



# Progression of skills in PSHE

	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<b>Families and friendships</b> <b>Health and wellbeing</b> <b>Family</b>	<ul style="list-style-type: none"> <li>Understanding that families can include a range of people and how different members of a family are related to each other</li> </ul>	Learning that families can be made up of different people <ul style="list-style-type: none"> <li>Understanding that families offer care, love and support</li> </ul>	Learning that problems can occur in families and that their is help available if needed	Understanding that families are varied, in the UK and across the world and having respect for these differences	<ul style="list-style-type: none"> <li>Understanding that we all have different positive attributes and we should be proud of these</li> <li>Learning what marriage is and that it is a choice that people make</li> <li>Learning that sometimes families can make children feel unhappy or unsafe and that there is help available</li> </ul>	<ul style="list-style-type: none"> <li>Understanding that we all have different positive attributes and we should be proud of these</li> <li>Learning what marriage is and that it is a choice that people make               <ul style="list-style-type: none"> <li>Learning that sometimes families can make children feel unhappy or unsafe and that there is help available</li> </ul> </li> </ul>
<b>Families and friendships</b> <b>Health and wellbeing</b> <b>Safety and the changing body</b> <b>Friendships</b>	<ul style="list-style-type: none"> <li>To begin to understand the characteristics of positive friendships</li> <li>Learning that friendships can have problems but that these can be overcome</li> <li>Exploring friendly behaviours</li> </ul>	Understanding difficulties in friendships and action that can be taken	<ul style="list-style-type: none"> <li>Exploring ways to resolve friendship problems</li> <li>Developing an understanding of the impact of bullying and what to do if bullying occurs</li> </ul>	Exploring physical and emotional boundaries in friendships <ul style="list-style-type: none"> <li>Exploring different roles related to bullying including victim, bully and bystander</li> </ul>	Understanding that friendships will encounter issues but that this may strengthen them <ul style="list-style-type: none"> <li>Understanding the impact of bullying and what might influence the behaviour of a bully</li> </ul>	<ul style="list-style-type: none"> <li>Learning that friendships can experience conflict, and ways in which to resolve conflict, through negotiation and compromise</li> </ul>
<b>Health and wellbeing</b> <b>Safety and the changing body</b> <b>Respectful relationships</b>	To begin to understand the characteristics of positive friendships <ul style="list-style-type: none"> <li>Learning that friendships can have problems but that these can be overcome</li> <li>Exploring friendly behaviours</li> </ul>	<ul style="list-style-type: none"> <li>Understanding difficulties in friendships and action that can be taken</li> </ul>	<ul style="list-style-type: none"> <li>Exploring ways to resolve friendship problems</li> <li>Developing an understanding of the impact of bullying and what to do if bullying occurs</li> </ul>	Exploring physical and emotional boundaries in friendships <ul style="list-style-type: none"> <li>Exploring different roles related to bullying including victim, bully and bystander</li> </ul>	Understanding that friendships will encounter issues but that this may strengthen them <ul style="list-style-type: none"> <li>Understanding the impact of bullying and what might influence the behaviour of a bully</li> </ul>	Learning that friendships can experience conflict, and ways in which to resolve conflict, through negotiation and compromise
<b>Safety and the changing body</b> <b>Change and loss</b>	<ul style="list-style-type: none"> <li>Exploring how loss and change can affect us</li> </ul>	<ul style="list-style-type: none"> <li>Exploring how loss and change can affect us</li> </ul>	Learning what bereavement is and how to help someone who has experienced bereavement	Learning what bereavement is and how to help someone who has experienced bereavement	<ul style="list-style-type: none"> <li>Understanding grief and the associated emotions</li> <li>To explore the process and emotions relating to grief</li> </ul>	<ul style="list-style-type: none"> <li>Understanding grief and the associated emotions</li> <li>To explore the process and emotions relating to grief</li> </ul>
	<ul style="list-style-type: none"> <li>Understanding the importance of hand hygiene</li> <li>Understanding the risks of sun exposure</li> </ul>	Developing an understanding of how to look after my teeth	Developing an understanding of how to look after my teeth	<ul style="list-style-type: none"> <li>Developing independence in looking after my teeth</li> </ul>	<ul style="list-style-type: none"> <li>Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun</li> </ul>	<ul style="list-style-type: none"> <li>Understanding ways of preventing illness and the benefits of immunisation</li> <li>Developing an understanding of possible</li> </ul>

