

PSHE and RSHE Skills Progression Grid

	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<p><u>Family and Relationships</u></p> <p>These skills will be covered during Autumn 1 and 2.</p>	<p>Understanding that families can include a range of people and how different members of a family are related to each other</p> <p>Learning that friendships can have problems but that these can be overcome</p> <p>Exploring friendly behaviours</p> <p>Learning to recognise how other people show their feelings and how to care for others</p> <p>Exploring the ability to successfully work with different people</p> <p>Understanding ways to help others</p>	<p>Learning that families can be made up of different people</p> <p>Understanding that families offer care, love and support</p> <p>Understanding difficulties in friendships and action that can be taken</p> <p>Learning how other people show their feelings and how to respond to them</p> <p>Exploring how loss and change can affect t us</p>	<p>Learning that problems can occur in families and that there is help available if needed</p> <p>Exploring ways to resolve friendship problems</p> <p>Developing an understanding of the impact of bullying and what to do if bullying occurs</p> <p>Understanding what trust is and identifying who I can trust</p> <p>Learning about the effects of non-verbal communication</p> <p>Developing listening skills</p> <p>Exploring stereotyping</p>	<p>Understanding that families are varied, in the UK and across the world and having respect for these differences</p> <p>Exploring physical and emotional boundaries in friendships</p> <p>Exploring different roles related to bullying including victim, bully and bystander</p> <p>Understanding expected courtesy and manners in a range of scenarios</p> <p>Understanding how my actions and behaviour affects others</p> <p>Understanding stereotyping</p> <p>Learning what bereavement is and how to help someone who has experienced bereavement</p>	<p>Understanding that we all have different positive attributes and we should be proud of these</p> <p>Learning what marriage is and that it is a choice that people make</p> <p>Learning that sometimes families can make children feel unhappy or unsafe and that there is help available</p> <p>Understanding that friendships will encounter issues but that this may strengthen them</p> <p>Understanding the impact of bullying and what might influence the behaviour of a bully</p> <p>Learning how stereotypes can be unfair, negative and destructive</p>	<p>Learning what respect is and that it is part of a relationship</p> <p>Understanding that everyone deserves to be respected but that respect can be lost</p> <p>understanding stereotyping and bullying linked to it</p> <p>Understanding grief and the associated emotions</p> <p>To explore the process and emotions relating to grief</p>

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<p style="text-align: center;"> Health and Wellbeing These skills will be covered during Autumn 2 and Spring 2. </p>	<p>Understanding the importance of hand hygiene</p> <p>Understanding the risks of sun exposure and how to stay safe in the sun</p> <p>Developing an understanding of allergies and what to do if someone has an allergic reaction</p> <p>Understanding the importance of sleep and positive sleep habits</p> <p>Understanding my strengths and qualities</p> <p>Understanding and describing feelings and emotions</p>	<p>Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation</p> <p>Understanding the importance of exercise and its effect on the body</p> <p>Recognising an increasing range of feelings and some strategies for managing different emotions</p> <p>Identifying personal goals and how to work towards them</p>	<p>Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest</p> <p>Understanding what a balanced diet is and the effects upon mental and physical health</p> <p>Exploring my identity through the groups I belong to</p> <p>Identifying my strengths and exploring how I use them to help others</p> <p>Understanding how to overcome problems by breaking them into smaller, achievable steps</p>	<p>Developing independence in looking after my teeth</p> <p>Identifying what makes me feel calm and relaxed and learning visualization as a tool to aid relaxation</p> <p>Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles</p> <p>Understanding that it is normal to experience a range of emotions</p> <p>Learning to take responsibility for my emotions and that I can control some things but not others</p> <p>Developing an understanding of mental health including experiencing problems</p> <p>Developing a growth mindset, acknowledging that mistakes are useful to learning</p>	<p>Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun</p> <p>Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep</p> <p>Understanding what can cause stress and how to deal with it</p> <p>Exploring ways to achieve a goal, setting short-term, medium-term and long-term targets</p> <p>Developing the ability to take responsibility for and manage my feelings</p>	<p>Developing an understanding of possible signs of illness and some actions I can take</p> <p>Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation</p> <p>Understanding the factors which contribute to my physical and mental health</p> <p>Learning about the affects technology can have on mental health</p>

