

# Skills Progression

## P.H.S.E

Key Concepts	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Family and Relationships</p> <p>Family</p> <p>Friendships</p> <p>Respectful Relationships</p> <p>Change and Loss</p>	<p>Different types of families</p> <p>Positive attitude to differences. What is a healthy family?</p> <p>Joining in with games. Being laughed at. Playing together. No one to play with.</p> <p>Falling out (siblings and friends). Sharing Dealing with emotions (links to missing families/friends/pets/moving house etc) Being kind (bullying) Good manners</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>To begin to understand the characteristics of positive friendships.</p> <p>Learning that friendships can have problems but that these can be overcome.</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</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 to be taken.</p> <p>Learning how other people show their feelings and how to respond to them.</p> <p>Exploring conventions of manners in different situations.</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>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. Understanding how my actions and behaviour affects others.</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>Learning that friendships can experience conflict, and ways in which to resolve conflict, through negotiation and compromise.</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>

		with different people. Understanding ways to help others	Developing an understanding of self-respect. Exploring how loss and change can affect us.	Exploring stereotyping.	Understanding stereotyping. Learning what bereavement is and how to help someone who has experienced bereavement.	Understanding the impact of bullying and what might influence the behaviour of a bully.  Learning how stereotypes can be unfair, negative and destructive.	Understanding grief and the associated emotions.  To explore the process and emotions relating to grief.
Health and Wellbeing  Health and Prevention Physical Health and Wellbeing Mental Wellbeing		Understanding the importance of hand hygiene.  Understanding the risks of sun exposure and how to stay safe in the sun.  Developing an understanding of allergies and what to do if someone has an allergic reaction.  Exploring health related	Developing an understanding of how to look after my teeth.  Understanding the importance of exercise and its effect on the body.  Understanding when relaxation techniques can be useful and learning breathing exercises to aid	Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.  Understanding the positive impact of relaxation on the body and learning relaxation stretches.  Understanding what a balanced diet is and the effects upon mental and physical health.	Developing independence in looking after my teeth.  Identifying what makes me feel calm and relaxed and learning visualization as a tool to aid relaxation.  Understanding the skills needed for different jobs and exploring how	Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun.  Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep.  Understanding the relationship between stress	Understanding ways of preventing illness and the benefits of immunisation.  Developing an understanding of possible signs of illness and some actions I can take.  Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and

		<p>jobs and people who help to keep us healthy.</p> <p>Understanding the importance of sleep and positive sleep habits.</p> <p>Exploring two different methods of relaxation: progressive muscle relaxation and laughter.</p>	<p>relaxation.</p> <p>Recognising an increasing range of feelings and some strategies for managing different emotions.</p> <p>Developing empathy. Identifying personal goals and how to work towards them.</p> <p>Exploring the need for perseverance and developing a growth mindset.</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>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>Developing the ability to appreciate the emotions of others in different situations.</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</p>	<p>and relaxation and exploring yoga as a technique for relaxation.</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>Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success</p>	<p>relaxation.</p> <p>Understanding the factors which contribute to my physical and mental health. Identifying a range of relaxation strategies and situations in which they would be useful.</p> <p>Learning about the effects technology can have on mental health.</p> <p>Exploring my personal qualities and how to build on them.</p> <p>Learning the importance of resilience and developing strategies for being resilient in</p>
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					mindset, acknowledging that mistakes are useful to learning		challenging situations.  Identifying long-term goals and developing a plan as to how to achieve them.  Learning about the effects technology can have on mental health.
<p>Safety and the Changing Body</p> <p>Being Safe (Including Online)</p> <p>Drugs, Alcohol and Tobacco.</p> <p>The changing adolescent body.</p> <p>Basic First Aid.</p>	<p>Lost in a shop. Strangers. Asking for help. Permission seeking (personal space, being respectful etc). Using the toilets (personal and private). Playing safely (balls in the road etc). Crossing the road/car travel and seat belts.</p> <p>Drugs at home (medicines). Kitchen safety (bleach, sharp knives etc).</p> <p>Who can we ask for help? How can we ask for help? When should we ask for help?</p>	<p>Understanding how to respond appropriately to adults in a range of settings</p> <p>Understanding what to do if I get lost.</p> <p>Exploring potential hazards in the home and how to avoid these.</p> <p>Understanding the roles people have</p>	<p>Developing an understanding of being safe near roads and learning how to cross roads safely.</p> <p>Understanding the safe use of medicines.</p> <p>Beginning to understand the importance of staying safe online.</p>	<p>Understanding ways to keep safe when crossing and near roads.</p> <p>Developing skills as a responsible digital citizen. Recognising and responding to cyberbullying.</p> <p>Beginning to recognise unsafe digital content.</p> <p>Exploring that people and</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</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</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</p>

		<p>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>Understanding the difference between secrets and surprises.</p> <p>Understanding the concept of privacy and naming the private parts of my body.</p> <p>Learning how to be safe around medicines.</p> <p>Knowing the names of parts of my body.</p>	<p>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>protect me.</p> <p>Learning about the benefits and risks of sharing information online.</p> <p>Understanding the risks associated with tobacco.</p> <p>Developing an understanding of physical and emotional changes as I grow up.</p> <p>Knowing how to help someone with asthma.</p>	<p>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>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 how a baby is conceived and develops.</p> <p>Knowing how to help someone who is choking.</p> <p>Knowing how to help someone who is unresponsive.</p>
	E-safety (cyberbullying).	Understand rules in school.	Understanding rules in the community.	Developing an understanding of children's rights	Understanding that human rights apply to everyone	Understanding the law and what happens when	Understanding how human rights protect people.

