



## Maryland CPSHE progression map

	Autumn	Spring	Summer
Nursery and YR	<p><b>Topic: Relationships</b> My Family and Me!, Make friends, make friends, never ever break friends!, Falling Out and Bullying, Being the best friends we can be</p> <p><b>Specific knowledge</b> To be able to talk about my family. To make friends so that I don't feel lonely To say some of the things I like about my friends To know to tell an adult when someone is mean to me. To know what to do to calm myself down when I'm angry. To learn to work together and enjoy being with my friends</p>	<p><b>Topic: Healthy Me</b> Everybody's Body, We like to move it, move it!, Food, Glorious Food, Sweet Dreams, Keeping Clean, Stranger Danger</p> <p><b>Specific knowledge:</b> To know the names for <u>some</u> parts of my body. To understand that I need to be active to be healthy. To say some of the things I need to do to be healthy. To know what the word 'healthy' means . To that some foods are healthier than others. To know how to help myself go to sleep and understand why sleep is good for me To know to wash my hands before I eat and after I go to the toilet To know what to do if I get lost and how to say NO to strangers.</p>	<p><b>Topic: Changing Me</b> My Body, Respecting My Body, Growing Up, Growth and Change, Fun and Fears, Celebration</p> <p><b>Specific knowledge</b> To name parts of my body and show respect for myself To say some things I can do and some food I can eat to be healthy To understand that we all start as babies and grow into children and then adults To know that children grow and change To talk about how I feel moving to School from Nursery To remember some fun things about Nursery this year</p>

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Year 1	<p><b>Topic: Relationships</b> Families, Making friends, Greeting, People who help us, Being my own best friend, Celebrating My Special Relationships</p> <p><b>Specific knowledge</b> To identify the different members of my family, understand that there are different types of families, To explore what a good friend means. To review different ways of greeting and decide on the one I like. To investigate the people that help in my school community. To identify the qualities of a human being as a person and a friend To identify the qualities in a person that is special to me.</p>	<p><b>Topic: Healthy Me</b> Healthy and unhealthy Healthy choices Clean and healthy Medicine safety Road safety Healthy and happy</p> <p><b>Specific knowledge:</b> To describe the difference between being healthy and unhealthy, and also know some ways to keep healthy. To investigate how to make healthy lifestyle choices To describe what to do to keep ourselves clean. To understand how germs cause disease/illness. To identify how medicine makes us better when we are poorly. To investigate how to keep safe when crossing the road, To identify who can help us to stay safe To explain why we think our bodies are amazing. To identify some ways to keep our bodies safe and healthy.</p>	<p><b>Topic: Changing Me and celebrating differences</b> Life cycles , changing me, My changing body, What is Bullying, learning and growing, coping with changes</p> <p><b>Specific knowledge</b> To explore cycles of animals and humans To recognise and identify some changes in our bodies and the things that have stayed the same . To recognise that our body changes in stages. To explore what bullying is. To recognise that we change when we learn. To identify the changes that have happened in our lives.</p>



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Year 2	<p><b>Topic: Relationships</b> Families, Keeping Safe - exploring physical contact, friends and conflict, secrets, Trust and Appreciation, Celebrating My Special Relationships</p> <p><b>Specific knowledge;</b> To identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate Recognise different forms of physical contact within a family and know that some of these are acceptable and some are not. To identify some of the things that cause conflict with my friends. To identify when and when it is not good to keep a secret. To recognise and appreciate people who help in the family, the school and the community To know how to express appreciation to the people in my special relationships.</p>	<p><b>Topic: Healthy Me</b> Being healthy, being relaxed, Medicine Safety, Healthy Eating, Happy, Healthy Me</p> <p><b>Specific knowledge;</b> To investigate what I need to keep my body healthy. To explain what being relaxed and stressed mean. To recognise things that make me relax and some that make me feel stressed. I can explain how medicines work in my body and how important it is to use them Safely. To sort foods into the correct food groups and know which foods my body every day to keep me healthy To make some healthy snacks and explain why they are good for my body. To review and decide which foods to eat to give my body energy.</p>	<p><b>Topic: Changing Me</b> Life cycles in nature, Growing from young to old. The Changing Me, Boys' and Girls' Bodies, Assertiveness, Looking Ahead.</p> <p><b>Specific knowledge:</b> To recognise cycles of life in nature To explain the natural process of growing from young to old why this is not under human control. To recognise that our body changes in stages. To identify the physical differences between boys and girls' bodies and use the correct names for parts of the body. To recognise that there are different types of touch and can tell you which ones I like and don't like To identify what I am looking forward to in the future.</p>

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Year 3	<p><b>Topic: Relationships</b> Family roles and responsibilities Friendship Online safety Global citizenship My web of relationships</p> <p><b>Specific knowledge</b> To identify the roles and responsibilities of each member of my family. To reflect on the expectations for males and females. To identify and put into practice some of the skills of friendship To identify and use some strategies for keeping safe online To explain how some of the actions and work of people around the world help and influence our lives. To recognise that our needs and rights are shared by other children around the world. To identify how our lives may be different to those of other children around the world. To identify ways of showing appreciation to my friends and family.</p>	<p><b>Topic: Healthy Me</b> Being fit and healthy Healthy choices Drugs Feeling safe Keeping myself safe Appreciating my body</p> <p><b>Specific knowledge</b> To recognise that exercise affects my body. To understand why that heart and lungs are important organs. To investigate the effect of calories, fat and sugar on my health and body. To express what I know and how I feel about drugs To identify things, people and places to keep safe from. I can list some strategies for keeping safe including who to go to for help. To identify when something feels safe or unsafe To understand how complex the body is and how important it is to take care of it</p>	<p><b>Topic: Changing Me and celebrating differences</b> How Babies Grow, Outside Body Changes, Witness and Feelings, Family Stereotypes. Looking Ahead</p> <p><b>Specific knowledge</b> To recognise that lots of changes happen between conception and growing up in animals and humans. To know it is the female who has the baby. To find out how babies grow and develop in the mother's uterus To find out what a baby needs to live and grow To identify how boys' and girls' bodies change on the outside during this growing up process To explore what it means to be a witness to bullying To recognise stereotypical ideas about parenting and the roles of family members. To identify what to look forward to in the next class.</p>



