



PSHCE CURRICULUM

KS2 Progression

Believing | Expressing | Living | Reasoning | Year 3 to Year 6

Purpose of this document

This overview sets out how pupils' personal, social, health, citizenship and economic understanding develops through Key Stage 2 at Park Road Academy. It brings together the school's PSHCE progression content and shows how learning builds from Year 3 to Year 6, supporting confident, responsible and healthy young people ready for secondary school.

Key Stage 2 curriculum position

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Pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, build positive relationships, manage change, participate in democracy, understand careers and money, respect difference and contribute positively to their communities. The programme includes relationships, health education, citizenship, careers, economic wellbeing and age-appropriate RSE.

Progression principles

BUILD FROM KS1	REVISIT & DEEPEN	DEVELOP INDEPENDENCE	YEAR 7 TRANSITION
Earlier learning about feelings, relationships, safety, difference and responsibility is recalled before pupils meet greater emotional, social and ethical demand.	Identity, health, relationships, aspirations, citizenship and safety recur across units with increasing complexity, connection and independence.	Pupils practise decision-making, communication, self-regulation, help-seeking, leadership, goal-setting and action planning in real-life contexts.	Pupils leave ready to manage change, make informed choices, build respectful relationships, seek support, participate responsibly and prepare emotionally for secondary school.

Curriculum strands

Being Me	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
Identity, responsibility, democracy, voice, choices and belonging.	Equality, diversity, anti-bullying, prejudice, human rights and inclusion.	Aspirations, resilience, careers, money, enterprise, teamwork and social action.	Physical and mental health, nutrition, substances, first aid, safety and wellbeing.	Friendships, families, consent, boundaries, online safety, loss and support.	Puberty, body image, reproduction, identity, trusted adults and transition.



Year 3 PSHCE Curriculum Map

Building identity, belonging, safety and respectful relationships

Learning emphasis

Year 3 establishes secure vocabulary and understanding of identity, difference, health, relationships and change. Pupils begin to make responsible choices, ask for help and explain how actions affect themselves and others.

Term / unit	Strand focus	Knowledge, skills and response
Autumn 1: Being Me in My World	Being Me	Understand role within school community; recognise how actions affect others; share ideas and opinions confidently; understand rules, responsibilities and consequences; identify worries and strategies to manage them.
Autumn 2: Celebrating Difference	Celebrating Difference	Understand and celebrate differences between people; recognise different family structures; understand impact of words/actions; explore bullying, being a witness or bystander; develop empathy and respect.
Spring 1: Dreams and Goals	Dreams & Goals	Identify strengths and ambitions; understand perseverance; learn from people who overcame challenges; set goals and identify steps; celebrate achievements.
Spring 2: Healthy Me	Healthy Me	Understand exercise, nutrition and wellbeing; recognise how choices affect health; understand risks linked to medicines and substances; identify safe/unsafe situations; manage worries.
Summer 1: Relationships	Relationships	Understand positive relationships; develop conflict-resolution skills; understand family/friendship responsibilities; explore online safety and digital relationships; recognise how to seek support.
Summer 2: Changing Me RSE	Changing Me	Understand physical and emotional changes during growing up; learn about puberty appropriately; recognise personal hygiene; develop confidence discussing change.



Year 4 PSHCE Curriculum Map

Developing independence, resilience, inclusion and emotional literacy

Learning emphasis

Year 4 deepens pupils' understanding of equality, resilience, peer influence, wellbeing and transition. Pupils develop assertiveness, challenge unfairness and use strategies to manage relationships and change.

Term / unit	Strand focus	Knowledge, skills and response
Autumn 1: Being Me in My World	Being Me	Contribute positively to community; recognise inclusion and teamwork; understand how choices affect self and others; develop independence and responsibility; be an active member of society.
Autumn 2: Celebrating Difference	Celebrating Difference	Understand how first impressions influence opinions; challenge stereotypes and assumptions; explore equality and protected characteristics; understand roles in bullying; develop confidence to challenge unfairness.
Spring 1: Dreams and Goals	Dreams & Goals	Explore hopes and aspirations; understand setbacks as part of success; develop resilience and coping strategies; recognise teamwork; reflect on achievements.
Spring 2: Healthy Me	Healthy Me	Understand healthy friendships and peer influence; explore risks and safe choices; keep safe in different situations; develop assertiveness; recognise importance of wellbeing.
Summer 1: Relationships	Relationships	Understand friendship groups, belonging, trust, jealousy and loss; develop strategies for managing emotions; understand safe online/offline relationships and respectful behaviour.
Summer 2: Changing Me RSE	Changing Me	Understand puberty and body changes; explore identity and self-esteem; understand relationships change; recognise feelings linked to transition; prepare for future changes.



Year 5 PSHCE Curriculum Map

Strengthening voice, identity, health choices and future readiness

Learning emphasis

Year 5 pupils apply PSHCE knowledge to increasingly complex social, health and ethical situations. They develop leadership, resistance skills, informed decision-making, digital responsibility and future-focused action planning.

