



**Curriculum Progression Document – PSHE**

	<u>Me and my relationships</u>	<u>Valuing difference</u>	<u>Keeping myself safe</u>	<u>Rights and responsibilities</u>	<u>Being my best</u>	<u>Growing and changing</u>
<u>YR</u>	<ul style="list-style-type: none"> <li>Understand how to listen carefully and why listening is important.</li> <li>Build constructive and respectful relationships.</li> <li>Express their feelings and consider the feelings of others.</li> <li>Talk about members of their immediate family and community.</li> <li>Name and describe people who are familiar to them.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise that people have different beliefs and celebrate special times in different ways.</li> <li>Recognise some similarities and differences between life in this country and life in other countries.</li> <li>Explore the natural world around them.</li> </ul>	<p>Further develop the skills they need to manage the school day successfully:</p> <p>lining up and queuing mealtime</p>	<p>Manage their own needs. - Personal hygiene</p>	<p>See themselves as a valuable individual.</p> <p>Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine -</p> <p>being a safe pedestrian</p> <p>Ask questions to find out more and to check they</p>	



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					understand what has been said to them	
<u>Y1</u>	<ul style="list-style-type: none"> <li>I can name different feelings and how they might make me behave.</li> <li>I can suggest ways of dealing with 'not so good' feelings and how to help others.</li> <li>I can recognise when I need help and who to ask.</li> <li>I can listen to others and wait my turn to speak.</li> <li>I can tell you which trusted adults at home and school keep me safe.</li> </ul>	<ul style="list-style-type: none"> <li>I can say ways in which people are similar as well as different.</li> <li>I can say why things sometimes seem unfair, even if they are not to me.</li> <li>I can talk about what bullying is.</li> <li>I can say ways to show kindness towards others.</li> </ul>	<ul style="list-style-type: none"> <li>I can talk about the things my body needs to stay well (exercise, sleep, healthy foods)</li> <li>I can say what I can do if I have strong, but not so good feelings, to help me stay safe</li> <li>I can say 'no' to unwanted touch and ask for help from a trusted adult.</li> <li>I can say when medicines can be helpful or might be harmful.</li> <li>I can tell you how to stay</li> </ul>	<ul style="list-style-type: none"> <li>I can wash my hands correctly.</li> <li>I can name ways to look after my home and school.</li> <li>I can look after a special person or thing.</li> <li>I can tell you some things that money is spent on.</li> <li>I can get help if someone has hurt themselves.</li> </ul>	<ul style="list-style-type: none"> <li>I can choose a healthy meal with different food groups.</li> <li>I can be persistent when learning a new skill.</li> <li>I can name a few different ideas of what I can do if I find something difficult.</li> <li>I can help my friends when they fall out.</li> <li>I can explain why praise helps me to keep trying.</li> </ul>	<ul style="list-style-type: none"> <li>I can tell you some things that babies need.</li> <li>I can tell you what I can do now that I couldn't do as a toddler and some things that I am still learning to do.</li> <li>I can talk about how safe secrets and surprises make me feel and who to talk to if I am worried.</li> <li>I can name the body parts girls and boys have that are the same and</li> </ul>



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			safe around medicine.			<p>which body parts are different.</p> <ul style="list-style-type: none"> <li>I can name the adults I can talk to at home and school if I need help.</li> </ul>
<u>Y2</u>	<ul style="list-style-type: none"> <li>I understand we have different ways to express our feelings.</li> <li>I can express my feelings in a safe, controlled way.</li> <li>I can tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me.</li> <li>I can tell someone how they are making me feel.</li> <li>I can give you lots of ideas about being what makes a good friend and</li> </ul>	<ul style="list-style-type: none"> <li>I can be respectful of those who are different to me.</li> <li>I can describe how someone can change someone's feelings.</li> <li>I can tell you why it is important to show good listening to people who think differently to me.</li> <li>I can name and suggest strategies to someone who feels left out.</li> <li>I can be kind and use kind</li> </ul>	<ul style="list-style-type: none"> <li>I can keep myself safe around medicines. I can explain that they can be helpful or harmful, and say how they can be used safely.</li> <li>I can say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping myself and others safe.</li> <li>I can say what I do and don't like and who to ask for help.</li> <li>I can give some examples of safe and unsafe secrets and I</li> </ul>	<ul style="list-style-type: none"> <li>I can make choices that help me play and work well with others.</li> <li>I can use some strategies when I feel upset or angry.</li> <li>I can ask for help from a trusted adult.</li> <li>I can name some ways I can look after my environment.</li> <li>I can make choices with money.</li> </ul>	<ul style="list-style-type: none"> <li>I can explain what happens when I learn something new.</li> <li>I can explain how setting a goal or goals will help me to achieve what I want to be able to do.</li> <li>I can explain how hand hygiene stops virus' and germs from spreading.</li> <li>I can give examples of what I can do and give to my body to stay healthy.</li> </ul>	<ul style="list-style-type: none"> <li>I can give support to a friend.</li> <li>I can describe feelings of loss and suggest what someone can do if a friend moves away.</li> <li>I can describe the stages of growth I have been through and what I look forward to in my future.</li> <li>I can name the human private parts that are used to make a baby.</li> <li>I can talk about keeping</li> </ul>



