

PSHE and RSE Progression of Knowledge, Skills and Vocabulary

This progression document is structured around the six Jigsaw Puzzle Pieces and demonstrates how knowledge, skills and vocabulary build progressively throughout our children's time at Yattendon

Autumn 1 - Being Me in My World

Year Group	Knowledge	Skills	Key Vocabulary
Year 3	Understand rights and responsibilities within the class community. Recognise how behaviour affects others.	Contribute ideas, follow class agreements and reflect on choices.	responsibility, rights, consequences, community, teamwork, rules, belong
Year 4	Understand democracy and how individuals contribute to a community.	Participate in discussions, negotiate and make decisions collaboratively.	democracy, citizen, group, contribution, teamwork, cooperation, responsibility
Year 5	Understand rights and responsibilities within wider society and the environment.	Take responsibility for actions and consider wider consequences.	rights, responsibilities, environment, choices, behaviour, consequences, justice
Year 6	Understand the role of active citizens and how individual actions influence society.	Debate, justify viewpoints and demonstrate leadership.	equality, democracy, citizen, responsibility, justice, community, influence

Autumn 2 – Celebrating Difference

Year Group	Knowledge	Skills	Key Vocabulary
Year 3	Recognise similarities and differences between people. Understand bullying behaviours.	Show empathy and challenge unkind behaviour.	difference, similarity, respect, bullying, unique, friendship, inclusion
Year 4	Understand diversity within communities and cultures.	Respect differing viewpoints and challenge stereotypes.	diversity, culture, prejudice, stereotype, equality, respect, tolerance
Year 5	Understand discrimination and its impact on individuals and groups.	Develop empathy and advocate for fairness.	discrimination, prejudice, equality, bias, fairness, identity, diversity
Year 6	Understand inclusion, diversity and social justice in modern society.	Challenge discrimination respectfully and promote inclusion.	inclusion, inequality, diversity, discrimination, identity, community, acceptance

Spring 1 - Dreams and Goals

Year Group	Knowledge	Skills	Key Vocabulary
Year 3	Understand how goals help us achieve success.	Set simple goals and persevere when facing difficulties.	goal, challenge, achievement, perseverance, success, motivation
Year 4	Understand the link between effort and achievement.	Reflect on progress and adapt strategies.	determination, resilience, success, teamwork, aspirations, effort
Year 5	Understand how personal strengths support future ambitions.	Set achievable targets and evaluate progress.	ambition, achievement, career, resilience, strengths, aspirations
Year 6	Explore future aspirations and pathways to success.	Demonstrate independence and resilience when pursuing goals.	aspiration, opportunities, perseverance, determination, pathway, future

Spring 2 - Healthy Me

Year Group	Knowledge	Skills	Key Vocabulary
Year 3	Understand healthy lifestyle choices and basic personal safety.	Make healthy choices and seek help when needed.	healthy, exercise, nutrition, safety, wellbeing, choices
Year 4	Understand the importance of physical and emotional health.	Recognise risks and make informed decisions.	wellbeing, fitness, emotions, balanced diet, safety, choices
Year 5	Understand the risks associated with substances and peer influence.	Resist pressure and manage risk.	peer pressure, substances, influence, lifestyle, wellbeing, responsibility
Year 6	Understand factors affecting long-term physical and mental health.	Evaluate lifestyle choices and demonstrate personal responsibility.	mental health, physical health, wellbeing, risk, responsibility, addiction

Summer 1 - Relationships

Year Group	Knowledge	Skills	Key Vocabulary
Year 3	Understand positive friendships and healthy relationships.	Communicate feelings appropriately and resolve conflicts.	friendship, trust, cooperation, respect, feelings, conflict
Year 4	Understand healthy and respectful relationships.	Demonstrate empathy and active listening.	empathy, respect, trust, communication, relationships, support
Year 5	Understand the influence of friendships and online relationships.	Manage peer influence and maintain healthy relationships.	influence, peer pressure, online safety, communication, respect

Year 6	Understand qualities of healthy relationships and responsibilities within them.	Demonstrate maturity, conflict resolution and respectful communication.	consent, respect, relationship, equality, communication, trust
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Summer 2 - Changing Me (RSE)

Year Group	Knowledge	Skills	Key Vocabulary
Year 3	Understand that bodies change as people grow.	Talk about change positively and ask questions appropriately.	growth, change, body, development, emotions
Year 4	Understand physical and emotional changes linked to growing up.	Manage feelings associated with change.	puberty, changes, emotions, development, transition
Year 5	Understand the physical and emotional changes during puberty.	Apply strategies to manage changing feelings and relationships.	puberty, hormones, reproduction, emotional change, self-esteem
Year 6	Understand human reproduction and prepare for transition to secondary school.	Demonstrate confidence and resilience when discussing change.	reproduction, conception, puberty, transition, independence, responsibility

PSHE Skills Progression

Skill Area	Year 3	Year 4	Year 5	Year 6
Self-Awareness	Identify emotions and personal strengths.	Recognise how feelings influence behaviour.	Reflect on strengths and areas for improvement.	Demonstrate maturity and self-regulation.
Decision-Making	Make simple choices and understand consequences.	Consider options and outcomes.	Evaluate risk and influence.	Make informed and responsible decisions.
Communication	Express ideas respectfully.	Listen actively and respond appropriately.	Debate and discuss confidently.	Articulate and justify viewpoints respectfully.
Relationships	Build friendships and resolve disagreements.	Work collaboratively and respectfully.	Manage peer relationships effectively.	Demonstrate leadership and maturity in relationships.
Resilience	Persevere when faced with challenges.	Develop coping strategies.	Show determination and adaptability.	Demonstrate resilience and independence.
Citizenship	Understand class responsibilities.	Contribute positively to school life.	Understand wider societal responsibilities.	Act as informed and responsible citizens.

PSHE & RSE Vocabulary Progression

Strand	Year 3	Year 4	Year 5	Year 6
Identity and Self	feelings, emotions, strengths, goals	self-esteem, confidence, individuality	aspirations, resilience, ambition	identity, self-awareness, independence
Relationships	friendship, kindness, trust, respect	empathy, communication, cooperation	influence, peer pressure, online relationships	consent, equality, healthy relationships
Citizenship	rules, rights, responsibility, community	democracy, cooperation, fairness	justice, environment, equality	citizenship, diversity, inclusion
Health and Wellbeing	healthy lifestyle, exercise, nutrition	emotional wellbeing, fitness, choices	substances, risk, influence	mental health, physical health, wellbeing
Safety	safe, unsafe, trusted adult, help	risk, responsibility, consequences	pressure, influence, online safety	risk management, safeguarding, responsibility
RSE	growth, change, emotions	puberty, development, transition	hormones, reproduction, self-esteem	conception, reproduction, transition, independence

End of Key Stage 2 Expectations

By the end of Year 6, pupils should:

- Understand how to maintain positive mental, emotional and physical wellbeing.
- Build and maintain healthy, respectful relationships.
- Demonstrate empathy, inclusion and respect for diversity.
- Make informed and responsible choices.
- Understand puberty, human reproduction and the changes associated with growing up.
- Show resilience, independence and responsibility.
- Be prepared for the opportunities, responsibilities and challenges of secondary school and life beyond.