



## PSHE Key Progression of Skills

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Being Me In My World</b>	<ul style="list-style-type: none"> <li>o Help others to feel welcome.</li> <li>o Making our school a safer place.</li> <li>o Thinking about our right to learn.</li> <li>o Caring for others.</li> <li>o Working well with others.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain why my class is a happy and safe place to learn.</li> <li>o Give different examples of where I or others make my class a safe and happy place.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain why my behaviour can impact others in my class.</li> <li>o Explain my own and other's choices and say why some choices are better than others.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain how my behaviour can affect how others feel and behave.</li> <li>o Say why it is important to have rules and how it helps me and others to learn.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain why being listened to and listening to others is important.</li> <li>o Explain why being democratic is important and helps others to feel valued.</li> </ul>	<ul style="list-style-type: none"> <li>o Compare my life with other people around the UK and explain why we have rights, responsibilities and rules to make both school and the wider community a fair place.</li> <li>o Explain how actions of one person can affect another person.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain how my choices impact the local community and the wider world.</li> <li>o Empathise with other people in the local and wider community and think about how this changes my actions.</li> </ul>
<b>Celebrating Differences</b>	<ul style="list-style-type: none"> <li>o Accept that we are all different.</li> <li>o Include others when working and playing.</li> <li>o Know how to help other people.</li> <li>o Try to solve problems.</li> <li>o Use kind words.</li> </ul>	<ul style="list-style-type: none"> <li>o Tell you some ways that I am different and similar to other people in my class, and why this makes us all special.</li> <li>o Explain what bullying is and how being bullied might make somebody feel.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.</li> <li>o Explain how it feels to have a</li> </ul>	<ul style="list-style-type: none"> <li>o Describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.</li> <li>o Tell you how being involved with a conflict</li> </ul>	<ul style="list-style-type: none"> <li>o Tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain ways in which difference can be a source of conflict or a cause for celebration.</li> <li>o Show empathy with people in situations where their difference is a source of conflict or a</li> </ul>



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	<ul style="list-style-type: none"> <li>o Give and receive compliments.</li> </ul>		<ul style="list-style-type: none"> <li>friend and be a friend. I can also explain why it is OK to be different from my friends.</li> </ul>	<ul style="list-style-type: none"> <li>makes me feel and can offer strategies to help the situation. e.g. Solve It Together or asking for help</li> </ul>	<ul style="list-style-type: none"> <li>o Explain why it is good to accept myself and others for who we are.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.</li> </ul>	<ul style="list-style-type: none"> <li>cause for celebration.</li> </ul>
<b>Dreams and Goals</b>	<ul style="list-style-type: none"> <li>o Stay motivated when doing something challenging.</li> <li>o Keep trying even when things are tricky.</li> <li>o Work well with a partner or a group.</li> <li>o Have a positive attitude.</li> <li>o Help others to achieve their goals.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain how I feel when I am successful and how this can be celebrated positively.</li> <li>o Say why my internal treasure chest is an important place to store positive feelings.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other.</li> <li>o Explain how it felt to be part of a group and can identify a range of feelings about group work.)</li> </ul>	<ul style="list-style-type: none"> <li>o Explain the different ways that help me learn and what I need to do to improve.</li> <li>o Be confident and positive when I share my success with others.</li> <li>o Explain how these feelings can be stored in my internal treasure chest and why this is</li> </ul>	<ul style="list-style-type: none"> <li>o Plan and set new goals even after a disappointment.</li> <li>o Explain what it means to be resilient and to have a positive attitude.</li> </ul>	<ul style="list-style-type: none"> <li>o Compare my hopes and dreams with those of young people from different cultures.</li> <li>o Reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain different ways to work with others to help make the world a better place.</li> <li>o Explain what motivates me to make the world a better place.</li> </ul>
<b>Healthy Me</b>	<ul style="list-style-type: none"> <li>o Make healthy choices.</li> <li>o Eat a balanced diet.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain why I think my body is amazing and can identify a range</li> </ul>	<ul style="list-style-type: none"> <li>o Explain why foods and medicines can be good for my body</li> </ul>	<ul style="list-style-type: none"> <li>o Identify things, people and places that I need to keep</li> </ul>	<ul style="list-style-type: none"> <li>o Recognise when people are putting me under pressure and can</li> </ul>	<ul style="list-style-type: none"> <li>o Explain different roles that food and substances can</li> </ul>	<ul style="list-style-type: none"> <li>o Explain when substances including alcohol are being used</li> </ul>



