

PSHE
Progression of Skills

	EYFS Children share their opinions and experiences	KS1		LKS2		UKS2	
		Year 1 Children share and explain their opinions	Year 2 Children share their opinions and ask questions	Year 3 Children share their opinions, ask questions and identify who might be able to answer their questions	Year 4 Children explain their ideas and verbalise how issues may affect people in different ways.	Year 5 Children verbalise how issues may affect people in different ways and explore issues with opposing views	Year 6 Children discuss and debate topical and controversial issues, listening respectfully to others.
<p>Relationships</p> <p>Families and close positive relationships</p> <p>Friendships</p> <p>Managing hurtful behaviour and bullying</p> <p>Safe relationships</p> <p>Respecting self and others</p>	<p>Work and play cooperatively.</p> <p>Take turns with others.</p> <p>Form positive attachments to adults and friendships with peers.</p> <p>Show understanding that their actions can affect others and how they feel.</p> <p>Show sensitivity to their own and to others' needs.</p> <p>Give focused attention to what the teacher says and respond appropriately</p> <p>Show an ability to follow instructions involving several ideas or actions.</p>	<p>Say who loves and cares for them, what it means to be a family and that families are all different.</p> <p>Name different types of relationships, for example family, friendship and online.</p> <p>Say what makes a good friend, what loneliness is, how to include others and suggest ways to resolve disagreements.</p> <p>Say how they are the same and different to other people and how to treat themselves and others with respect.</p> <p>Say what bullying and hurtful behaviour are, how they might make someone feel, that they are unacceptable and who to ask for help.</p> <p>Talk about things that matter to them and say how to play and work with others.</p> <p>Know there are different types of families.</p> <p>Understand to tell someone if something about their family makes them unhappy or worried.</p>	<p>Explain how families are different and identify features of positive family life.</p> <p>Understand common features of positive family life often include shared experiences</p> <p>Explain what makes a healthy, positive friendship and ways to avoid or resolve arguments and other friendship issues.</p> <p>Say how friendships support wellbeing and the importance of seeking support if feeling lonely or excluded</p> <p>Know how to recognise if others are feeling lonely and excluded and strategies to include them</p> <p>How to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return</p> <p>Understand the relationship between rights and responsibilities</p> <p>Understand that everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination</p> <p>Know how to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns</p> <p>Understand that each person's body belongs to them and about personal space and unwanted touch</p>	<p>Describe different types of relationships</p> <p>Explain when, where and how to get help or support if worried about relationships of any sort.</p> <p>Recognise peer influence or pressure in a range of situations and suggest strategies to manage and respond to it.</p> <p>Say what discrimination is, recognise that everyone deserves to be treated with respect, and how discrimination can be challenged.</p> <p>Year 6:</p> <p>Explain the difference between healthy and unhealthy relationships</p> <p>Understand the importance of communication and permission seeking.</p> <p>Understand when it is appropriate to share personal/private information in a relationship.</p> <p>Know how and where to get support if an online relationship goes wrong.</p>			

