



St Stephen's
RC Primary School
*Rooted in Faith,
Growing Together,
Reaching for Excellence.*

PSHE Progression

Every Child, Every Chance, Every Day



Our PSHE curriculum helps children develop the knowledge, skills and attributes they need to lead confident, healthy and responsible lives.



Be kind
Be you
Belong

Respect & Kindness



We empower our children to:

- ✓ build positive relationships
- ✓ stay safe and make informed choices
- ✓ look after their wellbeing
- ✓ respect themselves and others
- ✓ contribute to their community
- ✓ achieve their aspirations



British Values
We promote democracy, the rule of law, individual liberty, mutual respect and tolerance.



Keeping Safe
We teach vital knowledge and skills to help children keep themselves safe.



Diversity & Inclusion
We celebrate differences and ensure every child feels valued, respected and included.



Wellbeing
We support children's mental and physical health and emotional resilience.



Aspirations
We inspire children to dream big and develop the skills to achieve their goals.



Community
We encourage children to make a positive contribution locally, nationally and globally.



Love one another
as I have loved you.
John 15:12

Together, we help our children grow into safe, respectful
and responsible citizens who make a difference.



Every Child,
Every Chance,
Every Day



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PSHE: Intent & Implementation

Through our PSHE curriculum, we empower our children to develop the knowledge, skills and attributes they need to lead **confident**, **healthy** and **responsible** lives.



OUR INTENT

Our PSHE curriculum is designed to support every child to flourish as a unique and valued individual and as a responsible member of our school and wider community.

We aim to:

- ♥ Promote **wellbeing** and mental and physical health.
- ♥ Develop **positive relationships** and respect for others.
- ♥ Encourage children to keep themselves **safe**, including online.
- ♥ Build **confidence**, **resilience** and independence.
- ♥ Develop **informed** and **responsible citizens** who understand their rights and responsibilities.
- ♥ Inspire **ambition** and **aspirations** for the future.



BRITISH VALUES & PROTECTED CHARACTERISTICS



BRITISH VALUES

- ✓ Democracy
- ✓ Rule of Law
- ✓ Respect & Tolerance
- ✓ Individual Liberty



PROTECTED CHARACTERISTICS



We celebrate diversity and promote equality, ensuring that every child feels valued, respected and included.



CONTEXTUAL SAFEGUARDING

We teach children to understand and manage risk in the real world, helping them to make safe and informed choices now and in the future.

Our curriculum explicitly covers:



We work in partnership with families and the wider community to keep our children safe and supported.



"Love one another as I have loved you."

John 15:12



REPEATED ENCOUNTERS

Key themes are revisited each year with increasing depth and age-appropriate learning so that children can:



Build secure knowledge



Make connections and reflect



Apply learning in real life



This helps children to develop confidence, understanding and the ability to make positive choices.



OUR LOCAL CONTEXT

Our curriculum is shaped by the needs of our school community and wider local area. We address relevant local and national issues so children are prepared for life in today's world.



We give children the skills, knowledge and values to thrive locally, nationally and globally.



We value every child as unique and irreplaceable.



We nurture ambition and believe in every child.

"Helping children become safe, respectful and responsible citizens."



We promote wellbeing and resilience for life.



Together, we make a positive difference in our world.



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Planning Our PSHE Curriculum

Our PSHE curriculum is carefully planned to be **engaging**, **inclusive** and **relevant**, so that every child can **learn**, **grow** and **thrive**.



OUR APPROACH

We use a range of engaging strategies and resources to help children build knowledge, skills and positive values for life.



Safe and supportive environment

We create a safe space where everyone feels respected, listened to and valued.



Age-appropriate and progressive

Lessons build on prior learning and revisit key themes to deepen understanding over time.



Inclusive and diverse

Our curriculum reflects the diversity of our school, community and wider world.



Relevant to real life

We connect learning to real-life situations so children can make informed, positive choices.



PUPIL VOICE & PARTICIPATION

We value every child's voice and give them opportunities to shape their learning and our curriculum.



Class discussions and circles



Pupil surveys and feedback



School council input



Pupil led projects



Your voice matters. Together we make our school a better place for everyone.



REFLECTION & PERSONAL GROWTH

We encourage children to think about themselves, their relationships and their impact on others.



Build self-awareness and self-esteem



Understand feelings and how to manage them



Develop empathy, respect and compassion



Grow in confidence to make positive choices



We support every child to become the best version of themselves.



HOW WE DELIVER PSHE

Our PSHE lessons are interactive, practical and child-centred. We use a variety of teaching methods to make learning meaningful and memorable.



Stories & books

help us explore different perspectives.



Role play & drama

help us practise and understand situations.



Videos & clips

bring real-life issues to life.



Creative activities

help us express our thoughts and feelings.