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<p>Safety and the changing body</p> <p>These skills will be covered during Spring 2 and Summer 1.</p>	<p>Understanding how to respond appropriately to adults in a range of settings</p> <p>Exploring potential hazards in the home and how to avoid these</p> <p>Understanding the roles people have within the local community to help keep me safe</p> <p>Developing an understanding of appropriate physical contact</p> <p>Exploring what is and isn't safe to put in or on my body</p> <p>Understanding what classes as an emergency and how to make a call to the emergency services</p>	<p>Developing an understanding of being safe near roads and learning how to cross roads safely</p> <p>Beginning to understand the importance of staying safe online</p> <p>Understanding the difference between secrets and surprises</p> <p>Understanding the concept of privacy</p>	<p>Understanding ways to keep safe when crossing and near roads</p> <p>Exploring that people and things can influence me and I need to make the right decision for me</p> <p>Exploring choices and decisions that I can make</p> <p>Knowing how to call the emergency services</p> <p>Knowing how to respond to bites and stings</p>	<p>Developing an understanding of being safe online</p> <p>Understanding how to seek help if I need to</p> <p>Exploring the difference between private and public</p> <p>Understanding that age restrictions are designed to protect me</p> <p>Understanding the risks associated with tobacco</p> <p>Developing an understanding of physical and emotional changes as I grow up</p>	<p>Developing an understanding of how to ensure relationships online are safe</p> <p>Recognising an increasing number of online risks and ways to stay safe online</p> <p>Understanding the influence others can have on me</p> <p>Learning strategies I can use to overcome pressure from others</p> <p>Understanding the physical changes from childhood to adulthood</p> <p>Developing an understanding of the main aspects of puberty, including menstruation</p> <p>Learning about the emotional changes during puberty</p> <p>Knowing how to help someone who is bleeding</p>	<p>Developing an understanding about the reliability of online information</p> <p>Exploring online relationships including dealing with problems</p> <p>Understanding that online relationships should be treated in the same way as face to face relationships</p> <p>Knowing where to get help with any online problems</p> <p>Understanding the risks associated with alcohol</p> <p>Knowing the changes experienced during puberty.</p> <p>Understanding the law</p> <p style="background-color: yellow;">Understanding how a baby is conceived</p> <p style="background-color: yellow;">Understanding how a baby is developed</p>

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<p>Citizenship (British Values)</p> <p>These lessons will be covered during Summer 1 Summer 2.</p>	<p>Understanding rules in school</p> <p>Recognising why rules are necessary</p> <p>Understanding differences between people</p> <p>Understanding how voting can be used to make decision</p>	<p>Understanding rules in the community</p> <p>Understanding how rules are made</p> <p>Understanding how democracy works in school through the School Council</p> <p>Understanding that everyone is unique</p>	<p>Developing an understanding of children's rights and how they help children</p> <p>Considering the responsibilities adults and children have to maintain children's rights</p> <p>Developing an understanding of how democracy works at a local level</p> <p>Developing an understanding of groups within the local community and how these support the local community</p>	<p>Understanding that human rights apply to everyone and who protects these</p> <p>Understanding the positives diversity brings to a community</p>	<p>Understanding the law and what happens when someone breaks it</p> <p>Developing an understanding of how parliament and the Government work</p>	<p>Understanding how human rights protect people</p> <p>Understanding how the Government works</p> <p>Understanding what prejudice and discrimination are</p> <p>Understanding how prejudice and discrimination can be overcome</p>

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<p><u>Economic Wellbeing</u></p> <p>These skills will be covered during Summer 1 and Summer 2..</p>	<p>Developing an understanding of the value of money and how to keep it safe</p> <p>Developing an understanding of how banks work</p>	<p>Developing an understanding of wants and needs</p> <p>Recognising that people make choices about how to spend money</p> <p>Developing an understanding of how to select a bank account</p>	<p>Developing an understanding of budgeting</p> <p>Understanding that people have different attitudes to money</p> <p>Growing understanding of the range of jobs available</p>	<p>Understanding the importance of tracking money</p> <p>Understanding the routes into different jobs</p>	<p><u>Sessions delivered by:</u> <u>Debt Aware Charity</u></p> <p>Be aware of different banks and what to think about when choosing a bank</p> <p>Understand the many methods of payment available for paying for goods and services and when the advantages and disadvantages of using each</p> <p>Understand the need for savings and the different ways of saving money</p>	<p><u>Sessions delivered by:</u> <u>Debt Aware Charity</u></p> <p>Know some of the qualifications and skills required for different occupations</p> <p>See how rewards differ for different occupations and why they are different</p> <p>Understand some of the costs and benefits of going to university and apprenticeships</p> <p>Be aware of the importance of planning ahead in line with their own strengths and interests</p> <p>Understand the potential dangers of gambling</p> <p>To understand what a firm means by profit and loss</p> <p>The importance of profit and loss to a firm's employees and to the country</p>

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<p><u>Identity</u></p> <p>These skills will be covered Summer 2.</p>						<p>Understanding what makes identity</p> <p>Recognising the difference between how we see ourselves and how others see us</p> <p>Exploring the role of gender in identity</p> <p>Exploring how the media might influence our identity</p>