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<p>Health and Wellbeing</p> <p>Healthy Lifestyles</p> <p>Mental Health</p> <p>Ourselves, growing and changing</p> <p>Keeping Safe</p> <p>Drugs, alcohol and tobacco</p>	<p>Manage own basic hygiene and personal needs, including dressing and going to the toilet.</p> <p>Understand the importance of healthy food choices.</p> <p>Show an understanding of their own feelings and those of others and being to regulate their behaviour accordingly.</p>	<p>Describe ways to keep healthy and explain why it is important.</p> <p>Recognise and name different feelings and describe what to do if they or others have not-so-good feelings.</p> <p>Suggest ways to help themselves and others feel good, or feel better if not feeling good, such as sleep, regular exercise and balancing time on and offline.</p> <p>Say what makes them special and unique, what they are good at or proud of and how these help them feel good about themselves.</p> <p>Suggest ways to manage when finding something difficult.</p> <p>Suggest rules that keep us safe and decide if a choice is safe or unsafe for our health.</p> <p>Describe how to follow simple hygiene and dental health routines.</p> <p>List people who help us stay safe and healthy, say when or how they can help and why it is important to ask for help.</p> <p>Say how to get help in emergency situations and follow instructions to keep safe.</p> <p>Year 1: Know that babies need care and support and that older children can do more by themselves.</p> <p>Year 2: Identify differences between male and female babies and animals</p> <p>Know physical differences between male and female and name different body parts</p> <p>Understand that some people have fixed ideas about what boys and girls can do.</p>	<p>Suggest ways of reducing and managing risk at home, online, on the road and elsewhere.</p> <p>Describe ways to help keep their body protected and safe</p> <p>Explain how to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online)</p> <p>Demonstrate and give reasons for hygiene routines and explain the importance of following them regularly</p> <p>Describe how to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns</p> <p>Explain how lack of sleep can affect the body and mood and simple routines that support good quality sleep</p> <p>Recognise personal qualities and individuality and develop self-worth by identifying positive things about themselves and their achievements</p> <p>Set goals for themselves and understand how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking</p> <p>Understand how everyday things can affect feelings and how feelings change over time and can be experienced at different levels of intensity</p> <p>Explain the importance of expressing feelings and how they can be expressed in different ways</p> <p>Year 3: Know and respect the body differences between self and others.</p> <p>Name males and female body parts</p> <p>Year 4: That puberty is an important stage in the human lifecycle</p> <p>Know some changes that happen during puberty</p> <p>Identify the physical and emotional changes that happen in puberty</p> <p>Understand that children change into adults to be able to reproduce if they choose to</p>	<p>Explain a range of ways to keep healthy, that habits can have positive and negative effects of health, and how to manage pressure to do things that are not healthy.</p> <p>Have a wide vocabulary to describe different emotions in self and others, and can explain how feelings change and ways to manage difficult feelings.</p> <p>Recognise the link between physical and mental health</p> <p>Describe strategies that promote mental health for self and others.</p> <p>Describe ways to prepare for and manage transitions positively between important stages in life or school.</p> <p>Assess how safe or unsafe different choices for health and wellbeing are.</p> <p>Explain how different substances can affect health positively and negatively; identify a range of associated risks and influences, and suggest ways to manage these.</p> <p>Identify a range of sources of support (people who help children stay safe and healthy) and suggest who to ask in different situations.</p> <p>Explain and demonstrate how to respond in emergency situations, including basic first aid skills.</p> <p>Year 5: Explain main physical and emotional changes that happen during puberty</p> <p>Ask questions about puberty with confidence</p> <p>Understand how puberty affects the reproductive organs</p> <p>Know what happens during menstruation and sperm production</p> <p>Explain how to keep clean during puberty</p> <p>Year 6: Describe how and why the body changes during puberty in preparation for reproduction</p> <p>Discuss puberty and reproduction with confidence</p> <p>Explain basic facts about conception and pregnancy</p>
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<p>Living in the Wider World</p> <p>Shared responsibilities</p> <p>Communities</p> <p>Media literacy and digital resilience</p> <p>Economic wellbeing: Money</p> <p>Economic wellbeing: Aspirations, work and career</p>	<p>Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>Set and work towards simple goals.</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p>	<p>Give examples of rules in school or at home and say why they are important.</p> <p>Identify some ways to care for the plants, animals and people around us and why this is important.</p> <p>Identify some similarities and differences between people in school and the community.</p> <p>Give examples of groups they and others belong to and the roles and responsibilities in these different groups.</p> <p>State some rules for using the internet and devices safely, and recognise that not everything online is always true.</p> <p>Describe how wanting something is different to needing something.</p> <p>Say what money is, where it comes from and how it can be looked after, saved or spent.</p> <p>Recognise that people have different strengths, identify some different jobs that people do and some skills needed for these jobs.</p>	<p>Explain what is meant by a diverse community and discuss groups they belong to.</p> <p>Explain how the community helps everyone to feel included and values the different contributions that people make</p> <p>Understand how to be respectful towards people who may live differently to them</p> <p>Explain our shared responsibility and ways we can care for each other and the environment and how everyday choices impact the environment.</p> <p>Understand what people choose to buy or spend money on can affect others or the environment</p> <p>Use skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues</p> <p>Discuss how to show care and concern for others (people and animals)</p> <p>Understand how to carry out personal responsibilities in a caring and compassionate way</p>	<p>Explain the role of money, that it can be earned, saved and spent, and how to make decisions about different uses of money, including managing risks and influences.</p> <p>Recognise how financial decisions can impact people's emotions.</p> <p>Identify strengths, skills and achievements, how these might help chose a job and use to set goals.</p> <p>Describe some of the pathways into a range of jobs, and recognise that peoples' jobs can change over their lifetime.</p> <p>Recognise factors that limit or support careers choices.</p> <p>Explain why information online is not always true, suggest ways to assess whether online information is accurate and trustworthy and explain how to report harmful content.</p>
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