Group work & collaboration

help us learn from each other.



Visitors & experts

share their knowledge and real experiences.



SAFE SPACES & TRUSTED ADULTS

We teach children who they can talk to and how to seek support. Everyone has someone they can trust.



We listen without judgement



We respect privacy and confidentiality



We signpost to help and support when needed



We empower children to speak up and stay safe



It's ok to talk. We are here to help.



We respect and celebrate everyone's uniqueness.



We build strong, positive relationships.

"Helping children become safe, respectful and responsible citizens."



We make safe, healthy and informed choices.



We aim high and aspire to be the best we can be.



PSHE: Key Concepts

Our PSHE curriculum is built around key concepts that help children understand **themselves**, **others** and the world around them.



What are key concepts?

Key concepts are the big ideas that underpin our PSHE curriculum. They are revisited and developed throughout school, helping children build knowledge, skills and attributes that last a lifetime.

- ✓ They are age-appropriate and build over time.
- ✓ They help children make sense of real-life situations and issues.
- ✓ They support personal growth, strong relationships and responsible citizenship.
- ✓ They are rooted in Gospel values and our school mission.



How we develop these concepts

Through engaging lessons, discussions, reflection and real-life experiences, children develop knowledge, skills and attributes to become confident, healthy and responsible individuals.



We revisit and deepen understanding so children remember more, know more and can do more.



1 Relationships



Building positive relationships, showing respect, kindness and understanding, and valuing family and friendships.

2 Health & Wellbeing



Understanding our emotions, looking after our mental and physical health, developing resilience and self-esteem.

4 Community & Citizenship



Belonging to a community, celebrating diversity, understanding rights and responsibilities, and contributing to make the world a better place.

5 Aspirations & Economic Wellbeing



Dreaming big, setting goals and working hard, developing enterprise skills and understanding money and the world of work.

6 Identity & Diversity



Understanding who we are, respecting differences, challenging stereotypes and celebrating what makes us unique.

3 Safety



Staying safe in the real world and online, understanding risk, consent and trusted adults, and making informed choices.



Our Catholic Foundations

Our PSHE curriculum is rooted in the Gospel values and Catholic Social Teaching.



Dignity of the Human Person



Community & Participation



Stewardship



Solidarity



Option for the Poor

We follow Christ's example in all that we do:
"Love one another as I have loved you."
John 15:12



Progression & Revisited Concepts

These concepts are revisited throughout school with increasing depth and challenge, so children can:



Build deeper understanding



Develop key skills



Grow in confidence



Make positive choices



Our spiral curriculum ensures knowledge is revisited, connections are made and learning sticks.



We are loved by God and we love one another.



We treat everyone with kindness, respect and dignity.

“Together, we help our children grow into safe, respectful and responsible citizens who make a positive difference in our world.”



We make safe, healthy and informed choices.



We serve others with compassion and joy.



PSHE: Content & Coverage

A progressive curriculum that builds knowledge, understanding and skills so our children can thrive as **confident**, **compassionate** and **responsible** members of God's family and the wider world.



OUR KEY CONCEPTS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
1. Relationships Building positive relationships, showing respect, kindness and valuing family and friendships.	How do we make friends? Building friendships and understanding kindness.	What makes a good friend? Exploring trust, loyalty and working together.	What makes a family? Understanding different families and showing respect.	What is respect? Treating others well and appreciating differences.	How can I build healthy relationships? Recognising healthy and unhealthy relationships.	How do we show compassion? Showing care, empathy and standing up for others.
2. Health & Wellbeing Understanding our emotions, looking after our mental and physical health, developing resilience and self-esteem.	What helps me feel happy? Identifying feelings and finding ways to feel good.	How do I look after my body? Healthy eating, hygiene and physical activity.	How do I manage my feelings? Recognising emotions and managing them positively.	What is mental wellbeing? Understanding worry, stress and ways to cope.	How can I build my confidence? Developing self-esteem, resilience and a positive mindset.	How can I look after my wellbeing? Balancing sleep, screen time and looking after myself.
3. Safety Staying safe in the real world and online, understanding risk, consent and trusted adults, and making informed choices.	Who can keep me safe? Identifying trusted adults and staying safe.	What if I get dared? Understanding pressure and saying no.	Am I safe online? Staying safe on devices and knowing the rules.	What is privacy and consent? Understanding boundaries and respecting others.	Should I trust the media? Understanding influence, fake news and adverts.	How do I manage risk online? Recognising risks, reporting concerns and keeping safe.
4. Community & Citizenship Belonging to a community, celebrating diversity, understanding rights and responsibilities, and contributing to make the world a better place.	What is a community? Understanding our school and local community.	What makes a good community? Caring for others and looking after our world.	What are rights? Understanding children's rights and fairness.	How can we help others? Showing kindness and making a difference.	What is prejudice? Challenging stereotypes and celebrating diversity.	How do I challenge someone's views? Respectfully disagreeing and understanding different opinions.
5. Aspirations & Economic Wellbeing Dreaming big, setting goals and working hard, developing enterprise skills and understanding money and the world of work.	What do I want to be? Exploring dreams and different jobs.	How can I achieve my goals? Setting simple goals and working towards them.	What are my strengths? Recognising talents and celebrating success.	How does money work? Understanding saving, spending and choices.	What is enterprise? Being creative, problem solving and taking initiative.	What are my next steps? Planning for the future and exploring careers.
6. Identity & Diversity Understanding who we are, respecting differences, challenging stereotypes and celebrating what makes us unique.	What makes me special? Celebrating uniqueness and what I like.	What is fair and unfair? Understanding equity, equality and kindness.	What makes us different? Respecting differences and similarities.	How can we include others? Understanding belonging and challenging exclusion.	What are British Values? Democracy, rule of law, liberty, respect and tolerance.	How can I make the world a better place? Taking action and being a responsible global citizen.

