

Comprehensive PSHE & HeartSmart Assessment Framework

Integrated Progression Mapping: Reception – Year 6

PSHE and RSE Department

Overview

This framework integrates the **HeartSmart Progression Grid** (focusing on internal emotional governance) with the **PSHE Matters Curriculum**. HeartSmart objectives are in standard text, while **PSHE Matters objectives are highlighted in blue**. All terminology follows British English spelling conventions.

Reception (EYFS)

Autumn: Being Me & Exploring Emotions

- **HeartSmart Focus (Don't Forget to Let Love In):** Beginning to understand self-worth and seeing themselves as valuable individuals.
- **Self-Regulation:** Show an understanding of their own feelings and those of others; begin to regulate behaviour accordingly.
- **Relationships:** Find solutions to conflicts and rivalries; develop appropriate ways of being assertive and talk with others to solve conflicts.
- **Social Confidence:** Become more outgoing with unfamiliar people in the safe context of their setting.

Key Stage 1

Year 1

- **Don't Forget to Let Love In:** Beginning to understand the importance of self-worth and accepting love. (H21/H22: Recognising what makes them special and unique).
- **Don't Hold On to What's Wrong!:** Beginning to recognise mistakes and the importance of letting go. (R8/R12: Simple strategies to resolve arguments; understanding hurtful behaviour is unacceptable).
- **Fake is a Mistake:** Beginning to understand the value of being real and authentic. (R25: Sharing opinions on things that matter to them).
- **No Way Through? Isn't True!:** Beginning to understand there is a way forward when feeling stuck. (H19: Recognising when they need help and how to ask).
- **PSHE - Living in the Wider World:** Understand rules and why they are needed (L1); recognise that living things have needs (L2); explain how to help look after the environment (L3).

Year 2

- **Don't Forget to Let Love In:** Understanding the concept of "letting love in" and identifying positive influences. (H21/H22: Identifying uniqueness and what they are good at).
- **Don't Hold On to What's Wrong!:** Identifying "heavy" thoughts and learning basic strategies for releasing them. (H18: Identifying ways to manage big feelings).
- **Fake is a Mistake:** Differentiating between authentic behaviour and "faking" to please others. (R23: Recognising ways they are the same and different to others).
- **No Way Through? Isn't True!:** Learning to look for solutions rather than just the problem. (H24: Exploring how to manage when we find things difficult).
- **PSHE - Being Safe:** Talking about rules and age restrictions (H28); describing ways to keep safe in familiar/unfamiliar environments (H32); basic rules for online safety (H34).

Key Stage 2

Year 3

- **Don't Forget to Let Love In:** Understanding the power of the internal voice and its impact on self-esteem. (H15/H16: Recognising the importance of taking care of mental health).
- **Don't Hold On to What's Wrong!:** Recognising that letting go of a "wrong" is a proactive choice. (R17: Identifying positive strategies to resolve disputes in friendships).
- **Fake is a Mistake:** Understanding the importance of truth and the consequences of pretense. (R31: Recognising the importance of self-respect and how to respect others).
- **No Way Through? Isn't True!:** Beginning to "challenge" the idea of being stuck or hitting a wall. (H24: Identifying strategies for dealing with emotions and challenges).
- **PSHE - Living in the Wider World:** Recognising reasons for rules and laws (L1); understanding the relationship between rights and responsibilities (L3); identifying the importance of compassion (L4).

Year 4

- **Don't Forget to Let Love In:** Evaluating external factors that try to influence the heart. (H25: Identifying what contributes to who we are).
- **Don't Hold On to What's Wrong!:** Identifying "stuck" situations and knowing specific support systems. (H41: Identifying strategies for keeping safe in the local environment).
- **Fake is a Mistake:** Learning to recount and list facts regarding emotional health. (L10: Recognising behaviours/actions which discriminate against others).
- **No Way Through? Isn't True!:** Developing specific cognitive strategies for overcoming obstacles. (H38: Identifying how to predict, assess, and manage risk).
- **PSHE - Money Matters:** Understanding different ways to pay for things (L17); identifying that spending decisions can affect others (L19); tracking money (L21).

Year 5

- **Don't Forget to Let Love In:** Framing different life events with a mindset of self-love. (H16: Identify strategies and behaviours that support mental health).
- **Don't Hold On to What's Wrong!:** Explaining the vital importance of honesty and communication in resolving conflict. (R17: Positive strategies to resolve disputes; R19: Impact of bullying).
- **Fake is a Mistake:** Understanding the importance of "practice" in emotional well-being. (H4: Recognising that habits can have positive and negative effects).
- **No Way Through? Isn't True!:** Deepening the analytical approach to problem-solving. (H24: Identifying strategies for dealing with emotions, challenges, and change).
- **PSHE - Difference & Diversity:** Understanding gender identity (H26); discussing diversity and the benefits of a diverse community (L8); understanding prejudice (L10).

Year 6

- **Don't Forget to Let Love In:** Mastering self-love as a default state of personal governance. (H25: Identifying what contributes to who we are; H27: Recognising individuality).
- **Don't Hold On to What's Wrong!:** Applying meaning to all actions and analysing behaviours. (R30: Recognising that our own behaviour can affect other people).
- **Fake is a Mistake:** Consolidating all facts and figures about the heart for transition. (H36: Identifying strategies to manage transitions between classes and key stages).
- **No Way Through? Isn't True!:** Mastery of resilience—proactively finding ways through any challenge. (H38: Identifying how to predict, assess, and manage risk).
- **PSHE - Growing Up & Sex Ed:** Identifying reproductive organs (H30); puberty changes (H31); understanding consent (R26); social media manipulation (L16).

Assessment Summary

Category	HeartSmart & PSHE Proficiency Marker
Emerging	Identifies core concepts; beginning to use basic PSHE vocabulary with support .
Expected	Consistently applies pillar strategies; meets expected PSHE standards for the year group .
Exceeding	Analysing "meaning" behind actions; demonstrates high-level empathy and critical thinking .