Term / unit	Strand focus	Knowledge, skills and response
Autumn 1: Being Me in My World	Being Me	Understand democracy, having a voice, rewards and consequences; develop leadership; understand how communities work together; reflect on personal goals and values.
Autumn 2: Celebrating Difference	Celebrating Difference	Explore cultural identity and diversity; understand discrimination, prejudice and racism; recognise direct and online bullying; respect different beliefs/backgrounds; promote fairness and inclusion.
Spring 1: Dreams and Goals	Dreams & Goals	Explore future lifestyles and career aspirations; understand how money, choices and values influence futures; develop enterprise and teamwork; understand global issues; create action plans.
Spring 2: Healthy Me	Healthy Me	Understand risks linked to smoking, vaping and alcohol; develop decision-making and resistance to pressure; learn basic first aid; understand body image and self-esteem; support physical and mental health.
Summer 1: Relationships	Relationships	Understand qualities of positive relationships; explore online relationships and digital safety; understand consent, respect and boundaries; develop assertiveness; know how to seek help.
Summer 2: Changing Me RSE	Changing Me	Understand puberty changes for boys and girls; explore body image and media influence; understand reproduction and conception where taught; identify trusted adults and reliable information; prepare for future transitions.



Year 6 PSHCE Curriculum Map

Independent decision-making, citizenship and transition to secondary school

Learning emphasis

Year 6 synthesises personal, social, health, citizenship and economic learning. Pupils should make informed choices, communicate confidently, seek support, challenge discrimination, manage change and prepare emotionally for secondary school.

Term / unit	Strand focus	Knowledge, skills and response
Autumn 1: Being Me in My World	Being Me	Understand rights, responsibilities and democracy; recognise how individuals influence communities; develop leadership and decision-making; understand importance of positive choices; prepare for greater independence and secondary transition.
Autumn 2: Celebrating Difference	Celebrating Difference	Explore prejudice, discrimination and equality; understand protected characteristics and human rights; develop empathy; challenge stereotypes and unfair treatment.
Spring 1: Dreams and Goals	Dreams & Goals	Set ambitious personal goals; explore careers, skills and future pathways; understand global challenges and social action; develop leadership and project planning; reflect on achievements and ambitions.
Spring 2: Healthy Me	Healthy Me	Understand how choices affect long-term health; explore drugs, alcohol and effects; develop strategies for managing challenges; understand mental and physical wellbeing; make informed choices.
Summer 1: Relationships	Relationships	Explore mental health and emotional wellbeing; understand love, loss and grief; support self and others; understand respectful relationships and consent; use technology safely and responsibly.
Summer 2: Changing Me RSE	Changing Me	Understand physical and emotional changes linked to puberty; explore self-image and confidence; understand reproduction, pregnancy and birth where taught; discuss consent and respectful relationships; prepare emotionally for secondary school transition.



KS2 PSHCE Progression at a Glance

How the six strands develop from Year 3 to Year 6

The end point

By the end of KS2, pupils can understand themselves and others, manage emotions and change, make healthy and safe choices, build respectful relationships, challenge discrimination, participate responsibly, set goals and seek reliable support.

Strand	Year 3	Year 4	Year 5	Year 6 / end point
Being Me	Belonging, rules, worries and responsibility.	Community, teamwork, independence and inclusion.	Democracy, voice, leadership and values.	Rights, decision-making, positive choices and secondary transition.
Celebrating Difference	Recognise difference, family structures and bullying.	Challenge stereotypes and unfairness.	Understand culture, prejudice, racism and inclusion.	Explore equality, protected characteristics, human rights and empathy.
Dreams & Goals	Strengths, ambitions, perseverance and goals.	Resilience, setbacks, teamwork and achievement.	Future lifestyles, careers, enterprise and global action.	Ambitious goals, pathways, project planning and social action.
Healthy Me	Exercise, nutrition, worries, medicines and safety.	Friendships, risks, assertiveness and wellbeing.	Smoking, vaping, alcohol, first aid and body image.	Long-term health, drugs, mental wellbeing and informed choices.
Relationships	Positive relationships, conflict and online safety.	Trust, jealousy, loss and respectful behaviour.	Consent, boundaries, digital safety and help-seeking.	Love, grief, consent, technology and supporting others.
Changing Me	Puberty, hygiene and confidence discussing change.	Body changes, identity, self-esteem and transitions.	Puberty, body image, reproduction and reliable information.	Reproduction, respectful relationships and emotional secondary transition.



Assessment and Year Readiness

Evidence, inclusion and next steps

Assessment principle

Assessment is ongoing and purposeful. Teachers look for secure knowledge, vocabulary, discussion, reflection, decision-making and application to real-life situations. Pupils should be supported to participate safely, ask questions, express views respectfully and identify trusted sources of help.

Area	Year readiness	Possible evidence
Knowledge and understanding	Explain key ideas about identity, difference, health, relationships, citizenship, money, careers and change; use age-appropriate vocabulary accurately.	Questioning; scenarios; concept maps; written or oral explanations.
Skills and decision-making	Communicate, manage emotions, solve conflict, set goals, resist pressure, seek help and make informed choices.	Role play; action plans; dilemmas; self-assessment; practical tasks.
Respect and inclusion	Recognise diversity; challenge stereotypes, bullying, prejudice and discrimination; understand equality, protected characteristics and human rights.	Discussion; anti-bullying work; inclusion projects; pupil voice.
Health, relationships and safety	Understand consent, boundaries, online safety, puberty, wellbeing, substances and reliable support.	RSE activities; safety scenarios; trusted-adult mapping; health reflections.
Citizenship and future readiness	Participate responsibly, understand democracy and community, explore careers and pathways, and prepare emotionally for transition.	Leadership; social action; careers activities; transition planning.

Transition to Year

Pupils are ready for secondary PSHCE when they can make informed and safe choices, manage emotions and change, build respectful relationships, understand consent and boundaries, challenge discrimination, seek reliable support, participate responsibly in community life and prepare confidently for the academic, social and emotional demands of secondary school.