


PSHE Skills Progression Hallwood Park Primary School and Nursery

|  HALLWOOD PARK PRIMARY SCHOOL & NURSERY | EYFS | KSI | LKS2 | UKS2 |
|--|---|---|---|---|
| Me and My relationships | <ul style="list-style-type: none"> Talk about feelings and what causes them. Ask trusted adults for help. Show ways to help others who are sad or worried. | <ul style="list-style-type: none"> Communicate their feelings and begin to manage them. Work with others to achieve a goal. Use simple strategies to resolve disagreements. | <ul style="list-style-type: none"> Use assertive communication to express needs and feelings. Use strategies to manage conflict or strong emotions. Reflect on their own behaviour and how it affects others. | <ul style="list-style-type: none"> Apply a range of strategies to maintain positive relationships. Resolve conflicts respectfully and constructively. Reflect on their behaviour, attitudes and qualities. |
| Valuing difference | <ul style="list-style-type: none"> Identify how they are similar to and different from others. Show kindness and help their friends. | <ul style="list-style-type: none"> Describe similarities and differences between people. Recognise when things seem unfair. Talk about what bullying is. | <ul style="list-style-type: none"> Respect different types of families and community groups. Use respectful language in discussions. Recognise diversity and inclusion within the community. | <ul style="list-style-type: none"> Explain the importance of respect for different beliefs and cultures. Show empathy for people facing discrimination or injustice. Challenge stereotypes using respectful communication. |
| Keeping Safe | <ul style="list-style-type: none"> Identify dangers and how to keep themselves safe. Know what is safe or unsafe to touch. Talk about what their body needs to stay healthy. | <ul style="list-style-type: none"> Use strategies to stay safe when experiencing strong feelings. Say no to unwanted touch and seek help. Explain what helps their body stay well. | <ul style="list-style-type: none"> Identify and reduce risks in a variety of situations. Use strategies to respond to risky situations. Recognise risks linked to substances such as cigarettes and alcohol. | <ul style="list-style-type: none"> Assess risks and make safe, informed decisions. Identify emotional, social and physical risks in scenarios. Describe how social influences affect decisions related to safety. |
| Rights and responsibilities | <ul style="list-style-type: none"> Make simple healthy choices. Help friends, family and the world around them. | <ul style="list-style-type: none"> Practise good hygiene. Look after their home and school. Care for important objects and people. | <ul style="list-style-type: none"> Distinguish between facts and opinions when sharing ideas. Describe their rights and responsibilities. Explain how responsibilities affect their families and communities. | <ul style="list-style-type: none"> Present ideas on current issues using evidence. Evaluate how responsibilities affect individuals and groups. Recognise barriers that prevent people fulfilling responsibilities. |
| Being my best | <ul style="list-style-type: none"> Keep trying when things are difficult. Listen and take turns. Try new activities with confidence. | <ul style="list-style-type: none"> Persist when learning a new skill. Suggest strategies for overcoming challenges. Support peers when there is a disagreement. | <ul style="list-style-type: none"> Set goals and make a plan to achieve them. Recognise their own strengths and uniqueness. Reflect on choices they make. | <ul style="list-style-type: none"> Make informed choices that support health. Improve skills using specific strategies. Identify positive qualities in themselves and others. |
| Growing and Changing | <ul style="list-style-type: none"> Talk about how they have grown and changed. Understand the idea of privacy (e.g. PANTS rule). Identify safe and unsafe secrets. | <ul style="list-style-type: none"> Explain body space and recognise when someone is too close. Name different kinds of relationships. Identify what helps a relationship stay healthy. | <ul style="list-style-type: none"> Use strategies to manage challenging emotions. Describe emotional changes during puberty and ways to cope. Identify how to stay safe in difficult situations and who to ask for help. | <ul style="list-style-type: none"> Recognise physical and emotional changes during puberty. Manage transitions using strategies for wellbeing. Make safe, informed decisions in relationships. |