



Donhead Preparatory School Curriculum Progression Map 2025/2026 – PSHEE/RHE

	Michaelmas	Lent	Trinity
EYFS	Topic: Me, My Body and My Health We are all unique and have different gifts, to know what a healthy lifestyle is including dental and eating. Some of the lessons covered are: All about me. What makes me special. Healthy eating 1, what my body needs. Topic: Emotional Well-being and attitudes/emotions. To know we all have different likes and dislikes and to know how to describe and understand our feelings. Looked at in My Feelings, bouncing back when things go wrong. Amongst other lessons.	Topic: Getting on and Falling Out To know who special people are to me, to understand there are different family structures, to know how behaviour affects us and what is appropriate. Lessons are: Looking after my friends and special people. Same and different families. Topic: Keeping Safe To understand safe and unsafe situations in reality and online and who can help, lessons include What's safe to go into my body, keeping safe online, people who help to keep me safe.	Topic: Relationships To understand how to treat different people, to know which people serve others. Lessons include: being kind and caring, who can help me? Topic: The World around us To know they belong to a wider community, to understand how their behaviour affects other people and communities. Specific lessons include being helpful at home and caring for our classroom, caring for our world, looking after money.
PP1	Topic: Me, My Body and My Health Knowing what makes us individuals, what keeps us healthy, what foods to eat – exploring the food plate rainbow and how to prevent germs. Topic: Emotional Well-being and attitudes/emotions. Knowing that we have different likes and dislikes and how to express feelings, knowing that actions and feelings are different things.	Topic: Getting on and Falling Out Knowing who good friends are, what the difference between teasing and bullying is and to understand the importance of rules and their use. Topic: Keeping Safe How to stay safe including online, how to resist pressure, to know what is safe to put in your body and to understand how certain situations make us feel.	Topic: Relationships Just and fair treatment of other people locally and nationally. Topic: The World around us To know they belong to different communities around and about school, to be able to take care of something and to think about the impact that they make, have an understanding of money.
PP2	Topic: Me, My Body and My Health Thinking about ways to keep healthy, what our bodies need to maintain that; diary writing for a healthy day, physical and non-physical features and respecting this. Topic: Emotional Well-being and attitudes/emotions. To know that we all have different likes and dislikes, to have simple strategies to manage behaviour and feelings.	Topic: Getting on and Falling Out Recognising when people are being unkind and how to respond. Different types of teasing and bullying. Topic: Keeping Safe To use simple rules to feel safe in person and online, understanding good and bad secrets.	Topic: Relationships To know who special people are to them, to think about how to treat others and to show acts of kindness. Topic: The World around us To understand that they belong to many different communities and that their behaviour impacts locally and globally. To have an understanding of finance.

LP1	Topic: Me, My Body and My Health To know how uniqueness is expressed and how it is not always easy. Developing self-confidence and esteem. Good health. Topic: Emotional Well-being and attitudes/emotions. To deepen knowledge and vocabulary of the range of feelings they experience, to understand what impacts their health both negatively and positively, to know what constitutes risky behaviour and to have strategies to deal with pressure.	Topic: Getting on and Falling Out Looking at personal relationships and how to develop and maintain them, knowing why friends are special and the qualities that makes a good friend. Topic: Keeping Safe To know that increasing independence brings responsibility, to know dangers and risks in relationships, to know how to use technology safely, to know who to go to when they are worried or need help.	Topic: Relationships To understand the importance of seeking and giving permission in relationships, to know that we must respect each other, and challenge things not comfortable with. To understand that there are rules in place to help and protect us. Topic: The World around us Understanding the impact of actions locally and globally with regard to the economy and environment.
LP2	Topic: Me, My Body and My Health To know each person has a purpose in the world, similarities and differences and factors, respect for everyone, how to make informed choices about health. Topic: Emotional Well-being and attitudes/emotions. To recognise how media images do not always reflect the truth, how this affects self-esteem, to know strategies to build resilience, to understand we all have different feelings and to know that some behaviours are risky or unhealthy.	Topic: Getting on and Falling Out To know how to develop and sustain friendships – tangram team building challenge, knowing how to mend friendships if there are issues – how to solve a problem and to know why friends are special. Topic: Keeping Safe To know with increasing independence brings responsibility, to understand who helps us to keep safe and healthy, to understand what appropriate touching is, to know how to stay safe online.	Topic: Relationships To know how to treat others fairly and justly and to understand that some cultural practices are against human rights and British law. What would I do? How to behave under pressure and is it ok or not? Topic: The World around us To know how actions impact locally and nationally, to understand the ethnic identities in the UK. Lesson - School community, the people we share our world with, how to volunteer. Expenses and taxes.
Prep	Topic: Me, My Body and My Health To know everyone is special and the characteristics and skills that we possess for uniqueness, an understanding of good health, First Aid and how choices can impact our health. Topic: Emotional Well-being and attitudes/emotions. To extend the vocabulary and deepen understanding of feelings and understand how physical, mental and emotional health s impacted both negatively and positively. Lessons – emotional needs, would you risk it and feelings.	Topic: Getting on and Falling Out To know what being loyal is and how to understand and maintain friendships and what to do if there are fallings out. To know different types of bullying and who can help you. To have an understanding of risk and pressure. Specific topics of decision dilemmas, qualities of friendship, how good a friend are you? Topic: Keeping Safe To recognise the independence needed to sustain increasing responsibility, to know how to use technology safely, to understand what good relations are and that it is important to give permission, who to go to for help. Topics include communication, play, like, share, being assertive, first aid.	Topic: Relationships To know how some cultural practices can be against universal rights and British Laws. To understand that we each have rights and responsibilities and duties lead from those. The land of the red people tackles prejudice different views. Topic: The World around us To know that their actions can have direct impact on the environment and the world around. To know there Britian is a diverse society and the importance of living in the right relationship with others. Lessons include spending wisely, challenging stereotypes in the workplace.
Elements	Topic: Me, My Body and My Health	Topic: Getting on and Falling Out To understand types of friendships to maintain a positive friendship and strategies to help, to be able to make informed choices, to know what bullying including cyber bullying and how	Topic: Relationships To know how some cultural practices can be against British Law and Universal Rights. To know how to negotiate in life and to

	To know each person has a purpose in the world, similarities and differences arise from many factors, making informed judgements and choices regarding health. Topic: Emotional Well-being and attitudes/emotions. To understand feeling and deepen knowledge through extension of vocabulary, to know some behaviour s risky and learn strategies to build resilience. Lessons include action stations, are things helpful or unhelpful and community art.	to deal with it, to cope with changes that are happening. Specific topics include solving friendship problems, Traffic lights, challenging stereotypes. Topic: Keeping Safe To know how to use technology safely and who to ask for help if needed, to understand peer pressure and what a healthy relationship looks like, to have a clear understanding of secrets and what makes them good and bad, to know to trust our feelings and to make sure we are heard. Specific lessons include media manipulation, risks present, questions before clicking.	understand what tolerance is and be able to practise it. To study democracy in Britian. Topic: The World around us To appreciate that we live in a diverse society and that understanding different cultures and ethnic identities leads to a better tolerance of others. Lessons are working together, what's it worth, looking at jobs and taxes and working together.
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