

Skills Progression PSHE

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships	<p>Children can talk about why their family is special and the ways that they love and care for them. They can say how families are the same and different.</p> <p>Children can talk about the similarities and differences between themselves and others,</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>Children can recognise that bullying is wrong and can list some ways to get help in dealing with it.</p> <p>Children 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).</p>	<p>Children can demonstrate that they recognise their own and others feeling and how to respond to how others are feeling.</p> <p>Children can express their views confidently and listen to and show respect for the views of others.</p> <p>Children understand and respect that there are different types of families which may be similar or different to their own. They understand that people in families should care for each other and know how and where to get help they feel unhappy or unsafe within their family environment.</p>	<p>Children can express their views confidently and listen to and show respect for the views of others.</p> <p>Children understand when they should keep secrets and promises, and when they should tell somebody about them.</p> <p>Children realise the consequences of anti-social behaviour and aggressive behaviours such as bullying and discrimination on individuals and communities.</p>	<p>Children recognise their increasing independence brings increased responsibility to keep themselves and others safe.</p> <p>Children recognise that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources including the media and people they know. They know where to go to ask for help.</p>	<p>They can identify positive ways to face new challenges (for example the transition to secondary school).</p> <p>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>Children know some facts about human reproduction including conception, pregnancy and birth, and that conception can be prevented.</p> <p>Children know about the different types of relationships including committed loving relationships (including marriage and civil partnership). They know that marriage, arranged marriage and civil partnership is between two people who willingly agree and that to force anyone into marriage (forced marriage) is illegal.</p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Health and well-being</p>	<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 develop and understand simple skills to help prevent diseases from spreading.</p>	<p>Children can make simple choices about some aspects of their health and wellbeing and know what keeps them healthy.</p> <p>Children can talk about the harmful aspects of some household products and medicines, and describe ways of keeping safe in familiar and unfamiliar situations.</p> <p>Children begin to learn the skills in order to know what to do to keep themselves safe in familiar and unfamiliar situations including when using the internet.</p>	<p>Children can make choices about how to develop healthy lifestyles including the benefits of physical activity, rest, healthy eating and dental care.</p> <p>Children recognise rules for and ways of keeping physically and emotionally safe, including road safety, safety in the environment, safety online, the responsible use of the internet.</p> <p>Children judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them).</p>	<p>Children can recognise what they are good at, set goals and deal with set-backs.</p> <p>Children recognise and care about others people's feelings and respect and constructively challenge if necessary, their points of view.</p> <p>Children keep physically and emotionally safe including road safety and safety in the environment.</p> <p>Children know how to keep safe online including how to protect personal information.</p>	<p>Children know that differences and similarities between people arise from a number of factors including family, cultural, ethnic, racial and religious diversity, age, sex, sexual orientation and disability.</p> <p>Children understand the concept of stereotypes and how these can affect a person's behaviour and attitudes towards others.</p> <p>Children 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>Children understand which commonly available substances (alcohol, tobacco, medicines) and drugs are legal and illegal, and their effects and risks and how to ask for help if they are</p>	<p>Children can make judgements and decisions and can list some ways of resisting negative peer pressure around issues affecting their health and well-being.</p> <p>Children can list the commonly available substances and drugs that are legal and illegal, and can describe some of the effects and risks of these.</p> <p>Children learn what affects mental health and ways to take care of it including managing time online.</p>
---	--	---	--	--	---	--

					worried about drugs. Children learn how to carry out some basic first aid and how to behave in a calm manner in an emergency situation.	
Living in the Wider World	<p>Children can explain different ways that family and friends should care for one another.</p> <p>Children can explain what money is, the different ways it is obtained and that people have choices in how to use the money they have, including the concept of spending and saving.</p> <p>They develop skills needed to care for environments including working together to look after their classroom.</p>	<p>They can identify and respect differences and similarities between people.</p> <p>They can demonstrate an understanding that people work to earn money, and that people's strengths and abilities allows them to do different jobs.</p>	<p>Children recognise that they belong to various groups and communities such as family and school.</p> <p>Children understand that people may live differently to them and know how to respect and value these differences.</p>	<p>Children recognise that there are different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment.</p> <p>Children understand about the different job choices people have and that in order to do different roles there are certain skills and attributes they must learn. They understand that there are different routes into careers and what might influence them to make their own career choices.</p>	<p>Children recognise the role money plays in their own and others' lives. They learn about the different ways people may buy things and that money can have an effect on people's feelings and emotions.</p>	<p>Children know that images in the media can distort reality and how media can affect how people feel about themselves.</p> <p>Children understand about different influences on behaviour, including peer pressure and media influence.</p> <p>Children know about strategies for managing personal safety online including where to get help and advice and support.</p>