



# PSHE Skills & Knowledge



## Curriculum Sequence Of Progression

| Knowledge                     | FS   | Year 1   | Year 2  | Year 3  | Year 4   | Year 5   | Year 6  |
|-------------------------------|--|--|---|---|--|--|---|
| <b>Being Me in My World</b>   | I understand my rights and responsibilities within our Learning Charter                  | I understand my rights and responsibilities within our Learning Charter  | I can recognise the choices I make and understand the consequences  | I understand my actions affect others and try to see things from their points of view   | I understand how democracy and having a voice benefits the school community                                  | I can understand how democracy and having a voice benefits the school community and know how to participate in this  | I can understand how democracy and having a voice benefits the school community                                 |
| <b>Celebrating Difference</b> | I understand that not everyone is the same and we all have different likes and dislikes. | I can tell you some ways I am different from my friends  | I can identify some ways in which my friend is different from me  | I can tell you about a time when my words affected someone's feelings and what the consequences were  | I can tell you a time when my first impression of someone changed as I got to know them                      | I can explain the differences between direct and indirect types of bullying  | I can explain ways in which difference can be a source of conflict or a cause for celebration                   |
| <b>Dreams and Goals</b>       | I know that when I try hard, I can meet my goals.  | I can tell you how I felt when I succeeded in a new challenge and how I celebrated it  | I can explain some of the ways I worked cooperatively in my group to create the end product   | I can evaluate my own learning process and identify how it can be better next time  | I know how to make a new plan and set new goals even if I have been disappointed                             | I can describe the dreams and goals of a young person in a culture different from mine   | I can describe some ways in which I can work with other people to help make the world a better place            |
| <b>Healthy Me</b>             | I understand some ways to stay healthy and safe.   | I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy                                     | I can make some healthy snacks and explain why they are good for my body  | I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help                                      | I can recognise when people are putting me under pressure and can explain ways to resist this when I want to | I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures | I can evaluate when alcohol is being used responsibly, antisocially or being misused                            |
| <b>Relationships</b>          | I know how to be a good friend   | I can tell you why I appreciate someone who is special to me   | I can identify some of the things that cause conflict between me and my friends   | I can explain how some of the actions and work of people around the world help and influence my life  | I can explain different points of view on an animal rights issue   | I can explain how to stay safe when using technology to communicate with my friends  | I can recognise when people are trying to gain power or control   |
| <b>Changing Me</b>            | I know the names of my body parts.   | I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina | I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private | I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up | I can identify what I am looking forward to when I am in Year 5  | I can describe how boys' and girls' bodies change during puberty   | I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born and |

| SKILLS                        | FS   | Year 1  | Year 2   | Year 3  | Year 4  | Year 5  | Year 6   |
|-------------------------------|--|---|--|---|---|---|--|
| <b>Being Me in My World</b>   | I know about rules.                              | I can understand my choices in following the Learning Charter             | I can choose to follow the Learning Charter  | I can choose to follow the Learning Charter   | I can understand why our school community benefits from a Learning Charter and can help others to follow it | I can understand why our school community benefits from a Learning Charter and can help others to follow it                                     | I can understand how our school community benefits from a Learning   |
| <b>Celebrating Difference</b> | I know what I am good at.                        | I understand these differences make us all special and unique             | I can tell you why I value this difference about him/her   | I can give and receive compliments and know how this feels  | I can explain why it is good to accept people for who they are  | I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied | I can show empathy with people in either situation   |
| <b>Dreams and Goals</b>       | I can express my dreams and goals.               | I know how to store the feelings of success in my internal treasure chest | I can express how it felt to be working as part of this group  | I am confident in sharing my success with others and know how to store my feelings of success in my internal treasure chest | I know what it means to be resilient and to have a positive attitude  | I can reflect on how these relate to my own   | I can identify why I am motivated to do this   |
| <b>Healthy Me</b>             | I practice hand hygiene. I participate in sport. | I can recognise how being healthy helps me to feel happy                  | I can express how it feels to share healthy food with my friends   | I can express how being anxious or scared feels   | I can identify feelings of anxiety and fear associated with peer pressure                                   | I respect and value my body   | I can tell you how I feel about using alcohol when I am older and my reasons for this  |
| <b>Relationships</b>          | I can solve problems with my friends             | I express how I feel about them   | I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends | I can show an awareness of how this could affect my choices   | I express my own opinion and feelings on this   | I can recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others                              | I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control |
| <b>Changing Me</b>            | I respect my body I can express my concerns      | I respect my body and understand which parts are private                  | I can tell you what I like/don't like about being a boy/girl   | I recognise how I feel about these changes happening to me and know how to cope with these feelings.                        | I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this | I can express how I feel about the changes that will happen to me during puberty  | I recognise how I feel when I reflect on the development and birth of a baby   |