

PROGRESSION OF KNOWLEDGE AND SKILLS



PSHE	Knowledge	Thinking skills
Nursery and Reception	<p>Being Me in My World – Self-identity, understanding feelings, being in a classroom, being gentle</p> <p>Celebrating difference – Identifying talents, Being special, Families, Where we live, Making friends, Standing up for yourself</p> <p>Dreams and Goals – Challenges, Perseverance, Goal-setting, Overcoming obstacles, Seeking help, Jobs, Achieving goals</p> <p>Healthy Me – Exercising bodies, Physical activity, Healthy food, Sleep, Keeping clean, safety</p> <p>Relationships – Family life, Friendships, Breaking friendships, Falling out, Dealing with bullying, Being a good friend</p> <p>Changing Me – Bodies, Respecting my body, Growing up, Growth and change, Fun and fears, Celebrations</p>	<p>Recognise</p> <p>Identify</p> <p>Respond to questions</p> <p>Express likes and dislikes</p>
Year 1	<p>Being Me in My World – Feeling special and safe, Being part of a class, Rights and responsibilities, Rewards and feeling proud, Consequences, Owning the learning charter</p> <p>Celebrating difference – Similarities and differences, Understanding bullying and knowing how to deal with it, Making new friends, Celebrating the differences in everyone</p> <p>Dreams and Goals – Setting goals, Identifying successes and achievements, Learning styles, Working well and celebrating achievement with a partner, Tackling new challenges, Identifying and overcoming obstacles, Feelings of success</p> <p>Healthy Me – Keeping myself healthy, Healthier lifestyle choices, Keeping clean, Being safe, Medicine safety/Safety with household items, Road safety, Linking health and happiness</p> <p>Relationships – Belonging to a family, Making friends/being a good friend, Physical contact preferences, People who help us, Qualities as a friend and person, Self-acknowledgement, Being a good friend to myself, Celebrating special relationships</p> <p>Changing Me – Life cycles-animal and human, Changes in me, Changes since being a baby, Differences between female and male bodies (correct terminology), Linking growing and learning, Coping with change, Transition</p>	<p>Observe</p> <p>Describe</p> <p>Select</p> <p>Use simple vocabulary</p>
Year 2	<p>Being Me in My World – Hopes and fears for the year, Rights and responsibilities, Rewards and consequences, Safe and fair learning environment, Valuing contributions, Choices, Recognising feelings</p> <p>Celebrating difference – Assumptions and stereotypes about gender, Understanding bullying, Standing up for self and others, Making new friends, Gender diversity, Celebrating difference and remaining friends</p> <p>Dreams and Goals – Achieving realistic goals, Perseverance, Learning strengths, Learning with others, Group co-operation, Contributing to and sharing success</p> <p>Healthy Me – Motivation, Healthier choices, Relaxation, Healthy eating and nutrition, Healthier snacks and sharing food</p> <p>Relationships – Different types of family, Physical contact boundaries, Friendship and conflict, Secrets, Trust and appreciation, Expressing appreciation for special relationships</p> <p>Changing Me – Life cycles in nature, Growing from young to old, Increasing independence, Differences in female and male bodies (correct terminology), Assertiveness, Preparing for transition</p>	<p>Compare and contrast</p> <p>Reason</p> <p>Offer views and opinions</p> <p>Use appropriate vocabulary</p> <p>Measure</p>

