



# PSHE Skills Progression

There are 3 core themes that are taught in PSHE-

Health and well-being-

Pupils should be taught:

1. What is meant by a 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 on health and wellbeing

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Children can explain ways of keeping clean and they can name the main parts of the body.</p> <p>They can explain that people grow from young to old.</p> <p>Children can explain about people who look after them, who to go to if they are worried and</p>	<p>Children can make simple choices about some aspects of their health and well-being (for example by choosing between different foods and between physical activities, knowing that they need sun protection) and know what keeps them healthy (for</p>	<p>Children can make choices about how to develop healthy lifestyles. Children can make choices about how to develop healthy lifestyles (for example by knowing the importance of a healthy diet and regular exercise).</p>	<p>They can list the commonly available substances and drugs that are legal and illegal, and can describe some of the effects and risks of these. They understand when they should keep secrets and promises, and when they should tell somebody about them.</p>	<p>They can identify some factors that affect emotional health and wellbeing. They can identify and explain how to manage the risks in different familiar situations.</p>	<p>They can make judgements and decisions and can list some ways of resisting negative peer pressure around issues affecting their health and wellbeing. They can list the commonly available substances and drugs that are legal and illegal, and</p>

ways to help these people look after them.	example exercise and rest). Children can talk about the harmful aspects of some household products and medicines, and describe ways of keeping safe in familiar situations.				can describe some of the effects and risks of these.
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#### Relationships-

Pupils should be taught:

1. How to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
2. How to recognise and manage emotions within a range of relationships
3. How to recognise risky or negative relationships including all forms of bullying and abuse
4. How to respond to risky or negative relationships and ask for help
5. How to respect equality and diversity in relationships.

<p><b>Year 1</b></p> <p>Children can identify and name some feelings (for example through interpreting facial expressions) and express some of their positive qualities. They can recognise the effect of their behaviour on other people, and can</p>	<p><b>Year 2</b></p> <p>Children can demonstrate that they can manage some feelings in a positive and effective way. They begin to share their views and opinions (for example talking about fairness).</p>	<p><b>Year 3</b></p> <p>Children can demonstrate that they recognise their own worth and that of others. They can express their views confidently and listen to and show respect for the views of others.</p>	<p><b>Year 4</b></p> <p>They can express their views confidently and listen to and show respect for the views of others. They know what a friend is and does and how to cope with some friendship problems.</p>	<p><b>Year 5</b></p> <p>They can identify ways to face new challenges. They can discuss some of the bodily and emotional changes at puberty, and can demonstrate some ways of dealing with these in a positive way.</p>	<p><b>Year 6</b></p> <p>They can identify positive ways to face new challenges (for example the transition to secondary school). They can discuss some of the bodily and emotional changes at puberty, and can demonstrate some ways of dealing with</p>
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<p>cooperate with others (for example by playing and working with friends or classmates).</p>	<p>They can set themselves simple goals.</p>	<p>The concept of 'keeping something confidential or secret' when we should or shouldn't agree to this/ when it is right to 'break a confidence' or 'share a secret'.</p>			<p>these in a positive way. They can talk about a range of jobs, and explain how they will develop skills to work in the future. They can demonstrate how to look after and save money.</p>
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### Living in the Wider World-

Pupils should be taught:

1. About respect for self and others and the importance of responsible behaviours and actions
2. About rights and responsibilities as members of families, other groups and ultimately as citizens
3. About different groups and communities
4. To respect equality and to be a productive member 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 in people's lives
8. A basic understanding of enterprise.

<p><b>Year 1</b> Children can explain different ways that family and friends should care for one another. They can recognize what improves and harms their local, natural and built environments and some of the ways people look after them.</p>	<p><b>Year 2</b> Children can recognise that bullying is wrong and can list some ways to get help in dealing with it. They can recognise the effect of their behaviour on other people, and can cooperate with others (for example by playing and working with friends or classmates). They can identify and respect differences and similarities between people.</p>	<p><b>Year 3</b> Children can explain how their actions have consequences for themselves and others. They can describe the nature and consequences of bullying, and can express ways of responding to it. They can show how they care for the environment (e.g. animals and school grounds)</p>	<p><b>Year 4</b> They can describe the nature and consequences of bullying, and can express ways of responding to it. They can identify different types of relationship (for example marriage or friendships), and can show ways to maintain good relationships (for example listening, supporting, caring).</p>	<p><b>Year 5</b> Children can respond to, or challenge, negative behaviours such as stereotyping and aggression. Children will appreciate the need for personal safety issues when using the Internet .They will be aware of internet dangers and what children can do to keep themselves and others safe.</p>	<p><b>Year 6</b> They can describe some of the different beliefs and values in society, and can demonstrate respect and tolerance towards people different from themselves. Children understand possible routes to different careers and be able to set goals towards these aspirations. They understand 'enterprise' and skills that make someone enterprising.</p>
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