

## Purleigh Community Primary School Progression of Skills: P.S.H.E

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
<b>Being me in my world</b>	<p><u>Who...Me?!</u></p> <p><u>How Am I Feeling Today?</u></p> <p><u>Being at School</u></p> <p><u>Gentle Hands</u></p> <p><u>Our Rights</u></p> <p><u>Our Responsibilities</u></p>	<p><u>Special and Safe</u> I feel special and safe in my class.</p> <p><u>Rights &amp; Responsibilities</u> I understand the rights and responsibilities as a member of my class</p> <p><u>Rewards &amp; Feeling Proud</u> I recognise how it feels to be proud of an achievement I know my views are valued</p> <p><u>Consequences</u> I can recognise choices I make and recognise consequences.</p> <p><u>Owning our Learning Charter</u></p>	<p><u>Hopes and Fears for the Year</u> I can identify some of my hopes and fears for this year. I know who to ask for help.</p> <p><u>Rights and Responsibilities</u> I understand some of the rights and responsibilities for being a member of my class and school.</p> <p><u>Rewards &amp; Consequences</u> I can listen to other people and contribute my own ideas about rewards and consequences.</p> <p><u>Owning our Learning Charter</u></p>	<p><u>Getting to Know Each Other</u> I value myself and know how to make someone feel welcome and valued.</p> <p><u>Our Nightmare School</u> I can face challenges positively and make responsible choices and ask for help when I need it.</p> <p><u>Our Dream School</u> I understand why rules are needed and how they relate to rights and responsibilities.</p> <p><u>Rewards and Consequences</u> I understand how actions affect others and to understand other points of view.</p> <p><u>Owning our Learning Charter</u></p>	<p><u>Becoming a Class 'Team'</u> I can take on a role in a group/ community and contribute to the overall outcome. I try to make people feel welcome and valued and understand how it feels to be excluded.</p> <p><u>Being a School Citizen including, rights, Responsibilities and Democracy</u> I can take on a role in a group/ community and contribute to the overall outcome.</p> <p><u>Rewards and Consequences</u> I understand how rewards and consequences motivate people's behaviour.</p> <p><u>Owning our Learning Charter</u></p>	<p><u>My Year Ahead</u> I can face new challenges positively and know how to set personal goals.</p> <p><u>Being Me in Britain</u> I understand my rights and responsibilities as a British citizen and as a member of my school community.</p> <p><u>Responsibilities</u> I understand how democracy benefits communities and know how to participate in this.</p> <p><u>Rewards and Consequences</u></p> <p><u>Owning our Learning Charter</u></p>	<p><u>My Year Ahead</u> I can identify for this year, understand my fears and worries and know how to express them. I feel welcomed and valued and know how to make others feel the same.</p> <p><u>Being a Global Citizen</u> I know there are universal rights for all children but for many children these are not met. I understand that my actions affect other people locally and globally.</p> <p><u>The Learning Charter</u> I understand how democracy and having a voice benefits the community</p> <p><u>Consequences</u> I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand</p>

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							<p>how these relate to my rights and responsibilities.</p> <p><b><u>Owning our Learning Charter</u></b></p>
<p><b>Celebrating Difference</b></p>	<p><b><u>What I Am Good At</u></b></p> <p><b><u>I'm Special, I'm Me!</u></b></p> <p><b><u>Families</u></b></p> <p><b><u>Houses and Homes</u></b></p> <p><b><u>Making Friends</u></b></p> <p><b><u>Standing Up For Yourself</u></b></p>	<p><b><u>The same as... Different from...</u></b> I can identify similarities and differences between some people in my class.</p> <p><b><u>What is bullying? What do I do about bullying?</u></b> I can tell you what bullying is and what I would do if I was being bullied.</p> <p><b><u>Making new friends?</u></b> I know how to make new friends.</p> <p><b><u>Celebrating difference; celebrating me</u></b> I understand that differences make us all special and unique.</p>	<p><b><u>Boys and girls</u></b> I can understand similarities and differences between boys and girls.</p> <p><b><u>Why does bullying happen?</u></b> I understand that bullying is sometimes about difference.</p> <p><b><u>Standing up for myself and others</u></b></p> <p><b><u>Making a new friend</u></b> I know some ways to make friends. I can recognise what is right and wrong and know how to look after myself.</p> <p><b><u>Celebrating difference and still being friends</u></b> I can compare myself with a friend and describe our similarities and differences.</p>	<p><b><u>Families</u></b> I understand that everybody's family is different and important to them.</p> <p><b><u>Family conflict</u></b></p> <p><b><u>Witness, feelings and solutions</u></b> I can problem solve a difficult situation with someone and by myself.</p> <p><b><u>Words that harm</u></b> I know how to calm myself down.</p> <p><b><u>Celebrating difference: compliments</u></b> I can give and receive compliments and know how this feels.</p>	<p><b><u>Judging by Appearances</u></b> I can tell you a time when my first impression of someone changed as I got to know them.</p> <p><b><u>Understanding Influences</u></b></p> <p><b><u>Understanding Bullying</u></b></p> <p><b><u>Problem Solving</u></b></p> <p><b><u>Special Me</u></b></p> <p><b><u>Celebrating Difference: how we look</u></b> I can explain why it's good to accept people for who they are.</p>	<p><b><u>Different cultures</u></b> I respect my own and other people's cultures/race.</p> <p><b><u>Racism</u></b> I respect my own and other people's cultures/race.</p> <p><b><u>Rumours and name-calling</u></b> I can tell you a range of strategies in managing my feelings in bullying situations and for problem solving when I'm part of one.</p> <p><b><u>Types of bullying</u></b> I can explain the differences between direct and indirect types of bullying.</p> <p><b><u>Does money matter?</u></b></p> <p><b><u>Celebrating difference across the world</u></b></p>	<p><b><u>Am I Normal?</u></b> I understand there are different perceptions about what normal means.</p> <p><b><u>Understanding Disability</u></b> I understand how disability could affect somebody's life.</p> <p><b><u>Power Struggles</u></b> I can explain a range of strategies to deal with bullying.</p> <p><b><u>Why Bully?</u></b> I can explain how it can feel to be excluded or treated badly by being different in some way.</p> <p><b><u>Celebrating Difference</u></b> I can explain how difference can be a cause for celebration.</p>

