

PSHE and RSE Skills Progression

PSHE – Health & Wellbeing						
Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Nursery:</p> <p>Developing some independence in self-care</p> <p>Takes practical actions to reduce risk</p> <p>Eats a healthy range of foodstuffs</p> <p>Demonstrates an understanding of good practice with eating & exercise</p> <p>Reception:</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</p> <p>Form positive attachments to adults and friendships with peers</p> <p>Talk about the lives of the people around them and their roles in society</p> <p>Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class</p> <p>Discuss the importance of healthy choices and identify healthy food/drink.</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>Exploring health related 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>Understanding my strengths and qualities</p> <p>Understanding and describing feelings and emotions</p>	<p>Developing an understanding of how to look after my teeth</p> <p>Understanding the importance of exercise and its effect on the body</p> <p>Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation</p> <p>Recognising an increasing range of feelings and some strategies for managing different emotions</p> <p>Developing empathy</p> <p>Identifying personal goals and how to work towards them</p> <p>Exploring the need for perseverance and developing a growth mindset</p>	<p>Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest</p> <p>Understanding the positive impact of relaxation on the body and learning relaxation stretches</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>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 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 the relationship between stress 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>Understanding ways of preventing illness and the benefits of immunisation</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>Identifying a range of relaxation strategies and situations in which they would be useful</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 challenging situations</p> <p>Identifying long-term goals and developing a plan as to how to achieve them</p>
<p>SEND Provision:</p>	<p>Photo prompts to support with understanding lives of those around them</p> <p>Word banks to support with technical vocabulary</p> <p>Visual prompts (including videos) to support with understanding similarities and difference</p> <p>Emotion mat to support with identifying and discussing emotions</p> <p>Sentence scaffolds to support with explanations</p>					

PSHE and RSE Skills Progression

PSHE – Families & Relationships						
Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Nursery: Forms relationships with special peers Seeks out companionship in others Reception: Explain the reasons for rules, know right from wrong and try to behave accordingly Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</p>	<p>To understand that families can include a range of people and how different members of a family are related to each other. To begin to understand the characteristics of positive friendships Learning that friendships can have problems but that these can be overcome Exploring friendly behaviours Learning to recognise how other people show their feelings and how to care for others Exploring the ability to successfully work with different people Understanding ways to help others</p>	<p>Learning that families can be made up of different people Understanding that families offer care, love and support Understanding difficulties in friendships and action that can be taken Learning how other people show their feelings and how to respond to them Exploring the conventions of manners in different situations Developing an understanding of self-respect Exploring how loss and change can affect us</p>	<p>Learning that problems can occur in families and that there is help available if needed Exploring ways to resolve friendship problems Developing an understanding of the impact of bullying and what to do if bullying occurs Understanding what trust is and identifying who I can trust Learning about the effects of nonverbal communication Developing listening skills Exploring stereotyping</p>	<p>Understanding that families are varied, in the UK and across the world and having respect for these differences Exploring physical and emotional boundaries in friendships Exploring different roles related to bullying including victim, bully and bystander Understanding expected courtesy and manners in a range of scenarios Understanding how my actions and behaviour affects others Understanding stereotyping 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 Learning what marriage is and that it is a choice that people make Learning that sometimes families can make children feel unhappy or unsafe and that there is help available Understanding that friendships will encounter issues but that this may strengthen them Understanding the impact of bullying and what might influence the behaviour of a bully Learning how stereotypes can be unfair, negative and destructive</p>	<p>Learning that friendships can experience conflict, and ways in which to resolve conflict, through negotiation and compromise Learning what respect is and that it is part of a relationship Understanding that everyone deserves to be respected but that respect can be lost Understanding stereotyping and bullying linked to it Understanding grief and the associated emotions To explore the process and emotions relating to grief</p>
<p>SEND Provision:</p>	<p>Emotions mat to support with identifying and explaining emotions Visual prompts to support with communicating Sentence structures to support explanations Photo prompts to support with identifying key people in their lives & different types of relationships Techniques to support group work and discussion e.g. talking teddy – only talk when you have the teddy Zones of Regulation resources Inclusions Interventions</p>					

PSHE – Citizenship & Economic Wellbeing						
Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Nursery: Single channelled attention Begins to cooperate with familiar people</p>	<p>Understanding rules in school</p>	<p>Understanding rules in the community Understanding how rules are made</p>	<p>Developing an understanding of children's rights and how they help children</p>	<p>Understanding that human rights apply to everyone and who protects these</p>	<p>Understanding the law and what happens when someone breaks it</p>	<p>Understanding how human rights protect people</p>