Year 3	<p>Being Me in My World – Setting personal goals, Self-identity and worth, Positivity in challenges, Rules, rights and responsibilities, Rewards and consequences, Responsible choices, Seeing things from others' perspectives</p> <p>Celebrating difference – Families and their differences, Family conflict and how to manage it (child-centred), Witnessing bullying and how to solve it, Recognising how words can be hurtful, Giving and receiving compliments</p> <p>Dreams and Goals – Difficult challenges and achieving success, Dreams and ambitions, New challenges, Motivation and enthusiasm, Recognising and trying to overcome obstacles, Evaluating learning processes, Managing feelings, Simple budgeting</p> <p>Healthy Me – Exercise, Fitness challenges, Food labelling and healthy swaps, Attitudes towards drugs, Keeping safe and why it's important online and off line, Scenarios, Respect for myself and others, Healthy and safe choices</p> <p>Relationships – Family roles and responsibilities, Friendship and negotiation, Keeping safe online and who to go to for help, Being a global citizen, Being aware of how my choices affect others, Awareness of how other children have different lives, Expressing appreciation for family/ friends</p> <p>Changing Me – How babies grow, Understanding a baby's needs, Inside/outside body changes, Family stereotypes, Challenging my ideas, Preparing for transition</p>	<p>Understanding through explanations</p> <p>Use accurate and precise vocabulary</p> <p>Measure and record</p>
Year 4	<p>Being Me in My World – Being part of a class team, Being a school citizen, Rights, responsibilities and democracy (school council), Rewards and consequences, Group decision making, Having a voice, What motivates behaviour</p> <p>Celebrating difference – Challenging assumptions, Judging by appearance, Accepting self and others, Understanding influences/bullying, Problem solving, Identifying how special and unique everyone is, First impressions</p> <p>Dreams and Goals – Hopes and dreams, Overcoming disappointment, Creating new, realistic dreams, Achieving goals, Working in a group, Celebrating contributions, Resilience, Positive attitudes</p> <p>Healthy Me – Healthier friendships, Group dynamics, Smoking, Alcohol, Assertiveness, Peer pressure, Celebrating inner strength</p> <p>Relationships – Jealousy, Love and loss, Memories of loved ones, Getting on and falling out, Girlfriends and boyfriends, Showing appreciation to people and animals</p> <p>Changing Me – Being unique, Having a baby, Girls and puberty, Confidence in change, Accepting change, Preparing for transition, Environmental change</p>	<p>Describe and explain links</p> <p>Patterns</p> <p>Processes and inter-relationships</p> <p>Measure</p> <p>Record and present</p>
Year 5	<p>Being Me in My World – Planning the forthcoming year, Being a citizen, Rights and responsibilities, Rewards and consequences, How behaviour affects groups, Democracy, having a voice, participating</p> <p>Celebrating difference – Cultural differences and how they can cause conflict, Racism, Rumours and name-calling, types of bullying, Material wealth and happiness, Enjoying and respecting other cultures</p> <p>Dreams and Goals – Future dreams, The importance of money, Jobs and careers, Dream job and how to get there, Goals in different cultures, Supporting others (charity), Motivation</p> <p>Healthy Me – Smoking, including vaping, Alcohol and anti-social behaviour, Emergency aid, Body image, Relationships with food, Healthy choices, Motivation and behaviour</p> <p>Relationships – Self-recognition and self-worth, Building self-esteem, Safer online communities, Rights and responsibilities online, Online gaming and gambling, Reducing screen time, Dangers of online grooming, SMARRT internet safety rules</p> <p>Changing Me – Self and body image, Influence of online and media on body image, Puberty for girls/boys, Conception (VF), Growing responsibility, Coping with change, Preparing for transition</p>	<p>Present detailed explanations</p> <p>Draw conclusions</p> <p>Make informed judgements</p>

Year 6	<p>Being Me in My World – Identifying goals for the year, Global citizenship, Children’s universal rights, Feeling welcome and valued, Choices, consequences and rewards, Group dynamics, Democracy, having a voice, Anti-social behaviour, Role modelling</p> <p>Celebrating difference – Perceptions of normality, Understanding disability, Power struggles, Understanding bullying, Inclusion/exclusion, Differences as conflict/celebration, Empathy</p> <p>Dreams and Goals – Personal learning goals, in and out of school, Success criteria, Emotions in success, Making a difference in the world, Motivation, Recognising achievements, Compliments</p> <p>Healthy Me – Taking personal responsibility, How substances affect the body, Exploitation, including ‘county lines’ and gang culture, Emotional and mental health, Managing stress</p> <p>Relationships – Mental health, Identifying mental health worries and sources of support, Love and loss, Managing feelings, Power and control, Assertiveness, Technology safety, Take responsibility with technology use</p> <p>Changing Me – Self-image, Body image, Puberty and feelings, Conception to birth, Reflections about change, Physical attraction, Respect and consent, Boyfriends/girlfriends, Sexting, Transition</p>	<p>Evaluate critically</p> <p>Validate</p> <p>Hypothesis</p> <p>Remodel</p>
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