



PSHE – Skills Progression Map

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
EYFS	<u>Being Me in My World</u> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	<u>Celebrating Difference</u> Identifying talents Being special Families Where we live Making friends Standing up for yourself	<u>Dreams and Goals</u> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	<u>Healthy Me</u> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	<u>Relationships</u> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	<u>A Journey in Love</u> <u>Social and Emotional:</u> Who do I play with? <u>Physical:</u> No one else is the same as me <u>Spiritual:</u> Jesus grew up in a family
KS 1 Year 1	<u>Being Me in My World</u> I understand the rights and responsibilities for being a member of my class. I know how to make my class a safe place to learn. I can recognise the choices I make and understand the consequences. I recognise the range of feeling when I face certain consequences.	<u>Celebrating Difference</u> I can identify similarities between people in my class. I can tell you some ways in which I am the same as my friends. I know some people who I could talk to if I was feeling unhappy or being bullied. I can be kind to children who are being bullied.	<u>Dreams and Goals</u> I can set a goal and know how to achieve it. I can tell you how I learn best. I can tackle a new challenge and understand this might stretch my learning. I can identify how I feel when I am faced with a new challenge.	<u>Healthy Me</u> I understand the difference between being healthy and unhealthy and know some ways to keep myself healthy. I feel good about myself when I make healthy choices. I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.	<u>Relationships</u> I can identify the members in my family and I also understand that the world is made up of different types of families. (Humans and Animals). I can recognise my qualities as a friend and a person. I know of ways to praise myself and that it makes me feel good.	<u>A Journey in Love</u> <u>Social and Emotional:</u> To recognise signs that I am loved in my family. <u>Physical:</u> To recognise how I am cared for and kept safe in my family. <u>Spiritual:</u> To celebrate ways that God loves and cares for us.
KS 1 Year 2	<u>Being Me in My World</u> I can identify some of my hopes and fears for the coming year. I can listen to other people and contribute my own ideas about rewards and consequences. I can help to make my class a safe and fair place.	<u>Celebrating Difference</u> I am starting to understand that sometimes people make assumptions about boys and girls (Stereotypes). I can tell you some ways I am different from my friends. I understand these differences make us all special and unique.	<u>Dreams and Goals</u> I carry on trying even when I find things difficult. I can tell you some of my strengths as a learner. I can work well in a group. I can work with others in a group to solve problems.	<u>Healthy Me</u> I understand how medicine works in my body and how important it is to use them safely. I feel positive about caring for my body and keeping it healthy. I can sort foods into correct food groups and know which foods my body needs every day to keep healthy. I have a healthy relationship with food and know which foods I enjoy the most.	<u>Relationships</u> I can identify some of the things that cause conflicts between my friends. I can demonstrate how to use a positive problem solving technique to resolve conflicts with my friends. I recognise people who can help me in my family, my school and my community. I understand how it feels to trust someone	<u>A Journey in Love</u> <u>Social and emotional:</u> To recognise the joy and friendship of belonging to a diverse community. <u>Physical:</u> To describe ways of being safe in communities. <u>Spiritual:</u> To celebrate ways of meeting God in our communities.



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3	<u>Being Me in My World</u> Learn to appreciate their uniqueness and understand their rights and responsibilities within their community. Understand why rules are needed and how they relate to rights and responsibilities.	<u>Exploring our Differences</u> Understand different family structures and how everybody's family is different and important to them Understand bullying and what being a witness to bullying means. They will look at the consequences bullying may bring to each person involved. Children will discuss strategies to solve conflict.	<u>Dreams and Goals</u> Identify a dream/ambition that is important to them. I enjoy facing new learning challenges and working out the best ways for me to achieve them. Recognise obstacles which might hinder their achievement and discuss steps to overcome them.	<u>Healthy Me</u> Understand how exercise and diet can affect their body. Understand what drugs (smoking, alcohol etc.) are and the affect that they can have on their body. Identify things, people and places that they need to keep safe from, and can tell you some strategies for keeping safe including who to go to for help.	<u>Relationships</u> Can identify the roles and responsibilities of family and friends. Can explain how some of the actions and work of people around the world help and influence their life Know and can use some strategies for keeping safe online	<u>A Journey in Love</u> Children know and understand the virtues essential to friendship ie: loyalty, responsibility... and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.
4	<u>Being Me in My World</u> Know that everyone's attitudes and actions make a difference in a community. Understand who is in their school community, the roles and responsibilities that everyone has in the democratic environment.	<u>Exploring our Differences</u> Understand prejudice, its causes and consequences. Know that sometimes bullying is hard to spot and know what to do if they think it is going on.	<u>Dreams and Goals</u> Tell you about some of their hopes and dreams Understand that sometimes hopes and dreams do not come true and that this can hurt. Look at strategies to overcome disappointment and create new goals.	<u>Healthy Me</u> Recognise how different friendship groups are formed and how they fit into their friendship group. Understand the facts about smoking and alcohol and their effects on health, also some of the reasons people can start to smoke or drink.	<u>Relationships</u> Can recognise how relationships change, and how to manage when they fall out with their friends Understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when they are older	<u>A Journey in Love</u> Children know and understand that they are all different and celebrate these differences as they appreciate that God's love accepts us as we are and as we change.



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	<u>Being Me in My World</u>	<u>Exploring our Differences</u>	<u>Dreams and Goals</u>	<u>Healthy Me</u>	<u>Relationships</u>	<u>A Journey in Love</u>
5	Understand their rights and responsibilities as a citizen of this country and as a member of their school. Understand how democracy and having a voice benefits the school community and know how to participate in this.	Begin to understand different cultures. Understand that cultural differences sometimes cause conflict. Understand what racism is. Explore the differences between direct and indirect types of bullying.	Identify a job they would like to do when they grow up and understand what motivates them and what they need to do to achieve it. Understand that communicating with someone in a different culture means we can learn from each other.	Know the health and social risks of smoking and alcohol. Know how tobacco, vaping affects the lungs, liver and heart. The risk of antisocial behaviours. know how to get help in emergency situations Can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures	Understand that belonging to an online community can have positive and negative consequences. Can explain how to stay safe when using technology to communicate with their friends	Children know and become aware of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger boredom etc. and grow further in their understanding of God's presence in their daily lives.
6	Understand my fears and worries about the future and know how to express them. Know that there are universal rights for all children but for many children these rights are not met.	Understand how being different could affect someone's life Know examples of people with disabilities who lead amazing lives Explain ways in which difference can be a source of conflict and a cause for celebration	Can work out the learning steps needed to reach a goal and understand how to motivate them to work on these. Describe some ways in which I can work with other people to help make the world a better place	Take responsibility for their own health and make choices that benefit their health and well-being. Know about different types of drugs and their uses and their effects on the body particularly the liver and heart as well as people's lives.	Understand that there are different stages of grief and that there are different types of loss that cause people to grief. I can use technology positively and safely to communicate with my friends and family	Children develop, in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.



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