



**NSN PHSE Curriculum Progression**

	<b>Nursery</b>	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Autumn 1</b>								
<b>PHSE Quick Start</b>	<p><b>Settling in</b> - (Expresses own preferences and interests. Can select and use resources with adult support. Enjoys responsibility of carrying out small tasks. Separates from main carer with support and encouragement from a familiar adult. Shows understanding and cooperates with some boundaries and routines. Interested in others play and starting to join in. Shows understanding and cooperates with some boundaries and routines).</p> <p><b>PSED</b>- celebrations/ cultures</p> <p><b>PSED</b> (See Development matters document - Making relationships. Self-confidence and self-awareness. Managing feelings and behaviour. 22-36 months 30-50 months</p>	<p><b>PSED</b>- celebrations/ cultures</p> <p><b>PSED</b> (See Development matters document - Making relationships. Self-confidence and self-awareness. Managing feelings and behaviour. 40-60 months ELG statements</p> <p>PIXL-</p> <p><b>Wellbeing</b> - My health sessions 1-7</p> <p><b>Wellbeing</b> - My Mind sessions 1-8 To be taught throughout the year.</p>	<p><b>Organisation</b> Pupils learn about personal organisation and how to remain positive and open to changes.</p> <p><b>Wellbeing</b>- My Health sessions 1-4</p>	<p><b>Organisation</b> Pupils learn how to plan and set goals.</p> <p><b>Wellbeing</b>- 'My Health sessions 5-8</p>	<p><b>Communication</b> Pupils discover more about themselves and can establish how they fit in different groups/scenarios.</p> <p><b>Wellbeing</b> - My Health sessions 1-4</p>	<p><b>Initiative</b> Pupils use greater sense of self to build confidence</p> <p><b>Wellbeing</b> - My Health sessions 5-8</p>	<p><b>Communication</b> Pupils build on their growing self-awareness to assess how they can prepare to meet the increasing expectations on them.</p> <p><b>Wellbeing</b> My health sessions 1-4</p>	<p><b>Organisation</b> Pupils have a clear idea of what they are aiming for.</p> <p><b>Wellbeing</b> My health sessions 5-8</p>

Autumn 2								
<b>PHSE Quick Start</b>	Social, Communication and Interaction groups (Demonstrates friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults. Confident to talk to other children when playing, and will communicate freely about own home and community. Begins to accept the needs of others and can take turns and share resources, sometimes with support from others). <b>PSED-</b> Talking activities about themselves and families	<b>PSED-</b> Talking activities about themselves and families	<b>Organisation</b>  <u>Teach</u> QS Organisation sessions 4-6  <i>(Wellbeing- My Health sessions 1-4)</i>	<b>Leadership</b> Pupils realise the responsibility of being a role model.  <u>Teach</u> QS leadership sessions 1-6  <i>(Wellbeing- 'My Health sessions 4-8)</i>	<b>Organisation</b>  <u>Teach</u> QS- Organisation sessions 1-6  <i>(Wellbeing - My Health sessions 1-4)</i>	<b>Organisation</b> Pupils develop strategies to help them meet the higher expectations that others will have of them.  <u>Teach</u> QS- Organisation sessions 1-6  <i>(Wellbeing - My Health sessions 5-8)</i>	<b>Initiative</b>  <u>Teach</u> QS- Initiative sessions 1-4  <i>(Wellbeing My Health sessions 1-4)</i>	<b>Leadership</b>  <u>Teach</u> QS- Leadership sessions 1-2  <i>(Wellbeing My Health sessions 5-8)</i>
Spring 1								
<b>PHSE Quick Start</b>			<b>Communication</b> Pupils learn how to be effective communicators.  <u>Teach</u> QS- Communication sessions 1-4  <b>Wellbeing</b> - My life sessions 1-4	<b>Resilience</b> Pupils embrace challenge as a means to achieving goals.  <u>Teach</u> QS- Resilience sessions 1-6	<b>Organisation</b> Pupils can identify organisational techniques that work for them and how it contributes to success.  <u>Teach</u> QS- Organisation sessions 7-10	<b>Organisation</b> Pupils begin to appreciate that it helps to get along with those around them.  <u>Teach</u> QS- Organisation sessions 7-8  <b>Wellbeing</b> - MyLife sessions 5-8	<b>Initiative</b> Pupils start demonstrating their developing maturity through independence and initiative.  <u>Teach</u> QS- Communication sessions 1-5  <b>Wellbeing</b> - My Life	<b>Resilience</b>  <u>Teach</u> QS- Resilience 1-6  <b>Wellbeing</b> - My Life sessions 6-10

