

Whole-School PSHE Progression Map- EYFS - Post-16 across Pathways

M - MEADOWS **S** - SEAS **L** - LAKES

Area	EYFS	Primary	Secondary	Post-16
Self-Awareness	Likes/dislikes, special people. M: sensory responses S: turn-taking L: simple strengths	Strengths, friendships, differences. M: shared attention S: group work L: similarity/difference	Identity, peer influence, prejudice. M: noticing interactions S: peer pressure L: discrimination	Confidence, self-advocacy. M: supported choices S: expressing boundaries L: independent advocacy
Self-Care, Support & Safety	Basic care, safe adults. M: co-regulation S: safety rules L: trusted adults	Safety, germs, online basics. M: adult support S: privacy prompts L: online routines	Risk, consent, first aid, social media. M: rejecting unwanted input S: spotting risk L: reporting routes	Independent safety & consent. M: visual support S: rule-based safety L: real-life application
Managing Feelings	Naming feelings. M: sensory cues S: supported naming L: emotion visuals	Comfortable/uncomfortable, calming. M: comfort routines S: regulation tools L: calming strategies	Triggers, responses, impact. M: distress cues S: regulation strategies L: empathy	Independent regulation. M: co-regulation S: strategy choice L: self-regulation
Changing & Growing	Body parts, gentle touch. M: body awareness S: "stop" signals L: body vocabulary	Puberty basics, privacy. M: hygiene support S: personal space L: early puberty	Puberty, relationships, consent. M: safe/unsafe touch S: consent rules L: boundaries	Adult relationships & safety. M: supported understanding S: applying consent L: safe choices
Healthy Lifestyles	Hygiene, food play, rest. M: sensory routines S: supported choices L: healthy basics	Diet, sleep, medicines. M: routines S: hygiene steps L: illness prevention	Wellbeing, exercise, substances. M: supported movement S: identifying harm L: balance choices	Health independence. M: supported care S: healthy choices L: managing health
The World I Live In	Helpers, money, differences. M: community exposure S: belonging L: simple roles	Rules, environment, money. M: class routines S: roles & rules L: responsibilities	Rights, budgeting, adulthood prep. M: community access S: understanding choices and outcomes L: money literacy	Work & community life. M: supported work routines S: supported budgeting L: independent living skills