

PSHEe Progression of Skills

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Relationships <i>Pupils should be taught:</i></p> <p>1.How to develop and maintain a variety of healthy relationships.</p> <p>2.How to recognise and manage emotions within a range of relationships</p> <p>3.How to recognise risky or negative relationships including all forms of bullying and abuse</p> <p>4.How to respond to risky or negative relationships and ask for help</p> <p>5.How to respect equality and diversity in relationships</p>	<p>Children can demonstrate that they are learning to work as a team to solve a simple challenge.</p> <p>Children can recognise, name, manage and express feelings in a positive way.</p> <p>Children can demonstrate how to share their views and listen to others.</p> <p>Children can begin to recognise what is fair/unfair.</p>	<p>Children can recognise a range of feelings and manage some feelings in a positive and effective way.</p> <p>They are beginning to work cooperatively with others and understand the importance of listening.</p> <p>They demonstrate an understanding about similarities and differences between people from different countries and recognise the importance of cross cultural friendships.</p>	<p>Children can demonstrate how to empathise with others.</p> <p>They recognise and know how to deal with situations involving peer pressure.</p> <p>Children demonstrate an understanding of why it's important to have positive relationships.</p> <p>They can recognise their own strengths and self-worth.</p> <p>They can identify different types of families.</p>	<p>Children can communicate their views and opinions confidently in a group.</p> <p>They can identify bullying behaviour and the consequences of negative behaviour.</p> <p>Children can explain the term diversity and recognise diversity within the school.</p> <p>They can talk about the need for tolerance for those who are different to us.</p>	<p>Children can demonstrate that they recognise that people can feel alone and misunderstood and learn how to give appropriate support.</p> <p>They can explain that some charities are working for peace and reconciliation between groups of people and nations.</p> <p>Children can identify how and why people are recruited into radicalised activity and identify stereotypes related with radicalisation.</p> <p>They can discuss the consequences of anti-social and aggressive behaviours, such as bullying and racism, on individuals and communities.</p>	<p>Children can identify the benefits of working collaboratively towards a common goal.</p> <p>They can discuss on how to deal with feelings about themselves, family and others in a positive way.</p> <p>Children can identify different ways of getting, help, support and advise.</p> <p>They demonstrate an understanding of what bullying is and how to prevent it.</p> <p>Children identify and respect similarities and differences between people.</p> <p>They can discuss different types of adult relationships with confidence.</p>

						Children can identify and challenge stereotypes including LGBT and other minority groups.
Health and Wellbeing <i>Pupils should be taught:</i> 1.What is meant by healthy lifestyle. 2.How to maintain physical, mental, and emotional health and wellbeing. 3.How to manage risks to physical and emotional health and wellbeing. 4.Ways of keeping physically and emotionally safe. 5.About managing change including puberty, transition and loss. 6.How to make informed choices about health and wellbeing and to recognise sources of help with this. 7.How to respond in an emergency. 8.To identify different influences	Children can make choices about how to develop a healthy lifestyle. Children can explain about the importance of effective teeth cleaning and good dental hygiene. Children can explain ways of keeping clean and safe. Children can identify the differences between boy and girl babies and explain that people grow from young to old.	Children can recognise some differences between males and females. They understand that making positive choices can lead to happiness. Children can make simple choices to improve their health and wellbeing. They understand the importance of maintaining personal hygiene. They are able to identify some hazardous substances.	Children can recognise the importance of local organisations in providing for the needs of the local community and extend strategies to cope with risky situations. They can name male and female body parts. Children recognise the benefits of regular exercise. They can identify some reasons why people smoke and how smoking can affect others.	Children can identify strategies for managing and controlling feelings and emotions. Children can make real choices and decisions affecting their health and wellbeing. Children can identify some basic facts about puberty. They demonstrate an understanding of the physical and emotional changes that happen during puberty. They can discuss the importance of local organisations in providing for the needs of the local community.	Children can talk about the importance of touch in a range of contexts. To know the difference between appropriate and inappropriate touches. Children can list a range of legal and illegal drugs and demonstrate some understanding of the effects and risks of illegal drugs. They can discuss strategies to resist drug use. Children demonstrate a deeper understanding of the importance of making changes in adopting a healthier lifestyle. Children can explain the main physical and emotional changes	Children demonstrate an understanding the basic synergy between physical, emotional and mental health. Children can reflect on how to deal with feelings about themselves, family and others in a positive way. They can explain the effects, risks and law relating to cannabis and the effect cannabis can have on health and lifestyle. They can demonstrate and understanding of the nature of life/death and discuss strategies to deal with loss. Children can identify the risks of VSA and