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Year 4	<p><b>Topic: Relationships</b> Jealousy Love and loss Memories Getting on and falling out Future romance Caring for living things</p> <p><b>Specific knowledge</b> To explain what jealousy is and give examples of situations that can cause jealousy in relationships To identify someone I love and express why they are special to me To examine what memory is and give examples of someone/something we know /have, that are no longer there. To explain why friendships change. To explore how to make new friends and how to manage fallouts with friends To examine what having a boyfriend/ girlfriend means and understand that it is a special relationship for when I am older. To list what to do to show love and appreciation to the people and animals who are special to me</p>	<p><b>Topic: Healthy Me</b> Friendship groups Friendship group dynamics Smoking Alcohol Healthy friendships Being assertive</p> <p><b>Specific knowledge</b> To explain how different friendship groups are formed. To recognise that people take on the roles of leaders or followers in a Group. To express the role I take on in different situations To examine the facts about smoking and its effects on health. To explore the reasons some people start to smoke. <b>To</b> understand the facts about alcohol and its effects on health, particularly the liver. To explore the reasons some people drink alcohol. To explain what peer pressure is and to recognise when people are putting me under pressure To list ways to resist peer pressure. To identify what makes something right or wrong and know when to make right choices.</p>	<p><b>Topic: Changing Me and celebrating differences</b> Unique Me, Judging by Appearances, Understanding influences, Circles of Change, Accepting Change, Looking Ahead</p> <p><b>Specific knowledge</b> I understand that some of my personal characteristics have come from my birth parents. To understand why it is wrong to sometimes make assumptions based on what people look like. To identify the influences to make me make assumptions based on how people look. To examine how the circle of change works and apply it to changes we want to make in our lives. To identify changes that have been and may continue to be outside of my control and learn how to accept them. To identify what I am looking forward to when I move to a new class.</p>

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Year 5	<p><b>Topic: Relationships and Changing Me</b> Self esteem, Online safety Online communities Online gaming, Puberty for Girls, Puberty for boys,</p> <p><b>Specific knowledge</b> To describe who I am using my characteristics and personal qualities. To explore the positive and negative consequences of belonging to an online community. To discuss the rights and responsibilities in an online community or social network To explore the are rights and responsibilities in playing a game online To explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. To describe how boys' and girls' bodies change during puberty.</p>	<p><b>Topic: Healthy Me</b> Smoking Alcohol First aid Body image Relationship with food Healthy choices</p> <p><b>Specific knowledge</b> To explore how tobacco affects the lungs, liver and heart. To explore the risk attached to misusing alcohol. To understand the need to practice basic emergency aid procedures and know how to get help in emergency situations. To the importance of being confident in my own person . To explore how the media, social media and celebrity culture promotes certain body types. To describe the different roles food plays in people's lives. To explore how people can develop eating problems (disorders) relating to body image pressures To explain why a healthy lifestyle including healthy eating and the choices make people healthy and happy.</p>	<p><b>Topic: Changing Me, Celebrating Differences and Relationships</b> Self and Body Image, Racism, Looking Ahead, Screen time, Relationships with technology</p> <p><b>Specific knowledge</b> To describe my own self-image and how my body image fits into that To explore what racism is To identify what to look forward to about becoming a teenager and understand the responsibilities attached to this. I can identify what I am looking forward to when I move to my next class. To recognise that too much time can be spent on screen devices. To explain how to stay safe when using technology to communicate with friends</p>



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Year 6	<p><b>Topic: Relationships</b> Mental health Love and loss Power and control Online pressure Being responsible online</p> <p><b>Specific knowledge</b> How to take care of my mental health. To discuss the different stages of grief and the types of loss that cause people to grieve. To recognise when people are trying to gain power or control. To be able to judge whether something online is safe and helpful for me. To learn to use technology positively and safely to communicate with my friends and family.</p>	<p><b>Topic: Healthy Me</b> My own well being Drugs Exploitation Gangs Mental health Managing stress and pressure</p> <p><b>Specific knowledge</b> To learn to take responsibility for my health and make choices that benefit my health and well-being To discussing different types of drugs and their uses and effects on the body particularly the liver and heart To explore what human exploitation is and the type of people that are vulnerable to it. To understand why some people join gangs and the risks this involves. To understand what it means to be emotionally well. To explore people's attitudes towards mental health/illness To understand and recognise stress and its triggers. To understand how stress can cause drug and alcohol misuse.</p>	<p><b>Topic: Changing Me and celebrating differences</b> My Self Image,, Boyfriends and Girlfriends, Real self and ideal self, Puberty, Understanding Difference, The Year Ahead</p> <p><b>Specific knowledge</b> To be aware of my own self-image and how my body image fits into that To understand how being different could affect someone's life To understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend To be aware of the importance of a positive self-esteem and what can be done to develop it. To review how girls' and boys' bodies change during puberty and understand the importance of looking after oneself physically and emotionally To identify what to look forward to and the worries about the transition to secondary school.</p>