

Bennerley Fields School

PSHE Progression Map (Stages 1–4)

Curriculum Intent

PSHE at Bennerley Fields develops from understanding self, feelings and safety in Stage 1 to preparing pupils for independence, adulthood and active participation in society by Stage 4. Pupils progressively develop self-awareness, personal safety, emotional wellbeing, healthy lifestyles and understanding of the wider world.



Bennerley Fields School PSHE Progression Map

Phase	Self-Awareness	Self-Care & Safety	Managing Feelings	Healthy Lifestyles	World I Live In
Stage 1	Likes, preferences, kindness, special people	Self-care, trusted adults, staying safe	Basic emotions, Zones of Regulation, recognising feelings	Healthy food, exercise, hygiene, medicine awareness	Community, jobs, similarities and differences, caring for others
Stage 2 Engagement	Favourite activities, kindness, friendships, special people	Safe adults, boundaries, online safety, asking for help	Identifying feelings and regulation strategies	Healthy choices, routines, sleep, physical activity	Communities, groups, environment, money awareness
Stage 2	Personal strengths, friendships, cooperation, respect	Personal safety, trust, privacy, risk awareness	Expressing emotions, managing feelings, resilience	Health professionals, medicines, healthy living	Diversity, jobs, environment, belonging, money

Phase	Self-Awareness	Self-Care & Safety	Managing Feelings	Healthy Lifestyles	World I Live In
Stage 3	Strengths, aspirations, peer influence, managing pressure	Personal safety, relationships, online safety, gambling awareness	Strong emotions, self-esteem, relationships	Drugs, alcohol, vaping, physical and mental health	Rights, responsibilities, diversity, adulthood preparation
Stage 4	Goals, self-esteem, aspirations, managing discrimination	Risk, safeguarding, consent, safety in adult life	Mental wellbeing, emotional regulation, relationships	Substance misuse, body image, healthy lifestyles	Human rights, stereotypes, environment, citizenship
Preparation for Adulthood	Self-confidence and independence	Keeping safe independently	Emotional wellbeing	Healthy life choices	Active participation in society

PSHE Concept Progression

Concept	Stage 1	Stage 2 Engagement	Stage 2	Stage 3	Stage 4
Self-Awareness	Likes and dislikes	Preferences	Strengths	Aspirations	Goals and future planning
Relationships	Friends	Kindness	Cooperation	Peer influence	Respect and discrimination

Concept	Stage 1	Stage 2 Engagement	Stage 2	Stage 3	Stage 4
Safety	Safe adults	Asking for help	Trust and privacy	Risk awareness	Safeguarding and responsibility
Feelings	Happy and sad	Recognise emotions	Express feelings	Manage strong emotions	Emotional wellbeing
Health	Healthy food	Healthy routines	Healthy choices	Physical and mental health	Managing wellbeing
Medicines	Safe medicines	Medicine awareness	Correct medicine use	Health professionals	Responsible use
Physical Health	Hygiene	Exercise	Healthy lifestyles	Long-term health choices	Maintaining wellbeing
Community	School community	Groups	Belonging	Rights and responsibilities	Citizenship
Diversity	Differences	Respecting others	Understanding diversity	Equality	Challenging discrimination
Preparation for Adulthood	Simple independence	Daily routines	Responsibility	Employment awareness	Adult life and independence

Self-Awareness Golden Thread

Progression
Likes & Dislikes
↓
Preferences
↓
Strengths
↓
Aspirations
↓
Goals
↓
Independence

Safety Golden Thread

Progression
Safe Adults
↓
Asking for Help
↓
Trust
↓
Personal Safety
↓
Risk Awareness
↓
Safeguarding
↓
Independent Safety

Emotional Wellbeing Golden Thread

Progression	
Recognising Feelings	
↓	
Naming Feelings	
↓	
Expressing Feelings	
↓	
Managing Feelings	
↓	
Managing Strong Emotions	
↓	
Emotional Wellbeing	

Healthy Lifestyle Golden Thread

Progression	
Healthy Food	
↓	
Hygiene	
↓	
Exercise	
↓	
Healthy Choices	
↓	
Physical & Mental Health	
↓	
Substance Awareness	
↓	
Healthy Adulthood	

World I Live In Golden Thread

Progression	
My Class	
↓	
My School	
↓	
My Community	
↓	
Diversity	
↓	
Rights & Responsibilities	
↓	
Citizenship	
↓	

Progression	
Active Adult Participation	