OUR CATHOLIC FOUNDATIONS

Our PSHE curriculum is rooted in the Gospel values and Catholic Social Teaching.



Dignity of the Human Person



Community & Participation



Stewardship



Solidarity



Option for the Poor

We follow Christ's example in all that we do:
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PROGRESSION & REVISITED CONCEPTS

These concepts are revisited throughout school with increasing depth and challenge, so children can:



Build deeper understanding



Develop key skills



Grow in confidence



Make positive choices



Our spiral curriculum ensures knowledge is revisited, connections are made and learning sticks.



We are loved by God and we love one another.



We treat everyone with kindness, respect and dignity.



Together, we help our children grow into safe, respectful and responsible citizens who make a positive difference in our world.



We make safe, healthy and informed choices.



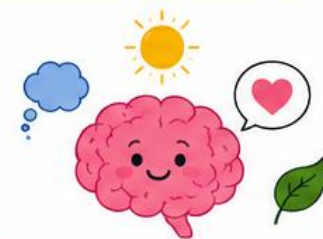
We serve others with compassion and joy.



PSHE Progression: Health & Wellbeing



Our Health & Wellbeing curriculum helps children understand their **emotions**, build **resilience** and make **healthy choices** so they can **flourish** in body, mind and spirit, recognising that we are wonderfully made by God.



OUR KEY CONCEPT



Health & Wellbeing

Understanding our emotions, looking after our mental and physical health and developing resilience and self-esteem.



Do you not know that your body is a temple of the Holy Spirit? You are not your own; you were bought at a price.

1 Corinthians 6:19-20

YEAR 1

Learning Focus

- Recognising feelings
- Talking about emotions
- Basic self-care
- Healthy routines
- Keeping our bodies safe



Key Questions

- How do I feel today?
- What makes me happy?
- How can I look after my body?
- Who can help me when I feel worried?

By the end of Year...

I can recognise and name my feelings and know simple ways to look after my body and mind.



YEAR 2

Learning Focus

- Understanding feelings
- Healthy habits
- Food and exercise
- Relaxation and rest
- Seeking support



Key Questions

- Why do I have different feelings?
- How can I stay healthy?
- What helps me relax?
- Who can I talk to if I feel worried?

By the end of Year...

I can describe my feelings and make healthy choices to support my physical and mental wellbeing.



YEAR 3

Learning Focus

- Managing emotions
- Building resilience
- Growth mindset
- Dealing with setbacks
- Positive self-talk



Key Questions

- What helps me when I find things hard?
- How can I be more positive about myself?
- Who do I learn from mistakes?
- What can I do if I feel overwhelmed?

By the end of Year...

I can manage my emotions, learn from setbacks and use positive strategies to keep going.



YEAR 4

Learning Focus

- Mental health
- Worry and anxiety
- Coping strategies
- Peer pressure
- Importance of sleep



Key Questions

- What is worry and how can I manage it?
- How can I deal with pressure from others?
- Why is sleep important?
- How can I look after my mental health?

By the end of Year...

I can recognise feelings of worry and pressure and use healthy strategies to support my mental wellbeing.



YEAR 5

Learning Focus

- Self-esteem and body image
- Managing emotions
- Healthy lifestyle choices
- Coping with change
- Mindfulness



Key Questions

- How can I feel good about myself?
- How can I manage strong emotions?
- What helps me stay balanced and calm?
- How do I cope with change?

By the end of Year...

I can understand my emotions and make choices that support my wellbeing and confidence.



YEAR 6

Learning Focus

- Mental health and wellbeing
- Resilience and perseverance
- Managing stress
- Substances and the body
- Looking to the future



Key Questions

- How can I manage stress and pressure?
- What substances can affect our health?
- How can I support my mental health?
- How can I prepare for the future?

