

Skills Progression: PSHE

	Being me in my world	Celebrating difference	Dreams and goals	Healthy me	Relationships	Changing me
EYFS	<ul style="list-style-type: none"> · Know they have a right to learn and play, safely and happily · Know that some people are different from themselves · Know that hands can be used kindly and unkindly 	<ul style="list-style-type: none"> · Know what being unique means · Know the names of some emotions such as happy, sad, frightened, angry · Know why having friends is important · Know some qualities of a positive friendship · Know that they don't have to be 'the same as' to be a friend 	<ul style="list-style-type: none"> · Know what a challenge is · Know that it is important to keep trying · Know what a goal is 	<ul style="list-style-type: none"> · Know what the word 'healthy' means · Know some things that they need to do to keep healthy · Know the names for some parts of their body · Know when and how to wash their hands properly · Know how to say no to strangers 	<ul style="list-style-type: none"> · Know what a family is · Know what the word 'healthy' means · Know some things that they need to do to keep healthy · Know the names for some parts of their body · Know when and how to wash their hands properly · Know how to say no to strangers 	<ul style="list-style-type: none"> · Know the names and functions of some parts of the body (see vocabulary list) · Know that we grow from baby to adult · Know who to talk to if they are feeling worried
Year 1	<ul style="list-style-type: none"> · Understand their own rights and responsibilities with their classroom · Understand that their choices have consequences · Understand that their views are important 	<ul style="list-style-type: none"> · Know what bullying means · Know who to tell if they or someone else is being bullied or is feeling unhappy · Know that people are unique and that it is OK to be different 	<ul style="list-style-type: none"> · Know how to set simple goals · Know how to achieve a goal · Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them · Know when a goal has been achieved 	<ul style="list-style-type: none"> · Know the difference between being healthy and unhealthy · Know some ways to keep healthy · Know how to make healthy lifestyle choices · Know that all household products, including medicines, can be harmful if not used properly · Know that medicines can help them if they feel poorly · Know how to keep safe when crossing the road 	<ul style="list-style-type: none"> · Know that everyone's family is different · Know that families are founded on belonging, love and care · Know that physical contact can be used as a greeting · Know how to make a friend · Know who to ask for help in the school community 	<ul style="list-style-type: none"> · Know the names of male and female private body parts · Know that there are correct names for private body parts and nicknames, and when to use them · Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these · Know who to ask for help if they are worried or frightened
Year 2	<ul style="list-style-type: none"> · Understand the rights and responsibilities of class members 	<ul style="list-style-type: none"> · Know the difference between a one-off incident and bullying 	<ul style="list-style-type: none"> · Know how to choose a realistic goal and think about how to achieve it · Know that it is important to persevere · Know how to 	<ul style="list-style-type: none"> · Know what their body needs to stay healthy · Know what relaxed means · Know why healthy snacks are good for their bodies 	<ul style="list-style-type: none"> · Know that there are lots of forms of physical contact within a family · Know how to stay stop if someone is hurting them 	<ul style="list-style-type: none"> · Know the physical differences between male and female bodies · Know that private body parts are

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Year 3	<ul style="list-style-type: none"> · Know that the school has a shared set of values · Know why rules are needed and how these relate to choices and consequences · Know that actions can affect others' feelings · Know that others may hold different views 	<ul style="list-style-type: none"> · Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do · Know that conflict is a normal part of relationships · Know that some words are used in hurtful ways and that this can have consequences 	<ul style="list-style-type: none"> · Know that they are responsible for their own learning · Know what an obstacle is and how they can hinder achievement · Know how to take steps to overcome obstacles · Know what dreams and ambitions are important to them 	<ul style="list-style-type: none"> · Know how exercise affects their bodies · Know that the amount of calories, fat and sugar that they put into their bodies will affect their health · Know that there are different types of drugs · Know that there are things, places and people that can be dangerous · Know when something feels safe or unsafe 	<ul style="list-style-type: none"> · Know that different family members carry out different roles or have different responsibilities within the family · Know some of the skills of friendship, e.g. taking turns, being a good listener · Know some strategies for keeping themselves safe online · Know that they and all children have rights (UNCRC) 	<ul style="list-style-type: none"> · Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults · Know some of the outside body changes that happen during puberty · Know some of the changes on the inside that happen during puberty
Year 4	<ul style="list-style-type: none"> · Know their place in the school community · Know what democracy is (applied to pupil voice in school) · Know how groups work together to reach a consensus · Know that having a voice and democracy benefits the school community 	<ul style="list-style-type: none"> · Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying · Know the reasons why witnesses sometimes join in with bullying and don't tell anyone · Know that sometimes people make assumptions about a person because of the way they look or act 	<ul style="list-style-type: none"> · Know how to make a new plan and set new goals even if they have been disappointed · Know how to work as part of a successful group · Know how to share in the success of a group · Know what their own hopes and dreams are · Know that hopes and dreams don't always come true 	<ul style="list-style-type: none"> · Know that there are leaders and followers in groups · Know the facts about smoking and its effects on health · Know the facts about alcohol and its effects on health, particularly the liver · Know ways to resist when people are putting pressure on them 	<ul style="list-style-type: none"> · Know some reasons why people feel jealousy · Know that loss is a normal part of relationships · Know that negative feelings are a normal part of loss · Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe 	<ul style="list-style-type: none"> · Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm · Know that babies are made by a sperm joining with an ovum · Know the names of the different internal and external body parts that are needed to make a baby · Know how the female and