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			I can express how I feel about these differences.				
<b>Dreams and Goals</b>	<b><u>Challenge</u></b>	<b><u>My Treasure Chest of Success</u></b> I can identify successes and achievements.	<b><u>Goals to Success</u></b> I can choose a realistic goal and think about how to achieve it.	<b><u>Dreams and Goals</u></b>	<b><u>Hopes and Dreams</u></b>	<b><u>When I Grow Up (My Dream Lifestyle)</u></b> I appreciate the opportunities that learning and education are giving me and how this will help me to build my future.	<b><u>Personal Learning Goals</u></b> I know my learning strengths and can set myself challenging but realistic goals. I can set myself success criteria so I know when I have achieved my goal.
	<b><u>Never Giving Up</u></b>			<b><u>My Dreams and Ambitions</u></b> I can identify a dream or ambition that is important to me.	<b><u>Broken Dreams</u></b> I know what it means to be resilient and to have a positive attitude.	<b><u>Investigate Jobs and Careers</u></b> I know about a range of jobs and appreciate the contributions different people make.	<b><u>Steps to Success My Dream For the World</u></b> I can work with other people to make the world a better place. I can give praise and compliments to other people.
	<b><u>Setting a Goal</u></b>	<b><u>Steps to Goals</u></b> I can set a goal and work out how to achieve it.	<b><u>My Learning Strengths</u></b> I can persevere even when I find tasks difficult.	<b><u>A New Challenge</u></b> I can evaluate my own learning processes and identify how it will be better next time.	<b><u>Overcoming Disappointment</u></b> I know how to make a new plan and set new goals even if I have been disappointed.		
	<b><u>Obstacles and Support</u></b>	<b><u>Achieving Together</u></b> I understand how to work with a partner.	<b><u>Learning with Others</u></b> I can work collaboratively with a group to solve problems or achieve an end product.	<b><u>Our New Challenge – Overcoming Obstacles</u></b> I can tell you about a person who has faced difficult challenges and achieved success.	<b><u>Creating New Dreams</u></b>		<b><u>Helping to Make a Difference</u></b> I recognise problems in the world that concern me and talk to other people about them.
	<b><u>Flight to the Future</u></b>	<b><u>Stretchy Learning</u></b> I can tell you how I learn best. I can tackle a new challenge and understand that this might stretch my learning.	<b><u>A Group Challenge</u></b> I can explain some of the ways to work in a group.		<b><u>Achieving Goals We Did It!</u></b> I know what it means to be resilient and to have a positive attitude.	<b><u>My Dream Job. Why I want it and the steps to get there</u></b> I can reflect on my own dreams and goals and plan to overcome challenges.	<b><u>Recognising Our Achievements</u></b> I know what people like or admire about me and I can accept their praise.
	<b><u>Award Ceremony</u></b>	<b><u>Overcoming Obstacles</u></b> I can identify obstacles and work out how to overcome them.	<b><u>Celebrating Our Achievement</u></b>	<b><u>Celebrating My Learning</u></b> I am confident sharing my success with others.		<b><u>Dreams and Goals of Young People in Other Cultures</u></b> I can compare the dreams and goals of a person from another culture and compare them to mine.	