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	also tell you how I try to be a good friend.	words to my friends.	can think of safe people who can help if something feels wrong. <ul style="list-style-type: none"> <li>I can give examples of touches that are ok or not ok (even if they haven't happened to me) and I can identify a safe person to tell if I felt 'not OK' about something.</li> </ul>		<ul style="list-style-type: none"> <li>I can name different parts of my body that are inside me and help to turn food into energy.</li> </ul>	private parts private.
<u>Y3</u>	<ul style="list-style-type: none"> <li>I can communicate my feelings and use this to try to manage my emotions.</li> <li>I can collaborate with a team to achieve a goal.</li> <li>I can accept I may not always agree with others.</li> </ul>	<ul style="list-style-type: none"> <li><u>I can give examples of different types of family. I respect these differences.</u></li> <li><u>I can give examples of different community groups and what is good about having different groups.</u></li> </ul>	<ul style="list-style-type: none"> <li><u>I can say what I could do to make a situation less risky or not risky at all.</u></li> <li><u>I can demonstrate strategies for dealing with a risky situation</u></li> <li><u>I can identify some key risks from and effects of</u></li> </ul>	<ul style="list-style-type: none"> <li><u>I can identify people who help me in different ways.</u></li> <li><u>I can spot 'facts' and 'opinions' to help me share ideas.</u></li> <li><u>I can make a plan.</u></li> <li><u>I can choose a method.</u></li> <li><u>I can identify different times</u></li> </ul>	<ul style="list-style-type: none"> <li><u>I can choose foods that make a balanced meal.</u></li> <li><u>I can explain how washing hands can prevent infections spreading.</u></li> <li><u>I can describe how food, water and air get into the</u></li> </ul>	<ul style="list-style-type: none"> <li><u>I can explain what body space is and how it feels when someone is too close to me.</u></li> <li><u>I can tell you some of the different relationships I have.</u></li> <li><u>I can tell you what qualities</u></li> </ul>



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	<ul style="list-style-type: none"> <li>I can listen and share my opinions respectfully.</li> <li>I can say why friends may fall out and how they can make up.</li> <li>I know how to look after my friends and stay friends.</li> </ul>	<ul style="list-style-type: none"> <li>I can use <u>respectful language and communication skills when discussing with others.</u></li> <li>I can talk <u>about examples in our classroom where respect and tolerance have helped to make it a happier, safer place.</u></li> <li>I can name and use the <u>different qualities needed for people from a diverse range of backgrounds need in order to get on together.</u></li> <li>I can suggest <u>ways to deal with bullying and prejudice.</u></li> </ul>	<p><u>cigarettes and alcohol.</u></p> <ul style="list-style-type: none"> <li>I can give <u>examples of strategies for safe browsing online.</u></li> <li>I can identify <u>personal information and when it is not appropriate or safe to share this. I can get help when an unsafe situation online occurs.</u></li> </ul>	<p><u>and reasons to spend money.</u></p> <ul style="list-style-type: none"> <li>I can give <u>examples of how people earn money.</u></li> </ul>	<p><u>body and blood.</u></p> <ul style="list-style-type: none"> <li>I can set <u>goals and make a plan to develop a new skill.</u></li> </ul>	<p><u>a healthy positive relationship has.</u></p> <ul style="list-style-type: none"> <li>I can describe <u>how a girls and boys body will change when it reaches puberty.</u></li> <li>I can tell you <u>what happens to a womans body when the sperm does not meet the egg.</u></li> </ul>
<u>Y4</u>	<ul style="list-style-type: none"> <li>I can talk about how feelings change and be</li> </ul>	<ul style="list-style-type: none"> <li>I can say how differences sometimes</li> </ul>	<ul style="list-style-type: none"> <li>I can demonstrate strategies for</li> </ul>	<ul style="list-style-type: none"> <li>I can name some responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>I can say how being unique makes</li> </ul>	<ul style="list-style-type: none"> <li>I can describe how change can make a</li> </ul>



