

Progression Steps (Plus) PSHE

Content Comparison for the Primary Years

1. Headline figures

Strand	Statements (Original)	Statements (New)	Retained unchanged	Changed / new / removed
Relationships Education	626	442	63.6%	36.4%
Physical Health & Mental Wellbeing	603	625	39.5%	60.5%

Primary Relationships Education content is largely stable (64% of statements carried over unchanged), while primary Physical Health & Mental Wellbeing has been substantially rewritten and expanded (only 40% unchanged, and the statement count has grown).

2. Change by level

The figures above compare each strand as a whole. The tables below break this down by individual level, matching each original Step directly to the same Step in the updated edition rather than across the whole strand. This is a stricter, more literal test than the whole-strand method used elsewhere in this document, so the % change figures here are typically higher.

Physical Health & Mental Wellbeing, by level

Step	Carried over	New	Deleted	% change
Step 1	20	29	44	68.8%
Step 2	21	40	47	69.1%
Step 3	21	43	43	67.7%
Step 4	25	41	39	62.1%
Step 5	19	41	30	68.3%
Step 6	18	43	46	71.9%
Step 7	26	43	37	62.3%
Step 8	30	39	34	56.5%
Step 9	31	34	25	52.3%
Step 10	36	25	13	41%

Relationships Education, by level

Step	Carried over	New	Deleted	% change
Step 1	36	1	27	42.9%
Step 2	43	4	21	33.8%
Step 3	33	6	25	43.1%
Step 4	46	2	32	41%
Step 5	38	7	32	45.7%
Step 6	41	11	32	43.8%
Step 7	39	6	21	35%
Step 8	43	1	16	27.1%
Step 9	41	4	14	25.5%
Step 10	40	0	7	14.9%

Combined % change, by level

Step	Combined % change
Step 1	55.9%
Step 2	51.9%
Step 3	56.1%
Step 4	50%
Step 5	52.1%
Step 6	56.9%
Step 7	47.2%
Step 8	40.7%

Step	Combined % change
Step 9	35.1%
Step 10	24.8%

3. Method

Each document was broken down into its individual assessments within each level and topic area. Every statement in the updated edition was matched against the full pool of statements in the original edition for the same strand.

- **Unchanged:** the statement appears with identical wording in both editions (anywhere in the strand).
- **Removed / Added:** statements with no reasonable match on the other side — genuinely new content, or content dropped from the original.

4. Structural changes

The changes here are about topic names and content, not level structure:

- **Topic renames:** “Mental Wellbeing” → “General Wellbeing”; “Internet Safety & Harms” → “Wellbeing Online”; “Health & Prevention” → “Health Protection & Prevention”; “Changing Adolescent Body” → “Developing Bodies”; “Drugs, Alcohol & Tobacco” → “Drugs, Alcohol, Tobacco & Vaping”; “Online Relationships” → “Online Safety & Awareness”; “Respectful Relationships” → “Respectful, Kind Relationships”.
- **New topic added:** “Personal Safety” is a wholly new topic in the Physical Health & Mental Wellbeing strand (28 statements).

These renamed topics broadly mirror the headings used in the Department for Education's updated RSE and Health Education statutory guidance for September 2026.

5. Relationships Education - by topic

Topic	Original	New	Unchanged	Changed/new
Caring Friendships	98	87	74.5%	25.5%
Families & People Who Care for Me	92	62	58.7%	41.3%
Respectful / Kind Relationships	171	125	57.9%	42.1%
Being Safe	146	94	55.5%	44.5%
Online Safety & Awareness	119	74	53.8%	46.2%

Caring Friendships retains three-quarters of its content unchanged, and every topic keeps more than half its statements. Online Safety & Awareness has been rewritten the most (54% unchanged) but, has also shrunk slightly rather than grown - the updated edition is more tightly focused.

6. Physical Health & Mental Wellbeing - by topic

Topic	Original	New	Unchanged	Changed/new
Basic First Aid	59	55	64.4%	35.6%
Wellbeing (Mental/General)	95	91	48.4%	51.6%
Drugs, Alcohol, Tobacco (& Vaping)	51	38	47.1%	52.9%
Healthy Eating	85	93	45.2%	54.8%
Health Protection & Prevention	63	85	36.5%	63.5%
Online safety/wellbeing	82	66	32.9%	67.1%
Developing Bodies	66	93	24.7%	75.3%
Physical Health & Fitness	102	76	13.7%	86.3%
Personal Safety	0	28	0%	100.0%

Physical Health & Fitness has been rewritten most heavily (14% unchanged), consistent with the same shift seen in the Primary Steps Plus comparison — away from gross-motor/PE descriptors and towards understanding of activity and its link to wellbeing. Developing Bodies and Health Protection & Prevention have both grown substantially, picking up more explicit content on body privacy/consent and on navigating the healthcare system. Personal Safety is wholly new.

7. What this means in practice

- **This is a substantial rewrite, not a refresh:** Schemes of work, assessment records and any staff-facing guidance built around the original wording will need a review against the updated edition.
- **Primary Physical Health & Mental Wellbeing has grown and shifted:** settings should expect noticeably more content here, with Physical Health & Fitness, Developing Bodies and Health Protection & Prevention all especially substantially reworked.

Questions or feedback

This has been a thorough, statement-by-statement review, but it's very much a living document - if something reads oddly, seems mismatched to a learner's actual level, or you spot something that doesn't look right, please flag it to tor@bsquared.co.uk so it can be checked against the standard and folded into the next update.



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