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						<p><b><u>How We Can Support Each Other</u></b>  <b><u>Rallying Support</u></b>          I understand why I am motivated to make a positive contribution to supporting others.</p>	
<p><b>Healthy Me</b></p>	<p><b><u>Everybody's Body</u></b></p> <p><b><u>We Like to Move It Move It!</u></b></p> <p><b><u>Food Glorious Food</u></b></p> <p><b><u>Sweet Dreams</u></b></p> <p><b><u>Keeping Clean</u></b></p>	<p><b><u>Being Healthy</u></b>          I understand the difference between healthy and unhealthy.</p> <p><b><u>Healthy Choices</u></b>          I know how to make healthy lifestyle choices.</p> <p><b><u>Clean and Healthy</u></b>          I know how to keep myself clean and understand germs cause illness.</p> <p><b><u>Medicine Safety</u></b>          I know that all household products including medicines can be harmful if not used properly. I understand how to use medicines safely.</p> <p><b><u>Road Safety</u></b>          I know how to keep safe when crossing the road and about people who help me to be safe.</p>	<p><b><u>Being Healthy</u></b>          I know what I need to keep my body healthy.</p> <p><b><u>Being Relaxed</u></b>          I can explain what helps me to relax and what makes me stressed.</p> <p><b><u>Medicine Safety</u></b>          I understand how medicines work in my body and how important it is to use them safely.</p> <p><b><u>Healthy Eating</u></b>          I can explain what healthy snacks are and why they are good for my body.</p> <p><b><u>The Healthy Me Cafe</u></b></p>	<p><b><u>Being Fit and Healthy</u></b>          I can understand how complex my body is and how important it is to take care of it.</p> <p><b><u>What Do I Know about Drugs</u></b></p> <p><b><u>Being Safe</u></b>  <b><u>Being Safe at Home</u></b>          I can identify things, people and places that I need to keep safe from and can identify strategies for keeping myself safe and who to go to for help.</p> <p><b><u>My Amazing Body</u></b>          I can understand how complex my body is and how important it is to take care of it.</p>	<p><b><u>My Friends and Me</u></b>  <b><u>Group Dynamics</u></b>          I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p><b><u>Smoking</u></b></p> <p><b><u>Alcohol</u></b></p> <p><b><u>Healthy Friendships</u></b>          I can identify feelings of anxiety and fear associated with peer pressure.</p> <p><b><u>Celebrating My Inner Strength and Assertiveness</u></b>          I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p>	<p><b><u>Smoking</u></b></p> <p><b><u>Alcohol</u></b>          I can make informed decisions and choices knowing how to resist pressure e.g. smoking, alcohol etc.</p> <p><b><u>Emergency Aid</u></b>  <b><u>Body Image</u></b>          I respect and value my body.</p> <p><b><u>My Relationship with Food</u></b></p> <p><b><u>Healthy Me</u></b>          I am motivated to keep myself healthy and happy.</p>	<p><b><u>Food</u></b>          I know the impact of food on my body.</p> <p><b><u>Drugs</u></b>          I know about different drugs and their uses and their effects on the body.</p> <p><b><u>Alcohol</u></b>          I can evaluate when alcohol is being used responsibly, anti-socially or being misused.</p> <p><b><u>Emergency Aid</u></b>          I know and can put into basic practice basic emergency aid procedures and how to get help in emergency situations.</p> <p><b><u>Emotional and Mental Health</u></b>          I understand what it means to be emotionally well and can explore people's attitudes toward</p>

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		<u>Happy, Healthy Me</u>					mental health/illness.  <b>Managing Stress</b> I can use different strategies to manage stress and pressure.
<b>Relationships</b>	<p><u>My Family and Me!</u></p> <p><u>Make Friends, Make Friends, Never Ever Break Friends</u></p> <p><u>Falling Out and Bullying</u></p>	<p><b>Families</b> I can identify the members of my family and understand there are lots of different types of families.</p> <p><b>Making Friends</b> I can identify what being a good friend means to me.</p> <p><b>Greetings</b> I know what forms of physical contact are acceptable and unacceptable to me.</p> <p><b>People Who Help Us</b> I know when I need help and how to get it.</p> <p><b>Being My Own Best Friend</b> I can recognise my qualities as a person.</p> <p><b>Celebrating My Special Relationships</b></p>	<p><b>Families</b></p> <p><b>Keeping Safe – exploring physical contact</b> I know which types of physical contact I like/dislike or are appropriate/not appropriate and can talk about them.</p> <p><b>Friends and Conflict</b> I can identify some of the things that cause conflict between me and my friends.</p> <p><b>Secrets</b></p> <p><b>Trust and Appreciation</b> I can express/accept appreciation.</p> <p><b>Celebrating My Special Relationships</b> I understand my relationship with each of them and know why it is</p>	<p><b>Family Roles and Responsibilities</b> I can identify roles and responsibilities within a family and reflect on this.</p> <p><b>Friendship</b> I can know how to express my appreciation to my friends and family.</p> <p><b>Keeping Myself Safe Being a Global Citizen</b> I can explain how the actions and work of people around the world help and influence my life. I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</p> <p><b>Celebrating My Web of Relationships</b></p>	<p><b>Relationship Web</b></p> <p><b>Love and Loss Memories</b> I can explain different points of view and express my own feelings and emotions on these.</p> <p><b>Are Animals Special?</b></p> <p><b>Special Pets</b></p> <p><b>Celebrating My Relationships with People and Animals</b> I know how it feels to belong to a range of different relationships and can identify what I contribute to each of them.</p>	<p><b>Recognising Me</b> I know how to keep building my self-esteem.</p> <p><b>Getting On and Falling Out</b> I know how to stand up for myself and how to negotiate and compromise.</p> <p><b>Girlfriends and Boyfriends</b></p> <p><b>Relationships and Technology</b> I can explain how to stay safe using technology to communicate with others.</p>	<p><b>My Relationship Web</b> I can identify the most significant people in my life so far.</p> <p><b>Love and Loss</b> I know some strategies to manage feelings associated with loss and can help other people to do so.</p> <p><b>Power and Control</b> I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control.</p> <p><b>Being Safe with Technology</b> I can take responsibility for my own safety and well-being.</p>

