking Friendships Coping with Conflict Exploring Our Families	Healthy People About My Body Keeping Safe	Money, Shopping and Saving Special Days Global Food
Year 3	Peer Influence/Pressure Safe Relationships Different Families	Healthy Lifestyles Emotions and Feelings Drug n Education – Smoking and Basic First Aid Keeping Safe	Me and My Community Where Do Things Come From? Aspirations Managing Money
Year 4	Persuasion and Pressure Friendships/Inclusion Types of Relationships	Healthy Lifestyles Mental Health Rights and Responsibilities Growing and Changing Drug Education – Alcohol and Decision Making	Media and Me Local Community-shared Responsibilities Aspirations Managing Money
Year 5	Self-Respect and Personal Goals Friendships and Coping sand with Bullying Being Left Out Relationships	Healthy Lifestyles Mental Health and Wellbeing Personal Safety Puberty Drug Education – Legal and Illegal Drugs	Stereotypes and Diversity Working Together and Aspirations What Makes a Democracy Money Media Literacy and Digital Resilience
Year 6	Conflict Resolution Family Dynamics Relationships	Celebration – Supporting Each Other Democracy and Decisions Media Literacy and Digital Resilience Money and Me Protected Characteristics and Bullying Aspirations, Work and Career	Healthy Lifestyles Mental Health and Online Safety Puberty and Relationships Drug Education – Drugs, Risk and the Media Sex Education Moving On

Vocabulary List:

https://docs.google.com/document/d/1PlalaBljbx6zVrM3eNFXWq-NicovyXHY6KXIO-k_Ogw/edit