By the end of Year...

I can take responsibility for my wellbeing and make informed choices for a healthy, balanced, and hopeful future.



KEY CONCEPTS IN HEALTH & WELLBEING



Emotions

Recognising and understanding a wide range of feelings.



Resilience

Bouncing back from challenges and keeping going.



Self-care

Looking after our bodies, minds and spirits.



Healthy Choices

Making choices that support physical and mental health.



Support

Knowing who to talk to and where to get help.



LINKS TO OTHER CONCEPTS

- 1 Relationships – respect, empathy, communication
- 2 Safety – staying safe, trusted adults
- 3 Community & Citizenship – caring, responsibility
- 4 Aspirations – goals, resilience, self-belief
- 5 Identity & Diversity – self-esteem, acceptance



Spiritual & Moral Development

Through Health & Wellbeing learning, we reflect on how God wants us to care for our bodies, minds and hearts and treat ourselves and others with love and respect.

"I have come that they may have life, and have it to the full."

John 10:10



We are loved by God and we love one another.



We treat everyone with kindness, respect and dignity.



Together, we help our children grow into safe, respectful and responsible citizens who make a positive difference in our world.



We make safe, healthy and informed choices.



We serve others with compassion and joy.



PSHE Progression: Relationships

Our Relationships curriculum helps children build positive, respectful and safe relationships with themselves and others, reflecting God's love in how we live and treat one another.



OUR KEY CONCEPT



Relationships

Building positive relationships, showing respect, kindness and valuing family and friendships.



Jesus showed us how to love and care for one another. (John 13:34)

YEAR 1

Learning Focus

- Building friendships
- Kindness and caring
- Belonging to a family
- Sharing and taking turns
- Recognising feelings



Key Questions

- How do we make friends?
- How can we be kind to others?
- Who is in my family?
- How do our actions affect others?

By the end of Year...

I can make friends, show kindness and understand why we are all special.



YEAR 2

Learning Focus

- Making and keeping friends
- Trust and honesty
- Feeling included
- Kind and unkind behaviour
- Working together



Key Questions

- What makes a good friend?
- How can we show we care?
- What does it mean to be trusted?
- How can we solve friendship problems?

By the end of Year...

I can be a good friend, show care and understand how my actions affect others.



YEAR 3

Learning Focus

- Different types of relationships
- Respecting others
- Solving friendship problems
- Celebrating differences
- Showing empathy



Key Questions

- What makes a family?
- How are families different?
- How can we show respect?
- How can we show empathy?
- Why should we celebrate differences?

By the end of Year...

I can build positive relationships, show empathy and respect differences in others.



YEAR 4

Learning Focus

- Respect and acceptance
- Positive communication
- Managing friendship challenges
- Maintaining healthy relationships
- Understanding boundaries



Key Questions

- What is respect?
- How can we solve friendship challenges?
- What are healthy boundaries?
- How can we communicate positively?

By the end of Year...

I can communicate respectfully, manage friendship challenges and understand boundaries.



YEAR 5

Learning Focus

- Building healthy relationships
- Recognising pressure in friendships
- Resolving conflict respectfully
- Understanding commitment



Key Questions

- How can we build healthy relationships?
- How can we manage conflict?
- How can we stand up for others?
- What does commitment mean?

By the end of Year...

I can build and maintain healthy relationships and manage conflict in a positive way.



YEAR 6

Learning Focus

- Deepening friendships
- Respecting self and others
- Love and loss
- Managing changes in relationships
- Looking after others



Key Questions

- How can we keep strong friendships?
- How do we show respect in relationships?
- How do we cope with change and loss?
- How can we support others?

By the end of Year...

I can deepen friendships, show respect and support others through changes and challenges.



Key Concepts in Relationships



Respect

Treating others with kindness, courtesy and consideration.



Trust

Being reliable, honest and keeping promises.



Empathy

Understanding how others feel and showing you care.



Communication

Listening, sharing and expressing thoughts and feelings positively.



Boundaries

Understanding personal space and respecting others.



Links to Other Concepts

2

Health & Wellbeing – mental health, self-esteem

3

Safety – trusted adults, online relationships

4

Community & Citizenship – belonging, inclusion

5

Aspirations – teamwork, collaboration

6

Identity & Diversity – accepting differences



Spiritual & Moral Development

Through our Relationships learning, we reflect on how God calls us to love one another, show compassion, forgive and build a community where everyone is valued and respected.

"Love one another as I have loved you."

John 15:12



We are loved by God and we love one another.



We treat everyone with kindness, respect and dignity.



Together, we help our children grow into safe, respectful and responsible citizens who make a positive difference in our world.



We make safe, healthy and informed choices.



We serve others with compassion and joy.



