

## **PSHE SKILLS PROGRESSION**





Individual liberty

Mutual Respec

Democracy

Freedom of faiths and beliefs







#### **Core Skills**

- develop effective relationships and manage personal safety, including online.
- recognise what is normal for their physical and mental health and know how and where to seek support as early as possible if an issue arises.
- manage the physical and emotional changes throughout times of transition.
- make an active contribution to their community.



Autumn 1
Me and My Relationships

Marvellous Me I can tell you why I am special.

Ν

I can express my feelings

I can tell you why we have rules.
I can tell you how I am feeling.
I can recognise how others feel
and why.

I know how to be a good friend. I can tell you the difference between bullying and teasing. Autumn 2
Valuing Differences

I can talk about my friends and my family.

I can recognise similarities and differences between myself and others.

I can understand that my behaviour has an impact on others.

I can make others feel differently by the way I listen, respond or behave. Spring 1 Keeping Myself Safe

I can keep myself safe.

I can tell you ways of keeping myself safe, indoors, outdoors and online.

I can tell you ways to keep my body safe and healthy. I can keep myself safe online.

I can kee'p myself safe by making my feelings clear. I can distinguish between good and bad secrets. Spring 2
Rights and Respect

I can tell you some ways that we look after ourselves, our friends and our environment.

I can demonstrate ways of showing respect to my friends, family and our world.

I can list some ways of behaving responsibly. I can tell you about keeping money safe.

I can explain how my behaviour has an impact on the environment. I can tell you why we need to save money. Summer 1 Being My Best

I can keep on trying until I do it!

I can demonstrate a positive attitude. I can tell you why healthy choices and sleep are important.

I can tell you ways of keeping myself healthy. I can tell you why I need to exercise.

I can make sensible choices to keep myself healthy. I can tell you the impact my choices have on my body. Summer 2
Growing and Changing

I can tell you what I was like when I was a baby.

I can talk about life stages in plants, animals and humans... I know about boys and girls bodies.

I can talk about growing and changing. I understand that some body parts are private.

> I can recognise similarities and differences in boys and girls. I know that some body parts are private.



# **PSHE SKILLS PROGRESSION**





















## **EYFS/ Year One Classes**



## Me and My **Relationships**

Why we have classroom rules.

How are you listening?

Good friends

Thinking about feelings

Our feelings

Feelings and bodies

### **Keeping Myself** Safe

Super sleep

Good or bad touches

What could Harold do?

**Sharing pictures** 

Who can help? (1)

Harold loses Geoffrey

Listening to my feelings

## **Valuing Difference**

It's not fair!

Who are our special people?

Our special people balloons

Same or different?

Unkind, tease or bully?

Harold's school rules

## **Being My Best**

I can eat a rainbow

Eat well

Harold learns to ride his bike

Yes I can!

Harold's wash and brush up

Catch it! Bin it! Kill it!

## **Rights and** Respect

Taking care of something.

Harold has a bad day.

Around and about the school.

Basic first aid.

Harold's money.

How should we look after our money.

## **Growing and** Changing

Healthy me

Then and now

Taking care of a baby

### **RSE**

Where do babies come from?/Who can help? Getting bigger/ Surprises and secrets Me and my body- girls and boys/-Keeping privates private.



# **PSHE SKILLS PROGRESSION**















## Me and My **Relationships**

Our ideal classroom (1)

Our ideal classroom (2)

How are you feeling today?

Bullying or teasing?

Don't do that!

Types of bullying

Being a good friend

Let's all be happy!

## **Keeping Myself** Safe

Harold's picnic

How safe would you feel?

What should Harold say?

I don't like that!

Fun or not?

Should I tell?

Some secrets should never be kept

## **Valuing Difference**

What makes us who we are?

How do we make others feel?

My special people

When someone is feeling left out

An act of kindness

Solve the problem

## **Being My Best**

You can do it!

My day

Harold's postcard helping us to keep clean and healthy

Harold's bathroom

My body needs...

What does my body do?

## **Rights and** Respect

Getting on with others

When I feel like erupting

Feeling safe

How can we look after our environment?

Harold saves for something special

> Harold goes camping

## **Growing and** Changing

A helping hand

Sam moves house

Haven't you grown!

**RSE** 

My body, your body

Respecting privacy

Basic first aid