



Progression of Knowledge & Skills Overview 2025/26

Last updated: 22.10.2025 Marika Davey

Progression of Knowledge & Skills- Pol- Ed

	N	R	Y1	Y2	Y3	Y4	Y5	Y6
Keeping safe	How can I play safely?	How can I keep safe at school? How can I keep safe at home?	Who are my trusted adults? How can I speak up? Who are my trusted adults? What is private information? What is 999?	How can I keep safe online?	What do we mean by risk?	Who do I encounter? How can we keep safe on the road? What are protected characteristics? What is hate crime? my local area? What is first aid?	How can we keep our things safe? How do our special people keep us safe? What are the risks with money? How can we use our phones sensibly? What are deep fakes?	How do our special people keep us safe? Why does media have age restrictions? How is my data shared?

Understanding the law	<p>What are rules?</p> <p>What are consequences?</p>	<p>What can I do if I'm feeling big emotions?</p>	<p>How can I be responsible?</p> <p>How can I be responsible?</p> <p>Why have different rules in different places?</p> <p>What can happen when rules are broken?</p> <p>What do the police do?</p>	<p>What is the internet?</p> <p>Why does age matter?</p>	<p>What are children's rights?</p> <p>What is the law and why do we have it?</p> <p>How do we enforce the law?</p> <p>What are emergency services?</p> <p>How can I be a responsible citizen?</p>	<p>What can I be?</p> <p>How can I respect my environment?</p>	<p>What can and can't I do on the internet?</p> <p>What is trolling?</p> <p>What is gambling?</p> <p>What are online purchases?</p>	<p>What different types of crime are there?</p> <p>What different types of crime are there?</p>
Relationships	<p>How can I be a good friend?</p> <p>How can I play nicely with others?</p>	<p>How can I make other children feel happy?</p>	<p>How can I make Friends?</p> <p>What if my friends are making me feel sad?</p>	<p>Why are relationships important?</p> <p>How are we the same, how are we different?</p>	<p>Who are my people?</p> <p>How should we treat people?</p>	<p>Who makes up my community?</p> <p>What is a healthy friendship?</p>	<p>What is media influence?</p> <p>What are my personal boundaries?</p>	<p>What is my relationship with authority?</p> <p>What is a debate?</p> <p>How can I get ready for</p>

	How can adults at school help me?		<p>Why are safe hands important?</p> <p>What is bullying?</p> <p>How can I be an ally?</p> <p>Why is name calling unkind?</p>	<p>What if my friends are making me feel sad?</p> <p>Why are safe hands important?</p> <p>What is bullying?</p> <p>How can I be an ally?</p>	<p>What do we mean by consent in friendships?</p> <p>What is bullying?</p> <p>What to do when friendships go wrong</p>	<p>How can we be role models?</p> <p>What is discrimination?</p> <p>What is peer influence?</p>	<p>What is peer pressure?</p> <p>What are online friendships?</p> <p>What is grooming?</p> <p>How do words have power?</p>	secondary relationships
Well-being	How can I be a germ buster?	<p>How does food help me?</p> <p>How does exercise help me ?</p>	<p>How can I be an empathy expert?</p> <p>What makes me special?</p> <p>What do feelings feel like?</p> <p>How can I share my feelings?</p>	<p>How can I deal with change?</p> <p>Why is sleep important?</p> <p>When do I need to take a break?</p> <p>How can I look after my body?</p>	<p>What is mental health?</p> <p>What am I good at?</p> <p>How does school help me?</p> <p>How can intense feeling feel?</p> <p>What words can I use to talk about my feelings?</p>	<p>How do my choices help me to be healthy?</p> <p>What are healthy habits?</p> <p>Why is food fuel?</p> <p>How does school build my character?</p> <p>How can I be a hygiene hero</p>	<p>How might being online impact the way I feel?</p> <p>How might my activity levels impact the way I feel?</p> <p>How might school impact the way I feel?</p> <p>How can drugs and alcohol make people feel</p>	<p>What does 30 look like?</p> <p>How can I re-frame my thinking?</p> <p>How can I seek support for my mental health?</p> <p>How can I cope with leaving school?</p>

