



PSHE SKILLS PROGRESSION

AUTUMN 1

Core Skills To: 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

I can tell you why I am special

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 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 and 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 healthy. I can keep myself safe online.

I can keep 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.

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