PSHE Progression: Safety



Our Safety curriculum helps children **recognise risks**, stay safe and make informed choices in real life and online, knowing **who to trust** and where to **get help**.



Tell.
Trust.
Stay safe.

OUR KEY CONCEPT



Safety

Staying safe in our bodies and minds, in our communities and online.



I have come that they may have life, and have it to the full."
(John 10:10)

YEAR 1

Learning Focus

- Keeping my body safe
- Trusted adults
- Safe and unsafe secrets
- Safe places
- Crossing roads safely



Key Questions

- Who can help me if I feel worried?
- What is a safe secret?
- How can I keep my body safe?
- Where are safe places I can go?

By the end of Year...

I can name trusted adults and places that can help me and understand simple ways to stay safe.



YEAR 2

Learning Focus

- Rules for safety
- People who help us
- Road safety
- Safety at home
- Telling someone if something worries me



Key Questions

- What are rules for keeping safe?
- Who are the people who help me?
- What should I do if I feel unsafe?
- How can I stay safe at home and outside?

By the end of Year...

I can follow safety rules and know who to tell if I feel unsafe or worried.



YEAR 3

Learning Focus

- Online safety basics
- Personal information
- Safe and unsafe situations
- Medicine safety
- Physical contact and consent



Key Questions

- What is personal information?
- How can I stay safe online?
- What should I do if someone makes me feel uncomfortable?
- Who can I talk to?

By the end of Year...

I can protect my personal information, recognise risks and know who to speak to for help.



YEAR 4

Learning Focus

- Managing risk
- Online safety and digital wellbeing
- Pressure and influence
- Emergency situations
- First aid basics



Key Questions

- What risks might I face online and offline?
- How can I manage pressure from others?
- What should I do in an emergency?
- How can I look after myself and others?

By the end of Year...

I can manage risks, stay safe online and offline and know basic first aid and emergency steps.



YEAR 5

Learning Focus

- Online safety: privacy and security
- Consent and boundaries
- Peer pressure
- Substance awareness
- Reporting concerns



Key Questions

- How can I protect my privacy online?
- What is consent?
- How can I say 'no' to pressure?
- Where can I get help if I need it?

By the end of Year...

I can make safe choices, respect boundaries and know how to get help for myself or others.



YEAR 6

Learning Focus

- Online relationships and reputation
- Extremism and radicalisation
- Financial safety
- Transition and independence
- Supporting others



Key Questions

- How do I build a positive online reputation?
- How can I spot extremism?
- How can I manage money safely?
- How can I help and support others?

By the end of Year...

I can navigate online and real-life challenges safely, make informed decisions and support others confidently.



KEY CONCEPTS IN SAFETY



Personal Safety

Looking after our bodies and knowing how to stay safe.



Online Safety

Using technology safely, responsibly and respectfully.



Emotional Safety

Recognising feelings, getting support and looking after our mental wellbeing.



Respect & Consent

Understanding boundaries, consent and respecting others.



Seeking Help

Knowing where to get help and the importance of telling.



LINKS TO OTHER CONCEPTS

1

Relationships – trust, respect, communication

2

Health & Wellbeing – mental health, emotions

3

Community & Citizenship – rights, responsibilities

4

Aspirations – future goals, independence

5

Identity & Diversity – respect, inclusion



Spiritual & Moral Development

Through our Safety learning, we reflect on how God calls us to protect and care for ourselves and others, stand up for what is right and treat everyone with dignity and respect.

"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Joshua 1:9



We are loved by God and we love one another.



We treat everyone with kindness, respect and dignity.



Together, we help our children grow into safe, respectful and responsible citizens who make a positive difference in our world.



We make safe, healthy and informed choices.



We serve others with compassion and joy.

PSHE Progression: Community & Citizenship

Our Community & Citizenship curriculum helps children understand their **rights and responsibilities**, **value diversity**, and make a **positive difference** in their communities and the wider world, following the example of Jesus in **loving** and **serving** others.



OUR KEY CONCEPT



Community & Citizenship

Belonging to a community and understanding our rights and responsibilities so we can make the world a better place.



"You are the light of the world. A city on a hill cannot be hidden."
(Matthew 5:14)

YEAR 1

Learning Focus

- Our class community
- Rules and kindness
- Sharing and taking turns
- Similarities and differences
- Caring for others and our environment



Key Questions

- What makes a good friend?
- What are our class rules and why are they important?
- How are we all special?
- How can we look after our school and people around us?

By the end of Year...

I can be a kind and helpful member of my class, understand why rules are important and celebrate what makes each of us unique.



YEAR 2

Learning Focus

- My community
- Helping others
- Fair and unfair
- Looking after our environment
- Celebrating different cultures and beliefs



Key Questions

- What is my community?
- How can I help in my community?
- What is fair? Why does it matter?
- How can we care for our environment?
- How do we celebrate differences?

