



# The Hermitage School – PSHE Skills Progression



Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils’ education. At The Hermitage School, we aim to use PSHE education to build, where appropriate, on the statutory content outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, relationship and sex education (RSE) and the importance of physical activity and diet for a healthy lifestyle.

The Hermitage School uses the SCARF programme to support teaching and learning of PSHE, underpinned by our school values of Positivity, Respect, Responsibility, Resilience, Integrity and Co-operation. The SCARF programme provides the framework for a whole-school approach to improving children’s wellbeing and progress in making healthy choices.

<b>Topics studied</b> <b>In all year groups</b>	<b>Me and My Relationships</b> Explores feelings and emotions, develops skills to manage conflict, helps identify our special people and equips children to recognize the qualities of healthy friendships and how to manage them.	<b>Valuing Difference</b> Includes a focus on British Values, supports children to develop respectful relationships with others, recognise bullying and know their responsibilities as a bystander.		<b>Keeping Myself Safe</b> Covers a number of safety aspects from statutory Relationships Education including being able to identify trusted adults in their lives, what to do when faced with a dilemma and recognizing appropriate and inappropriate touch.	
	<b>Rights and Responsibilities</b> Explores broader topics including looking after the environment, economic education and the changing rights and responsibilities children have as they grow older.	<b>Being My Best</b> Includes a focus on keeping physically healthy, developing a growth mindset to facilitate resiliency, setting goals and ways to achieve them.		<b>Growing and Changing</b> Has age-appropriate plans to cover the physical and emotional changes that happen as children as they grow older, including changes at puberty and how to approach this with confidence. Age-appropriate lessons on relationships and sex education are also included.	
	<b>Year 3</b>	<b>Year 4</b>		<b>Year 5</b>	<b>Year 6</b>
<b>Me and My Relationships</b>	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Healthy relationships Listening to feelings Bullying Assertive skills		Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Assertiveness Cooperation Safe/unsafe touches Positive relationships
<b>Valuing Difference</b>	Recognising and respecting diversity Being respectful and tolerant My community	Recognising and celebrating difference (including religions and cultural difference)		Recognising and celebrating difference, including religions and cultural	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying



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		Understanding and challenging stereotypes	Influence and pressure of social media	Understanding Bystander behaviour Gender stereotyping
Keeping Myself Safe	Managing risk Decision-making skills Drugs and their risks Staying safe online	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)
Rights and Responsibilities	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy
Being My Best	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Having choices and making decisions about my health Taking care of my environment My skills and interests	Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community	Aspirations and goal setting Managing risk Looking after my mental health
Growing and Changing	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets	Body changes during puberty Managing difficult feelings Relationships including marriage	Managing difficult feelings Managing change How my feelings help keeping safe Getting help	Coping with changes Keeping safe Body Image Sex education Self-esteem