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	<p>different for others.</p> <ul style="list-style-type: none"> <li>• I can read different emotions by a persons body language.</li> <li>• I can say 'no' in a calm and controlled way.</li> <li>• I can name some qualities or strategies that help team work. I am aware of others and their needs when working together</li> <li>• I can say what to do if I am, or a friend is, hurt or bullied by another person.</li> <li>• I can recognise the qualities of a healthy relationship.</li> </ul>	<p>cause conflict but can also be something to celebrate.</p> <ul style="list-style-type: none"> <li>• I can begin to manage conflict by using negotiation and compromise.</li> <li>• I can suggest strategies for dealing with someone who is behaving aggressively.</li> <li>• I can demonstrate ways of showing respect to others' differences.</li> <li>• I can explain why it's important to challenge stereotypes that might be applied to me or others.</li> </ul>	<p>dealing with a risky situation</p> <ul style="list-style-type: none"> <li>• I can give examples of people or things that might influence me to take risks and make decisions.</li> <li>• I can give reasons for why most people choose not to smoke, or drink too much alcohol.</li> <li>• I can explain what might happen if people take unsafe or inappropriate risks.</li> <li>• I can identify images that are safe or unsafe to share online.</li> </ul>	<p>and rights that I have.</p> <ul style="list-style-type: none"> <li>• I can share ideas and make decisions that effect others.</li> <li>• I can give my own opinion based on facts, opinions and other influences.</li> <li>• I can give examples of how I can support others as a bystander.</li> <li>• I can explain how others have a financial responsibility to their families and community.</li> <li>• I can give examples of choices and decisions with money that will affect me.</li> </ul>	<p>everyone special, different and valuable.</p> <ul style="list-style-type: none"> <li>• I can give examples of choices I make and the choices others make for me.</li> <li>• I can plan a healthy, balanced meal.</li> <li>• I can give examples of the ways people can look after their physical and mental wellbeing.</li> <li>• I can give different examples of some of the things that I do already to help look after my environment.</li> <li>• how to make a clear and efficient call to emergency</li> </ul>	<p>person feel (both negative and positive).</p> <ul style="list-style-type: none"> <li>• I can explain why young people can have mixed up feelings when they go through puperty.</li> <li>• I can explain why puberty happens.</li> <li>• I can talk about how people feel during puberty and the menstruation cycle and ways to help cope with the changes.</li> <li>• I can explain why some people choose to get married, have a civil ceremony or live together.</li> </ul>
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					<p>services if necessary.</p> <ul style="list-style-type: none"> <li>• concepts of basic first-aid, for example dealing with common injuries, including head injuries.</li> </ul>	
<u>Y5</u>	<ul style="list-style-type: none"> <li>• I can be assertive to keep myself happy, healthy and safe.</li> <li>• I can use strategies to resolve arguments or disagreements.</li> <li>• I can reflect on my behaviour, attitudes and qualities.</li> <li>• I am aware of the warning signs that a relationship could be unhealthy or unsafe.</li> <li>• I can manage my emotional</li> </ul>	<ul style="list-style-type: none"> <li>• I can give examples of different faiths and cultures and positive things about having these differences.</li> <li>• I can explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.</li> <li>• I can empathise with people who have been, and currently are, subjected to injustice,</li> </ul>	<ul style="list-style-type: none"> <li>• I can suggest what someone should do when faced with a risky situation.</li> <li>• I can protect my personal information online. I can recognise disrespectful behaviour online.</li> <li>• I can identify the risks in a specific situation (including emotional risks).</li> <li>• I can discuss social norms relating to</li> </ul>	<ul style="list-style-type: none"> <li>• I can develop ideas and opinions based on a current issue. I can present these with a group.</li> <li>• I can identify how the responsibilities of others impact me and my community.</li> <li>• I can give examples of barriers that can stop others following their responsibilities.</li> <li>• I can give examples of some of the rights and</li> </ul>	<ul style="list-style-type: none"> <li>• I can explain how one organ functions and how it contributes to the health of my body.</li> <li>• I can explain how choices relating to smoking and drinking can effect a persons health.</li> <li>• I can think of ways to improve a skill and the strategies that will help me do this.</li> </ul>	<ul style="list-style-type: none"> <li>• I can begin to manage challenging emotions by building my resilience.</li> <li>• I can describe the emotions and feelings people have during puperty and some respectful strategies to deal with conflict.</li> <li>• I can identify how someone could deal with an unsafe situation by naming trusted adults and</li> </ul>