					Wellbeing - My Life sessions 1-4		sessions 1-5	
<b>Spring 2</b>								
PHSE Quick Start/wellbeing			<p><b>Resilience</b> Pupils develop an awareness of themselves and being part of a group. Pupils begin to see positive impact of resilience/determination</p> <p>Teach QS Resilience sessions 1-4 <i>(Wellbeing - My life sessions 1-4)</i></p>	<p><b>Responsibility, choices and consequences.</b></p> <p>Teach Wellbeing - My life sessions 5-8</p>	<p><b>Initiative</b> Pupils extend their boundaries with more independence.</p> <p>Teach <i>(Wellbeing - My Life sessions 1-4)</i></p>	<p><b>Initiative</b> Teach QS- Initiative sessions 6-10 <i>(Wellbeing - MyLife sessions 5-8)</i></p>	<p><b>Communication</b> Pupils consider others in their communication style.</p> <p>Teach QS- Communication sessions 6-10 <i>(Wellbeing - My Life sessions 1-5)</i></p>	<p><b>Resilience</b> Pupils develop the resilience to carry them through.</p> <p>Teach <i>(Wellbeing - My Life sessions 6-10)</i></p>
<b>Summer 1</b>								
PHSE Quick Start			<p><b>Organisation</b> Pupils can reflect on their organisation, how it helped them achieve goals and how success feels</p> <p>Teach QS - Organisation sessions 7-10 Wellbeing My Mind sessions 1-5</p>	<p><b>Communication</b> Pupils recognise various ways to engage with different groups to promote clear communication and understanding of feelings.</p> <p>Teach QS - Communication sessions 1-6</p>	<p><b>Communication</b> Pupils are able to present their feelings and views with sensitivity to the feelings and views of others.</p> <p>Teach QS- Communication sessions 5-10</p>	<p><b>Communication</b> Pupils begin to develop ways of interacting that can help both themselves and those around them.</p> <p>Teach QS- Communication sessions 1-4</p>	<p><b>Initiative</b> Pupils can identify characteristics that will help them achieve their goals next year.</p> <p>Teach QS- Initiative sessions 5-7</p>	<p><b>Leadership</b> Finishing with a flourish</p> <p>Teach QS- Leadership sessions 3-6 Wellbeing 6-10</p>

				Wellbeing My Mind sessions 5-10	Wellbeing - My Mind sessions 1-6	Wellbeing My Mind sessions 7-11	Wellbeing My Mind sessions 1-5	
<b>Summer 2</b>								
<b>PHSE Quick Start</b>			<p><b>Initiative</b> Pupils learn about what it means to take the initiative to take the next step.</p> <p><u>Teach</u> QS- Initiative sessions 1-4</p> <p><i>(Wellbeing My Mind sessions 1-5)</i></p>	<p><b>Initiative</b> Pupils recognise importance of stepping up for personal development. Pupils use strategies to build on their foundations more independently, whilst recognising when support is needed.</p> <p><u>Teach</u> QS - Initiative sessions 1-6</p> <p><i>(Wellbeing My Mind sessions 5-10)</i></p>	<p><b>Wellbeing</b> Pupils reflect on what they have learnt about themselves.</p> <p><u>Teach</u> <i>(Wellbeing - My Mind sessions 1-6)</i></p>	<p><b>Organisation</b> Pupils develop greater understanding of how to make their interactions more effective.</p> <p><u>Teach</u> QS- Organisation sessions 9-10</p> <p><i>(Wellbeing My Mind sessions 7-11)</i></p>	<p><b>Initiative</b> Pupils can identify aspects of their character that would be useful to improve ready for next year.</p> <p><u>Teach</u> QS- Initiative sessions 8-10</p> <p><i>(Wellbeing My Mind sessions 1-5)</i></p>	<p><b>Leadership</b> Reflecting on how far they've come to show them how far they can now go.</p> <p><u>Teach</u> QS- leadership sessions 7-10</p> <p><i>(Wellbeing My Mind sessions 6-10)</i></p>