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	<ul style="list-style-type: none"> <li>o Be physically active.</li> <li>o Try to keep themselves and others safe.</li> <li>o Know how to be a good friend and have a healthy relationship.</li> <li>o Keep calm and deal with tricky situations.</li> </ul>	<ul style="list-style-type: none"> <li>of ways to keep it safe and healthy.</li> <li>o Give examples of when being healthy can help me feel happy.</li> </ul>	<ul style="list-style-type: none"> <li>comparing my ideas with less healthy/ unsafe choices.</li> <li>o Compare my own and my friends' choices and can express how it feels to make healthy and safe choices.</li> </ul>	<ul style="list-style-type: none"> <li>safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.</li> <li>o Express how being anxious/ scared and unwell feels.</li> </ul>	<ul style="list-style-type: none"> <li>explain ways to resist this when I want to.</li> <li>o Identify feelings of anxiety and fear associated with peer pressure.</li> </ul>	<ul style="list-style-type: none"> <li>play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</li> <li>o Summarise different ways that I respect and value my body.</li> </ul>	<ul style="list-style-type: none"> <li>anti-socially or being misused and the impact this can have on an individual and others.</li> <li>o Identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.</li> </ul>
<b>Relationships</b>	<ul style="list-style-type: none"> <li>o Know how to make friends.</li> <li>o Try to solve friendship problems when they occur.</li> <li>o Help others feel part of a group. Show respect when dealing with other people.</li> <li>o Know how to help themselves</li> </ul>	<ul style="list-style-type: none"> <li>o Explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.</li> <li>o Give examples of behaviour in</li> </ul>	<ul style="list-style-type: none"> <li>o Explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.</li> <li>o Give examples of some different problem-solving techniques and</li> </ul>	<ul style="list-style-type: none"> <li>o Explain how my life is influenced positively by people I know and also by people from other countries.</li> <li>o Explain why my choices might affect my family, friendships and people around the world who I don't know.</li> </ul>	<ul style="list-style-type: none"> <li>o Recognise how people are feeling when they miss a special person or animal.</li> <li>o Give ways that might help me manage my feelings when missing a special person or animal.</li> </ul>	<ul style="list-style-type: none"> <li>o Compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate</li> </ul>	<ul style="list-style-type: none"> <li>o Identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.</li> <li>o Explain the feelings I might experience if I lose somebody special and when</li> </ul>



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	<p>and others when they feel upset.</p> <ul style="list-style-type: none"> <li>o Know and show what makes a good friendship</li> </ul>	<p>other people that I appreciate and behaviours that I don't like.</p>	<p>explain how I might use them in certain situations in my relationships.</p>			<p>and to resist peer pressure.</p> <ul style="list-style-type: none"> <li>o Apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.</li> </ul>	<p>I need to stand up for myself and my friends in real or online situations.</p> <ul style="list-style-type: none"> <li>o Offer strategies to help me manage these feelings and situations.</li> </ul>
<b>Changing Me</b>	<ul style="list-style-type: none"> <li>o Understand that everyone is unique and special.</li> <li>o Can express how they feel when they are happy.</li> <li>o Understand and respect changes which happen in them.</li> <li>o Understand changes which happen in them.</li> <li>o Look forward to change.</li> </ul>	<ul style="list-style-type: none"> <li>o Compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older.</li> <li>o Give reasons why some parts of my body are private.</li> <li>o Explain why some changes I might experience might feel better than others.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain why some types of touches feel OK and others don't.</li> <li>o Tell you what I like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to me.</li> </ul>	<ul style="list-style-type: none"> <li>o Explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</li> <li>o Recognise how I feel about these changes happening to me</li> </ul>	<ul style="list-style-type: none"> <li>o Summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</li> <li>o Explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I</li> </ul>	<ul style="list-style-type: none"> <li>o Explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.</li> <li>o Express how I feel about the changes that will happen to me during puberty, and that I accept these changes</li> </ul>	<ul style="list-style-type: none"> <li>o Describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</li> <li>o Recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.</li> </ul>



Trinity CE  
Primary School

*To excel, to value, to enjoy, together*

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				and can suggest some ideas to cope with these feelings	might manage my feelings when changes happen.	might happen at different times to my friends.	
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