<p><b>Families and friendships</b></p> <p><b>Health and Prevention</b></p>	<p>and how to stay safe in the sun</p> <ul style="list-style-type: none"> <li>• Developing an understanding of allergies and what to do if someone has an allergic reaction</li> </ul>					<p>signs of illness and some actions I can take</p>
<p><b>Health and Wellbeing</b></p> <p><b>Physical health and wellbeing</b></p>	<ul style="list-style-type: none"> <li>• Exploring health related jobs and people who help to keep us healthy</li> <li>• Understanding the importance of sleep and positive sleep habits</li> <li>• Exploring two different methods of relaxation: progressive muscle relaxation and laughter.</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding the importance of exercise and its effect on the body</li> <li>• Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation</li> </ul>	<ul style="list-style-type: none"> <li>• Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest</li> <li>• Understanding the positive impact of relaxation on the body and learning relaxation stretches</li> <li>• Understanding what a balanced diet is and the effects upon mental and physical health</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying what makes me feel calm and relaxed and learning visualization as a tool to aid relaxation</li> <li>• Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep</li> <li>• Understanding the relationship between stress and relaxation and exploring yoga as a technique for relaxation</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation</li> <li>• Understanding the factors which contribute to my physical and mental health</li> <li>• Identifying a range of relaxation strategies and situations in which they would be useful</li> </ul>
<p><b>Safety and the changing body</b></p> <p><b>Mental wellbeing</b></p>	<ul style="list-style-type: none"> <li>• Understanding my strengths and qualities</li> <li>• Understanding and describing feelings and emotions</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising an increasing range of feelings and some strategies for managing different emotions</li> <li>• Developing empathy</li> <li>• Identifying personal goals and how to work towards them</li> <li>• Exploring the need for perseverance and developing a growth mindset</li> </ul>	<p>Exploring my identity through the groups I belong to</p> <ul style="list-style-type: none"> <li>• Identifying my strengths and exploring how I use them to help others</li> <li>• Understanding how to overcome problems by breaking them into smaller, achievable steps</li> </ul>	<p>Understanding that it is normal to experience a range of emotions</p> <ul style="list-style-type: none"> <li>• Developing the ability to appreciate the emotions of others in different situations</li> <li>• Learning to take responsibility for my emotions and that I can control some things but not others</li> <li>• Developing an understanding of mental health including experiencing problems</li> <li>• Developing a growth mindset, acknowledging that mistakes are useful to learning</li> </ul>	<p>Understanding what can cause stress and how to deal with it</p> <ul style="list-style-type: none"> <li>• Exploring ways to achieve a goal, setting short-term, medium-term and long-term targets</li> <li>• Developing the ability to take responsibility for and manage my feelings</li> <li>• Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success</li> </ul>	<ul style="list-style-type: none"> <li>• Exploring my personal qualities and how to build on them</li> <li>• Learning the importance of resilience and developing strategies for being resilient in challenging situations</li> <li>• Identifying long-term goals and developing a plan as to how to achieve them</li> </ul>

<p><b>Families and friendships</b></p> <p><b>Health and wellbeing</b></p> <p><b>Being safe (including online)</b></p>	<ul style="list-style-type: none"> <li>• Understanding how to respond appropriately to adults in a range of settings</li> <li>• Understanding what to do if I get lost</li> <li>• Exploring potential hazards in the home and how to avoid these</li> <li>• Understanding the roles people have within the local community to help keep me safe</li> <li>• Developing an understanding of appropriate physical contact</li> </ul>	<p>Developing an understanding of being safe near roads and learning how to cross roads safely</p> <ul style="list-style-type: none"> <li>• Understanding the safe use of medicines</li> <li>• Beginning to understand the importance of staying safe online</li> <li>• Understanding the difference between secrets and surprises</li> <li>• Understanding the concept of privacy and naming the private parts of my body</li> </ul>	<p>Understanding ways to keep safe when crossing and near roads</p> <ul style="list-style-type: none"> <li>• Developing skills as a responsible digital citizen</li> <li>• Recognising and responding to cyberbullying</li> <li>• Beginning to recognise unsafe digital content</li> </ul>	<p>Developing an understanding of being safe online</p> <ul style="list-style-type: none"> <li>• Understanding how to seek help if I need to</li> <li>• Exploring the difference between private and public</li> <li>• Understanding that age restrictions are designed to protect me</li> <li>• Learning about the benefits and risks of sharing information online</li> </ul>	<p>Developing an understanding of how to ensure relationships online are safe</p> <ul style="list-style-type: none"> <li>• Recognising an increasing number of online risks and ways to stay safe online</li> </ul>	<p>Developing an understanding about the reliability of online information</p> <ul style="list-style-type: none"> <li>• Exploring online relationships including dealing with problems</li> <li>• Understanding that online relationships should be treated in the same way as face to face relationships</li> <li>• Knowing where to get help with any online problems</li> </ul>
<p><b>Safety and the changing body</b></p> <p><b>Drugs, alcohol and tobacco</b></p>	<ul style="list-style-type: none"> <li>• Exploring what is and isn't safe to put in or on my body</li> </ul>	<ul style="list-style-type: none"> <li>• Learning how to be safe around medicines</li> </ul>	<p>Exploring that people and things can influence me and I need to make the right decision for me</p> <ul style="list-style-type: none"> <li>• Exploring choices and decisions that I can make</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding the risks associated with tobacco</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding the influence others can have on me</li> <li>• Learning strategies I can use to overcome pressure from others</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding the risks associated with alcohol</li> </ul>
<p><b>Safety and the changing body</b></p> <p><b>The changing adolescent body</b></p>		<p>Knowing the names of parts of my body</p>		<p>Developing an understanding of physical and emotional changes as I grow up</p>	<p>Understanding the physical changes from childhood to adulthood</p> <ul style="list-style-type: none"> <li>• Developing an understanding of the main aspects of puberty, including menstruation</li> <li>• Learning about the emotional changes during puberty</li> </ul>	<ul style="list-style-type: none"> <li>• Knowing the changes experienced during puberty</li> <li>• Understanding how a baby is conceived and develops</li> </ul>
<p><b>Safety and the changing body</b></p> <p><b>Basic First aid</b></p>	<p>Understanding what classes as an emergency and how to make a call to the emergency services</p>	<p>Understanding what classes as an emergency and how to make a call to the emergency services</p>	<ul style="list-style-type: none"> <li>• Knowing how to call the emergency services</li> <li>• Knowing how to respond to bites and stings</li> </ul>	<ul style="list-style-type: none"> <li>• Knowing how to help someone with asthma</li> </ul>	<ul style="list-style-type: none"> <li>• Knowing how to help someone who is bleeding</li> </ul>	<ul style="list-style-type: none"> <li>• Knowing how to help someone who is choking</li> <li>• Knowing how to help someone who is unresponsive</li> </ul>