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	<p>needs and any risks to them.</p> <ul style="list-style-type: none"> <li>I can respond to emotions according to the situation and person.</li> </ul>	<p>including through racism.</p> <ul style="list-style-type: none"> <li>I can explain how people sometimes aim to create an impression of themselves in what they post online that is not real and what might make them do this.</li> <li>I can give examples of why posting an inaccurate (or selective) impression of themselves could be harmful for people that do it (trying to live up to their image, taking risks etc.)</li> <li>I can reflect on how individual/group actions can impact on</li> </ul>	<p>cigarettes and what may influence a persons decision to not smoke.</p> <ul style="list-style-type: none"> <li>I can support someone who is being bullied.</li> </ul>	<p>responsibilities I have as I grow older, at home, my community and the environment. I can give real examples of each that relate to me.</p> <ul style="list-style-type: none"> <li>I can suggest ways to spend and save money responsibly.</li> <li>I can explain some things about finance and money. I can name a person who deals with money in my community.</li> </ul>	<ul style="list-style-type: none"> <li>I can name several qualities that make people attractive that are nothing to do with how they look, but about how they behave.</li> <li>I can give examples of how I am independent and manage my own success.</li> </ul>	<p>strategies to stay safe.</p> <ul style="list-style-type: none"> <li>I can explain, using the correct vocabulary, the menstuation cycle and puberty changes and the products people might need.</li> <li>I can give examples of feelings and emotions people have at times of change.</li> </ul>
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		others in a positive or negative way.				
<u>Y6</u>	<ul style="list-style-type: none"> <li>I can work through challenges I have with my friends with respect, assertiveness and understanding.</li> <li>I can give examples of negotiation and compromise. I can use these skills in practical situations.</li> <li>I know types of touch that are against the law and can suggest ways of getting help if someone experiences inappropriate or illegal touch.</li> <li>I can use assertive behaviours to keep myself safe from peer</li> </ul>	<ul style="list-style-type: none"> <li>I can explain the difference between a passive bystander and an active bystander and give an example of how active bystanders can help in bullying situations.</li> <li>I can show respect to others by using verbal and non-verbal communication.</li> <li>I can reflect on and give reasons for why some people show prejudiced behaviour and sometimes bully for this reason.</li> <li>I can describe how empathy can help people to be more</li> </ul>	<ul style="list-style-type: none"> <li>I can use safe, respectful and responsible behaviours and strategies when using social media.</li> <li>I can give examples of how to safely share images online.</li> <li>I can explain how social norms around alcohol can influence a persons decision whether to drink alcohol or not.</li> <li>I can suggest positive ways to meet my emotional needs and how this impacts my behaviour.</li> </ul>	<ul style="list-style-type: none"> <li>I can tell you the difference between 'fact' and 'opinion' and explain what 'bias' means.</li> <li>I can discuss the reasons why people post online and the positive and negative effects relating to social media.</li> <li>I can talk about how money is earned, the differences in incomes and how public services are supported by tax payers.</li> <li>I can describe how a group of people can make a change. I can reflect on my role in</li> </ul>	<ul style="list-style-type: none"> <li>I can explain, giving examples, how I can manage my wellbeing using the five ways to wellbeing.</li> <li>I can set goals so that I can achieve an aspiration.</li> <li>I can tell you how I can overcome problems and challenges on the way to achieving my goals.</li> <li>I can identify risk factors in a given situation</li> <li>I can assess the level of risk and explain how a risk can be reduced.</li> </ul>	<ul style="list-style-type: none"> <li>I can name some of the feelings and emotions people have during change.</li> <li>I can give examples of how someone could cope with or get support during puberty.</li> <li>I can identify ways the media can create stereotypes and how this can affect how someone can feel about their own body image.</li> <li>I can explain how to stay safe when sharing images and</li> </ul>



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	<p>influence or pressure.</p> <ul style="list-style-type: none"><li>• I can explain bystander behaviour by giving examples of what bystanders do when someone is being bullied.</li></ul>	<p>tolerant and understanding of those who are different from them.</p> <ul style="list-style-type: none"><li>• I can recognise how the media can reinforce gender stereotypes and begin to challenge this.</li></ul>	<ul style="list-style-type: none"><li>• I can begin to make decisions independently and responsibly.</li></ul>	<p>making a change in my community or environment.</p> <ul style="list-style-type: none"><li>• I can suggest ways that I can help my environment.</li><li>• I can give examples of why we need a democratic society and how laws keep us safe.</li></ul>		<p>information online.</p> <ul style="list-style-type: none"><li>• I can offer advice and name people to help keep someone safe. I can identify if a secret is unsafe.</li></ul>
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