<p>Citizenship</p>	<p>Online rules. Class and school rules. Looking after others. Friendship and kindness. Looking after our planet for those who live here.</p> <p>Valuing differences. Our school community. British Values (links throughout the year). Taking turns and sharing, being polite, learning about the world around us, using our manners, following rules, learning about our community. Voting within our classroom.</p>	<p>Recognising why rules are necessary.</p> <p>Understanding the needs of different animals and how to meet these.</p> <p>Understanding the needs of younger children and how these change.</p> <p>Understanding how voting can be used to make decisions.</p> <p>Understanding the differences between people.</p> <p>Recognising the groups we belong to.</p>	<p>Understanding how rules are made.</p> <p>Recognising the importance of looking after the school environment.</p> <p>Identifying ways to help look after the school environment.</p> <p>Understanding the jobs people do to look after the environment in school and the local community.</p> <p>Understanding how democracy works in school through the school council.</p> <p>Understanding that everyone is unique.</p>	<p>and how they help children.</p> <p>Considering the responsibilities adults and children have to maintain children's rights.</p> <p>Understand how recycling can have a positive impact on the environment.</p> <p>Developing an understanding how democracy works at a local level.</p> <p>Understanding the need for rules and the consequences of breaking these.</p> <p>Developing an understanding of groups within the local community and how these support the local community.</p>	<p>and who protects these.</p> <p>Understanding how reusing items is of benefit to the environment</p> <p>Understanding the role of the local Government.</p> <p>Understanding the groups which make up a community and the benefits they bring.</p> <p>Understanding the positives diversity brings to a community.</p>	<p>someone breaks it.</p> <p>Understanding how rights and responsibilities link.</p> <p>Developing an understanding of freedom of expression.</p> <p>Understanding why reducing use of materials is positive for the environment.</p> <p>Developing an understanding of how parliament and Government work.</p> <p>Understanding the contribution people make to the community and how this is recognised.</p>	<p>Developing an understanding of the importance of education.</p> <p>Developing an understanding of environmental issues relating to food.</p> <p>Developing an understanding of causes which are important personally.</p> <p>Understanding how 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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			Recognising the contribution people make to the local community.			Developing and understanding of pressure groups.	
Economic wellbeing	<p>Money Introduction. Why do we need money? How do we get it? Looking after it? Saving and spending. Who works in our school? What jobs do they do? Class jobs Independence.</p>	<p>Developing an understanding of their money and how to keep it safe.</p> <p>Understanding where money comes from. Developing an understanding of how banks work.</p> <p>Recognising the range of jobs available in school and the skills people need to do these.</p>	<p>Understanding the value of money and where it comes from.</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. Beginning to understand how people select the job they want to do.</p>	<p>Understanding that there are different ways to pay for things.</p> <p>Developing an understanding of budgeting.</p> <p>Understanding that money can cause a range of feelings.</p> <p>Understanding that people have different attitudes towards money.</p> <p>Growing understanding of the range of jobs available.</p> <p>Understanding the stereotypes that exist around jobs but that these</p>	<p>Understanding the factors which affect whether something is value for money.</p> <p>Understanding the importance of tracking money.</p> <p>Understanding the impact of losing money.</p> <p>Developing an understanding of what might influence job choices.</p> <p>Understanding how work can change over time.</p>	<p>Understand how to create a budget based on priorities.</p> <p>Developing an understanding of borrowing money.</p> <p>Beginning to understand income and expenditure.</p> <p>Developing an understanding about risks associated with money.</p> <p>Understand stereotypes in work and how these can be overcome.</p>	<p>Recognising differences in how people deal with money and the role of emotions with this.</p> <p>Understanding how to keep bank accounts safe.</p> <p>Developing an understanding of gambling.</p> <p>Understanding the routes into different jobs.</p> <p>Recognising that people change jobs for a number of reasons.</p>

				should not affect people's choices.		Understanding the role of money in selecting a job.	
Transition	Preparation for moving class. New teacher. New classroom. Growing older and being ready for new challenges. How to get help if needed (first aid).	Recognising own strengths.  Understanding that changes can be both positive and negative.	Understanding that change is part of life.  Recognising ways to deal with change.	Learning strategies to deal with change.  Understanding opportunities and responsibilities.	Recognising own achievements. Understanding how to set goals.	Understanding the skills needed for roles in school.  Recognising own skills and how these can be developed.	Recognising that change can cause mixed feelings.  Understanding a greater range of strategies to deal with feelings associated with change.
Identity							Understanding what makes identity.  Recognising the difference between how we see ourselves and how others see us.  Exploring the role of gender in identity.  Exploring how the media might influence our identity.