By the end of Year...

I can show kindness and help others, understand fairness and begin to care for the world around me.



YEAR 3

Learning Focus

- Rights and responsibilities
- Cooperation and teamwork
- Respecting diversity
- Local community and people who help us
- Introduction to democracy and having a voice



Key Questions

- What are our rights and responsibilities?
- Why is teamwork important?
- How can I show respect for others?
- Who helps us in our community?
- How can we share our ideas?

By the end of Year...

I can explain some rights and responsibilities, work well with others and begin to use my voice to make decisions.



YEAR 4

Learning Focus

- British Values
- Democracy and rules
- Human rights
- Global communities
- Protecting the environment



Key Questions

- What are British Values and why are they important?
- How does democracy work?
- What are human rights?
- What challenges do communities face?
- How can we look after our planet?

By the end of Year...

I understand British Values and human rights, know how democracy works and take action to care for the environment.



YEAR 5

Learning Focus

- Justice and equality
- Respecting different views
- Media literacy and informed choices
- Sustainable development
- Volunteering and contributing to society



Key Questions

- What does justice and equality mean?
- Why is it important to respect different views?
- How can I make informed choices?
- How can we make our world more sustainable?
- How can I contribute positively to society?

By the end of Year...

I can show respect for different views, make informed choices and contribute to a fair and sustainable world.



YEAR 6

Learning Focus

- Global citizenship
- Social justice
- Challenging inequality
- Leadership and influence
- Preparing for the future



Key Questions

- How can I be a global citizen?
- What is social justice?
- How can I challenge inequality?
- How can I use my voice to influence positive change?
- What kind of future do I want to help create?

By the end of Year...

I can think globally, challenge injustice and use my voice and actions to help build a fairer world for all.



KEY CONCEPTS IN COMMUNITY & CITIZENSHIP



Belonging

Feeling part of a community and valuing others.



Rights & Responsibilities

Understanding our rights and caring for others.



Respect & Diversity

Celebrating differences and treating everyone with respect.



Sustainability

Caring for our world and making it better for the future.



Participation

Using our voices to make decisions and create change.



LINKS TO OTHER CONCEPTS

- 1 Relationships – respect, empathy, communication
- 2 Health & Wellbeing – mental health, self-care
- 3 Safety – rights, boundaries, keeping safe
- 4 Aspirations – goals, leadership, contribution
- 5 Identity & Diversity – inclusion, equality, belonging



Spiritual & Moral Development

Through our Community & Citizenship learning, we grow in love of neighbour, work for justice, and care for God's world, building a society where everyone is valued and can flourish.

"Let justice roll on like a river, righteousness like a never-failing stream!"

Amos 5:24



We are loved by God and we love one another.



We treat everyone with kindness, respect and dignity.



Together, we help our children grow into safe, respectful and responsible citizens who make a positive difference in our world.



We make safe, healthy and informed choices.



We serve others with compassion and joy.



PSHE Progression: Aspirations & Economic Wellbeing

Our Aspirations & Economic Wellbeing curriculum helps children discover their **strengths**, **set goals**, **explore opportunities** and **make responsible choices** so they can build successful futures and use their gifts to make a positive difference in the world, following Jesus' example.



OUR KEY CONCEPT



Aspirations & Economic Wellbeing

Believing in ourselves and others, developing our talents, making wise choices with money and resources and working together to build a better future.



"I can do all this through Him who gives me strength."
(Philippians 4:13)



Spiritual & Moral Development

Through our Aspirations & Economic Wellbeing learning, we reflect on how God gives us talents, calls us to use them wisely and encourages us to work for a fairer, more loving world.

"For where your treasure is, there your heart will be also."

Matthew 6:21



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We treat everyone with kindness, respect and dignity.



Together, we help our children grow into safe, respectful and responsible citizens who make a positive difference in our world.



We make safe, healthy and informed choices.



We serve others with compassion and joy.

YEAR 1

Learning Focus

- Recognising our gifts and talents
- Trying our best and showing perseverance
- Jobs people do in our community
- Needs and wants
- Looking after money



Key Questions

- What am I good at?
- What do I enjoy?
- Who helps me?
- What jobs do people do in my community?
- What do I need to live and be healthy?
- How can I look after my money?

By the end of Year...

I can recognise my strengths, try my best, be kind and helpful and make simple choices about money.



YEAR 2

Learning Focus

- Setting simple goals
- Learning new skills
- Working well with others
- Earning and saving money
- Making choices and spending wisely



Key Questions

- What is a goal?
- How can I learn new things?
- How can we work well together?
- Why is it good to save money?
- How can I make wise choices?

By the end of Year...

I can set goals, learn new skills, work with others and make choices about spending and saving.