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		I can tell you why I appreciate somebody.	important to share and cooperate.				
<b>Changing Me</b>	<b><u>My Body</u></b>	<b><u>Life Cycles</u></b> I am starting to understand the lifecycles of animals and humans.	<b><u>Life Cycles in Nature</u></b>	<b><u>How Babies Grow Babies</u></b>	<b><u>Unique Me</u></b>	<b><u>Self and Body Image</u></b>	<b><u>Self and Body Image</u></b>
	<b><u>Respecting My Body</u></b>		<b><u>Growing from Young to Old</u></b> I understand about the natural process of growing from young to old and recognise that this is out of my control.	<b><u>Outside Body Changes</u></b>	<b><u>Having a Baby</u></b>	<b><u>Puberty for Girls</u></b>	I am aware of my own self-image and how my body image fits into that.
	<b><u>Growing Up</u></b>			<b><u>Inside Body Changes</u></b> I can identify how girls and boys bodies change on the inside during puberty and understand why these changes are necessary.	<b><u>Girls and Puberty</u></b>	<b><u>Puberty for Boys</u></b>	
	<b><u>Fun and Fears</u></b>	<b><u>Changing Me</u></b> I can tell you about changes that have happened to me and some that have stayed the same.	<b><u>The Changing Me</u></b> I recognise that some parts of my body are private.		<b><u>Circles of Change</u></b>	<b><u>Conception</u></b>	<b><u>Puberty</u></b> I can explain how bodies change during puberty and understand the importance of looking after yourself.
	<b><u>Fun and Fears</u></b>	<b><u>My Changing Body</u></b> I understand growing up is natural and everybody grows at different rates.	<b><u>Boys' and Girls' Bodies</u></b> I recognise the physical differences between boys and girls and can use the correct vocabulary.	<b><u>Family Stereotypes</u></b>	<b><u>Accepting Change</u></b>	<b><u>Looking Ahead</u></b> I can identify what I am looking forward to about becoming a teenager and the responsibilities that this will bring. I can reflect on the changes I would like to make when I am in Year 6 and can describe how to go about this.	<b><u>Girl Talk/Boy Talk</u></b>
	<b><u>Celebration</u></b>		<b><u>Boys' and Girls' Bodies</u></b> I respect my body and understand which parts are private.	<b><u>Boys' and Girls' Bodies</u></b> I recognise the physical differences between boys and girls and can use the correct vocabulary.	<b><u>Looking Ahead</u></b> I can start to recognise stereotypical ideas I might have and I recognise how I feel when I am challenged and might be willing to change my ideas sometimes. I can start to think about changes I will make when I am in Year 4 and know how to go about this.	<b><u>Looking Ahead</u></b> I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively. 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.	<b><u>Babies – Conception to Birth</u></b> I can describe how a baby develops from conception, through pregnancy and how it is born.
		<b><u>Boys' and Girls' Bodies</u></b> I respect my body and understand which parts are private.	<b><u>Assertiveness</u></b>			<b><u>Attraction</u></b>	
		<b><u>Learning &amp; Growing</u></b> I enjoy learning new things.	<b><u>Looking Ahead</u></b> I am confident to say what I like and what I don't like and can ask for help. I can start to think about changes I will make when I am in Year 3 and how to go about this.			<b><u>Transition to Secondary School</u></b> I can identify what I am looking forward to and what worries me about secondary school.	
		<b><u>Coping with Changes</u></b> I know some ways to cope with changes.					