<p>on health and wellbeing.</p>				<p>Children show an understanding of how to deal with situations involving peer pressure.</p> <p>They demonstrate and understanding of the effects of alcohol on the body and the risks related to it.</p>	<p>that happen during puberty.</p> <p>They can describe how to manage physical and emotional changes during puberty.</p>	<p>to know how to get and give help.</p> <p>Children can explain how their bodies change as they approach puberty.</p> <p>They can describe the decisions that have to be made before having a baby. To know some basic facts about conception and pregnancy.</p>
<p>Living in the Wider World <i>Pupils should be taught:</i> 1.About respect for self and others and the importance of responsible behaviours and actions. 2.About rights and responsibilities as members of families and other groups and ultimately as citizens. 3.About different groups and communities. 4.To respect equality and to be a productive member</p>	<p>Children demonstrate an understanding of the importance of making friends.</p> <p>Children can explain different ways that family and friends should care for each other.</p> <p>They can identify and respect differences and similarities between people.</p> <p>Children can begin to recognise where money comes from.</p>	<p>Children demonstrate an understanding of how their actions affect others.</p> <p>They understand why we have rules.</p> <p>Children recognise that other people and living things have needs, and that they have responsibilities to meet them.</p> <p>They begin to understand the role of money in our society.</p> <p>Children can identify and respect similarities and</p>	<p>Children demonstrate an understanding of why rules are needed in different situations.</p> <p>They can explain why and how laws are made.</p> <p>They recognise that that charities can play an important role in creating a more equal society.</p> <p>They understand the terms discrimination and stereotypes.</p> <p>They can reflect on their own spending habits and choices.</p>	<p>Children can demonstrate a basic knowledge of what democracy is and the basic institutes that support it locally and nationally.</p> <p>They can identify some different values and customs in different places.</p> <p>Children can explain how family units can be different and can change.</p> <p>Children demonstrate and understanding of the need to take</p>	<p>Children can recognise their strengths and how they can contribute to different groups.</p> <p>Children can recognise and challenge stereotypes.</p> <p>They can identify different forms of discrimination against different people in society.</p> <p>Children demonstrate an understanding of why structure is needed in different situations.</p>	<p>Children can recognise there are many roles within a community explain the need to collaborate in a group situation.</p> <p>They can discuss racial discrimination and its impact on societies past and present and recognise and respect differences and similarities between people.</p> <p>Children identify the different forms of discrimination against people in society and</p>

<p>of a diverse community. 5.About the importance of respecting and protecting the environment. 6.About where money comes from, keeping it safe and the importance of managing it effectively. 7.How money plays an important part of people’s lives. 8.A basic understanding of enterprise.</p>		<p>differences between boys and girls.</p>	<p>Children can recognise the features of extremism.</p>	<p>responsibility for their actions. They identify stereotyping and discrimination. Children can identify strategies to respond to negative behaviour constructively.</p>	<p>They show an appreciation that living under the rule of law protects individual citizens and is essential for their wellbeing and safety. Children can identify the financial terms such as loan, interest, tax and discount and identify the differences between needs and wants.</p>	<p>recognise the factors influencing opinion and choice including the media. Children demonstrate an understanding of the importance of freedom to make choices and can explain that sometimes people have their rights taken away and often have to fight for freedom. They can explain that even young children are capable of taking action and bringing about change when they are sufficiently motivated.</p>
--	--	--	--	---	---	--