YEAR 3

Learning Focus

- Identifying strengths and interests
- Challenging myself
- Understanding money and values
- Enterprise and creativity
- Learning from success and mistakes



Key Questions

- What are my strengths and interests?
- How can I keep trying when things are hard?
- What is money and where does it come from?
- How can I be creative and enterprising?
- What can I learn from mistakes?

By the end of Year...

I can identify my strengths, show resilience, understand money and begin to be creative and enterprising.



YEAR 4

Learning Focus

- Goal setting and planning
- Developing independence and responsibility
- Budgeting and managing money
- Using our talents to help others
- Exploring future opportunities



Key Questions

- What are my goals and how can I achieve them?
- How can I be more independent?
- Why is budgeting important?
- How can I use my talents to help others?
- What opportunities interest me?

By the end of Year...

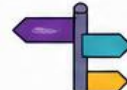
I can set goals, manage money, take responsibility and use my talents to make a difference.



YEAR 5

Learning Focus

- Career aspirations and pathways
- Enterprise and financial decisions
- Risk taking and resilience
- Leadership and teamwork
- Contributing to our communities



Key Questions

- What could I like to do in the future?
- What are the skills I need?
- How can I manage money wisely?
- How can I take positive risks and learn?
- How can I be a leader in my community?

By the end of Year...

I can explore career options, manage money wisely, take positive risks and contribute to my community.



YEAR 6

Learning Focus

- Preparing for transition to secondary school
- Managing money and financial risks
- Understanding work and income
- Making a positive impact in the world
- Reflecting on achievements and future goals



Key Questions

- How can I prepare for the future?
- What are financial risks and how can I manage them?
- What is work and why is it important?
- How can I make a positive difference in the world?
- What are my hopes and goals for the future?

By the end of Year...

I can prepare for the future, make responsible financial choices and use my gifts to make the world a better place.



KEY CONCEPTS IN ASPIRATIONS & ECONOMIC WELLBEING



Aspirations

Having hopes, dreams and goals for the future.



Resilience

Keeping going, learning from challenges and never giving up.



Financial Wellbeing

Understanding money, budgeting and making wise choices.



Careers & Opportunities

Exploring the world of work and the skills we need.



Enterprise & Creativity

Using ideas, creativity and skills to solve problems.



Contribution

Using our gifts and talents to help others and build a better world.



LINKS TO OTHER CONCEPTS

- Relationships – teamwork, respect, communication
- Health & Wellbeing – self-esteem, resilience
- Safety – making safe choices, online safety
- Community & Citizenship – rights, responsibilities
- Identity & Diversity – confidence, self-belief



PSHE Progression: Identity & Diversity

Our Identity & Diversity curriculum helps children **celebrate** who they are, **respect** others and build an **inclusive** world where everyone **belongs** and is **valued** for who they are, reflecting the love of God and the **dignity** of every person.



OUR KEY CONCEPT



Identity & Diversity

Celebrating our identities and differences, treating everyone with respect and kindness and building a world where everyone belongs.



"You created my inmost being; you knit me together in my mother's womb."
(Psalm 139:13)

YEAR 1

Learning Focus

- What makes me special
- Feeling proud of who I am
- Recognising differences
- Being kind and inclusive
- Belonging to our class and school



Key Questions

- What makes me unique?
- What do I like about myself?
- How can I be kind to others?
- Why is it good that we are all different?

By the end of Year...

I can say what makes me special, show kindness and respect to others and know that everyone in our class belongs.



YEAR 2

Learning Focus

- Similarities and differences
- Understanding feelings of others
- Inclusion and celebrating difference
- Challenging unfairness
- Names and identity



Key Questions

- How are we similar and different?
- How can I include others?
- What is fair?
- Why should we celebrate difference?

By the end of Year...

I can recognise similarities and differences, include others and begin to challenge unfairness in a kind way.



YEAR 3

Learning Focus

- Stereotypes and expectations
- Respecting everyone
- Understanding identity
- Families and communities
- Challenging language and behaviour



Key Questions

- What are stereotypes?
- How can labels affect people?
- What does respect look like?
- How can I challenge unkind words?

By the end of Year...

I can explain why stereotypes can be unfair and show respect for everyone, challenging unkind behaviour.



YEAR 4

Learning Focus

- Protected characteristics and equality
- Identity and self-esteem
- Rights and respect
- Challenging discrimination
- Safe and inclusive environments



Key Questions

- What are our rights?
- What is discrimination?
- How can we create an inclusive environment?
- How can I stand up for others?

By the end of Year...

I can explain that everyone has rights, show respect for all and help to create inclusive places where everyone feels safe.