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		<ul style="list-style-type: none"> · Know there are influences that can affect how we judge a person or situation 		<ul style="list-style-type: none"> · Know what they think is right and wrong 		<ul style="list-style-type: none"> male body change at puberty · Know that change can bring about a range of different emotions
Year 4/5	<ul style="list-style-type: none"> · Know what democracy is (applied to pupil voice in school) · Understand the rights and responsibilities associated with being a citizen in the wider community and their country · Know how groups work together to reach a consensus 	<ul style="list-style-type: none"> · Know that sometimes people make assumptions about a person because of the way they look or act · Know that bullying can be direct and indirect · Know the reasons why witnesses sometimes join in with bullying and don't tell anyone 	<ul style="list-style-type: none"> · Know that hopes and dreams don't always come true · Know how to make a new plan and set new goals even if they have been disappointed · Know what resilience is · Know about a range of jobs that are carried out by people I know · Know the types of job they might like to do when they are older · Know how they can be motivated to make a positive contribution to supporting others 	<ul style="list-style-type: none"> Know how different friendship groups are formed and how they fit into them · Know ways to resist when people are putting pressure on them · Know the facts about smoking and its effects on health · Know the facts about alcohol and its effects on health, particularly the liver 	<ul style="list-style-type: none"> · Know some reasons why people feel jealousy · Know that loss is a normal part of relationships · Know that memories can support us when we lose a special person or animal · Know that there are rights and responsibilities in an online community or social network · Know how to stay safe when using technology to communicate with friends 	<ul style="list-style-type: none"> · Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally · Know the names of the different internal and external body parts that are needed to make a Baby. · Know the importance of self-esteem and what they can do to develop it Know that puberty is a natural process that happens to everybody and that it will be OK for them
Year 5	<ul style="list-style-type: none"> · Understand how democracy and having a voice benefits the school community · Understand how to contribute towards the democratic process · Understand the rights and responsibilities associated with being a citizen in the wider community and their country 	<ul style="list-style-type: none"> · Know external forms of support in regard to bullying e.g. Childline · Know that bullying can be direct and indirect · Know what racism is and why it is unacceptable · Know what culture means 	<ul style="list-style-type: none"> · Know about a range of jobs that are carried out by people I know · Know the types of job they might like to do when they are older · Know that young people from different cultures may have different dreams and goals 	<ul style="list-style-type: none"> · Know basic emergency procedures, including the recovery position · Know the health risks of smoking · Know how smoking tobacco affects the lungs, liver and heart · Know how to get help in emergency situations · Know that the media, social media and celebrity culture 	<ul style="list-style-type: none"> · Know that there are rights and responsibilities in an online community or social network · Know that there are rights and responsibilities when playing a game online · Know that too much screen time isn't healthy · Know how to stay safe when using technology to communicate with friends 	<ul style="list-style-type: none"> · Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally · Know that sexual intercourse can lead to conception · Know that some people need help to conceive and might use IVF

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				<p>promotes certain body types · Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure</p>		<p>· Know that becoming a teenager involves various changes and also brings growing responsibility</p>
Year 6	<ul style="list-style-type: none"> · Know about children's universal rights (United Nations Convention on the Rights of the Child) · Know about the lives of children in other parts of the world · Know that personal choices can affect others locally and globally 	<ul style="list-style-type: none"> · Know that people can hold power over others individually or in a group · Know that power can play a part in a bullying or conflict situation · Know that there are different perceptions of 'being normal' and where these might come from · Know that difference can be a source of celebration as well as conflict 	<ul style="list-style-type: none"> · Know about a range of jobs that are carried out by people I know · Know the types of job they might like to do when they are older · Know that young people from different cultures may have different dreams and goals 	<ul style="list-style-type: none"> · Know how to take responsibility for their own health · Know what it means to be emotionally well · Know how to make choices that benefit their own health and well-being · Know about different types of drugs and their uses 	<ul style="list-style-type: none"> · Know that it is important to take care of their own mental health · Know ways that they can take care of their own mental health · Know the stages of grief and that there are different types of loss that cause people to grieve 	<ul style="list-style-type: none"> · Know how a baby develops from conception through the nine months of pregnancy and how it is born · Know how being physically attracted to someone changes the nature of the relationship · Know the importance of self-esteem and what they can do to develop it