YEAR 5

Learning Focus

- Identity and values
- Equality and justice
- Challenging prejudice and discrimination
- Celebrating diversity
- Using our voice responsibly



Key Questions

- How can I challenge prejudice?
- Why is equality important?
- How can we use our voices responsibly?
- What can we learn from diversity?

By the end of Year...

I can challenge prejudice and inequality, celebrate diversity and use my voice respectfully to make a difference.



YEAR 6

Learning Focus

- Identity in the wider world
- Human rights
- Intersectionality and understanding others
- Promoting equality and inclusion
- Building a fairer, kinder world



Key Questions

- What is social justice?
- How can we be allies?
- How can we make our world more inclusive?
- What legacy do I want to leave?

By the end of Year...

I can show empathy and understanding, promote equality and inclusion and take action to build a better world for all.



KEY CONCEPTS IN IDENTITY & DIVERSITY



Belonging

Feeling part of a community and knowing I am valued.



Self-Identity

Understanding who I am and feeling good about being me.



Respect

Treating everyone with kindness, dignity and consideration.



Equality

Understanding that everyone has equal value and rights.



Inclusion

Welcoming everyone and making sure no one is left out.



Diversity

Celebrating differences and learning from one another.



LINKS TO OTHER CONCEPTS

- 1 Relationships – respect, empathy, communication
- 2 Health & Wellbeing – self-esteem, mental health
- 3 Safety – online safety, respect, boundaries
- 4 Community & Citizenship – diversity, rights, belonging
- 5 Aspirations – confidence, leadership, contribution



Spiritual & Moral Development

We are all wonderfully made in the image and likeness of God. Through our Identity & Diversity learning, we grow in love, respect and understanding for ourselves and for others.

"There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus."

Galatians 3:28



We are loved by God and we love one another.



We treat everyone with kindness, respect and dignity.



Together, we help our children grow into safe, respectful and responsible citizens who make a positive difference in our world.



We make safe, healthy and informed choices.



We serve others with compassion and joy.



Every child
Every chance
Every day

Developing Citizens at St. Stephen's

Our PSHE curriculum nurtures the whole child and equips them with the **knowledge**, **skills** and **virtues** to live happy, healthy and purposeful lives, and to make a **positive difference** in our local community and the wider world.

Our CARES
Compassion • **A**mbition
Rejoice • **E**xcellence
Service

Living our values every day,
in everything we do.

THROUGH PSHE, OUR CHILDREN LEARN TO...



Build positive relationships
Developing kindness, empathy and strong relationships with others.



Stay safe online and offline
Learning how to keep themselves and others safe and make informed choices.



Understand emotions and wellbeing
Recognising feelings, building resilience and knowing how to look after our mental and physical health.



Respect diversity and inclusion
Celebrating difference, challenging discrimination and showing respect for all God's children.



Aim high and believe in themselves
Setting goals, building confidence and developing the skills to achieve their dreams and aspirations.



Use their voice positively
Expressing their opinions, listening to others and taking part in decisions that affect them.



Contribute to their community
Showing compassion, serving others and helping to build a fairer, more loving world.



WE WANT OUR CHILDREN TO LEAVE ST. STEPHEN'S AS...



Kind
Showing compassion and care for others.



Respectful
Valuing themselves, others and God's world.



Confident
Believing in their abilities and ready to try new things.



Resilient
Bouncing back from challenges and learning from setbacks.



Inclusive
Welcoming everyone and celebrating difference.



Responsible
Making good choices and understanding their rights and responsibilities.



Aspirational
Dreaming big and working hard to achieve their goals.



Compassionate
Putting faith into action and serving others.



Ready for the wider world
Equipped with the knowledge, skills and values to thrive and make a difference.



Prepared for life. Inspired by faith.
Empowered to make a difference.

WE PROMOTE BRITISH VALUES



Democracy

We listen to others and take part in decisions.



The Rule of Law

We understand rules are there to keep us safe and fair.



Individual Liberty

We have freedom to make choices and understand our rights.



Mutual Respect

We respect and value each other and our differences.



Tolerance of Those of Different Faiths and Beliefs

We learn about and respect all beliefs.



WE LIVE OUT CATHOLIC SOCIAL TEACHING



Dignity of the Human Person

We believe every person is loved by God and has infinite worth.



The Common Good

We work together for a just and peaceful world.



Option for the Poor & Vulnerable

We stand with those in need and work for justice.



Stewardship of Creation

We care for God's world and use our resources wisely.



Solidarity

We are one human family and support each other.



Participation

We all have a voice and a role to play in our community.



Rooted in the love of God,
we grow together in faith,
hope and love.



Strengthened by our
Catholic faith and the
example of Jesus.



Together, we help our children grow into safe,
respectful and responsible citizens who make
a positive difference in the world.



Inspired to serve our local
community and the wider
world with love and joy.



Love one another
as I have loved you.
John 15:12