PSHE and RSE Skills Progression

<p>Listens and responds to ideas expressed by others Shows increasing consideration towards other people Reception: Participate in small group, class and one-to-one discussions, offering their own ideas, using recently introduced vocabulary Offer explanations for why things might happen, making use of recently introduced vocabulary from stories, non-fiction, rhymes and poems when appropriate Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions Be confident to try new activities and show independence, resilience and perseverance in the face of challenge Form positive attachments to adults and friendships with peers Talk about the lives of the people around them and their roles in society Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class</p>	<p>Recognising why rules are necessary Understanding the needs of different animals and how to meet these Understanding the needs of younger children and how these change Understanding how voting can be used to make decisions Understanding differences between people Recognising the groups we belong to Developing an understanding of the value of money and how to keep it safe Understanding where money comes from Developing an understanding of how banks work Recognising the range of jobs available in school and the skills people need to do these.</p>	<p>Recognising the importance of looking after the school environment Identifying ways to help look after the school environment Understanding the jobs people do to look after the environment Identifying ways to help look after the school environment Understanding the jobs people do to look after the environment in the school and the local community Understanding how democracy work in school through the school council Understanding that everyone is unique Recognising the contribution people make to the local community Understanding the value of money and where it comes from Developing an understanding of wants and needs Recognising that people make choices about how to spend money Developing an understanding of how to select a bank account Beginning to understand how people select the job they want to do.</p>	<p>Considering the responsibilities adults and children have to maintain children's rights Understand how recycling can have a positive impact on the environment Developing an understanding of how democracy works at a local level Understanding the need for rules and the consequences of breaking these Developing an understanding of groups within the local community and how these supports the local community Understanding that there are different ways to pay for things Developing an understanding of budgeting Understanding that money can cause a range of feelings Understanding that people have different attitudes to money Growing understanding of the range of jobs available Understanding the stereotypes which can exist around jobs but that these should not affect people's choices</p>	<p>Understanding how reusing items is of benefit to the environment Understanding the role of local government Understanding the groups which make up a community and the benefits they bring Understanding the positives diversity brings to a community Understanding the factors which affect whether something is value for money Understand the importance of tracking money Understanding the impact of losing money Developing an understanding of what might influence job choices Understanding how work can change over time</p>	<p>Understanding how rights and responsibilities link Developing an understanding of freedom of expression Understanding why reducing use of materials is positive for the environment Developing an understanding of how parliament and government work. Understanding the contribution people make to the community and how this is recognised Developing an understanding of pressure groups Understand how to create a budget based on priorities Developing an understanding of borrowing money Beginning to understand income and expenditure Developing an understanding about risks associated with money Understand stereotypes in work and how these can be overcome Understanding the role of money in selecting a job</p>	<p>Developing an understanding of the importance of education Developing an understanding of environmental issues relating to food Developing an understanding of causes which are important personally Understanding how government works Understanding what prejudice and discrimination are Understanding how prejudice and discrimination can be overcome Recognising differences in how people deal with money and the role of emotions in this Understanding how to keep bank accounts safe Developing an understanding of gambling Understanding the routes into different jobs Recognising that people change jobs for a number of reasons</p>
<p>SEND Provision:</p>	<p>Photo prompts to discuss aspects of the wider world Emotions mat to explain and discuss how things make us feel Techniques to support group work and discussion e.g. talking teddy – only talk when you have the teddy Zones of Regulation resources</p>					

PSHE and RSE Skills Progression

	Sentence scaffolds to support with discussion and with giving explanations Word banks to support with technical vocabulary Physical money and role play opportunities
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PSHE – Safety and the Changing Body						
Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Nursery: Has an awareness of other people's needs Adapts movement to reduce risks Is able to recognise the impact of their choices Reception: Discuss how to respond to different adults and children in different settings Discuss what to do if I get lost Begin to explore different hazards around the school and home and how to avoid these Discuss 'People who Help us' and understand how they help us in society. Begin to understand appropriate physical contact.</p>	<p>Understanding how to respond appropriately to adults in a range of settings Understanding what to do if I get lost Exploring potential hazards in the home and how to avoid these Understanding the roles people have within the local community to help keep me safe Developing an understanding of appropriate physical contact</p>	<p>Developing an understanding of being safe near roads and learning how to cross roads safely Understanding the safe use of medicines Beginning to understand the importance of staying safe online Understanding the difference between secrets and surprises Understanding the concept of privacy and naming the private parts of my body Learning how to be safe around medicines Knowing the names of parts of my body</p>	<p>Understanding ways to keep safe when crossing and near roads Developing skills as a responsible digital citizen Recognising and responding to cyberbullying Beginning to recognise unsafe digital content Exploring that people and things can influence me and I need to make the right decision for me Exploring choices and decisions that I can make Knowing how to call the emergency services Knowing how to respond to bites and stings</p>	<p>Developing an understanding of being safe online Understanding how to seek help if I need to Exploring the difference between private and public Understanding that age restrictions are designed to protect me Learning about the benefits and risks of sharing information online Understanding the risks associated with tobacco Developing an understanding of physical and emotional changes as I grow up Knowing how to help someone with asthma</p>	<p>Developing an understanding of how to ensure relationships online are safe Recognising an increasing number of online risks and ways to stay safe online Understanding the influence others can have on me Learning strategies, I can use to overcome pressure from others Understanding the physical changes from childhood to adulthood Developing an understanding of the main aspects of puberty, including menstruation Learning about the emotional changes during puberty Knowing how to help someone who is bleeding</p>	<p>Developing an understanding about the reliability of online information Exploring online relationships including dealing with problems Understanding that online relationships should be treated in the same way as face-to-face relationships Knowing where to get help with any online problems Understanding the risks associated with alcohol Knowing the changes experienced during puberty Understanding how a baby is conceived and develops Knowing how to help someone who is choking Knowing how to help someone who is unresponsive</p>
<p>SEND Provision:</p>	<p>Photo prompts to discuss aspects of the wider world Emotions mat to explain and discuss how things make us feel Picture prompts to support with body parts Pre-teaching to support with vocabulary Techniques to support group work and discussion e.g. talking teddy – only talk when you have the teddy Zones of Regulation resources Sentence scaffolds to support with discussion and with giving explanations Word banks to support with technical vocabulary</p>					

PSHE and RSE Skills Progression

PSHE – Transition & Identity						
Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Nursery: Interacts with others Knows their own name Developing an understanding of gender Enjoys a sense of belonging Becoming more aware of the similarities and differences between themselves and others</p> <p>Reception: Understand how to react to new settings Recognise key people and resources that can support.</p>	<p>Recognising own strengths Understanding that changes can be both positive and negative</p>	<p>Understanding that change is part of life Recognising ways to deal with change</p>	<p>Learning strategies to deal with change Understanding opportunities and responsibilities</p>	<p>Recognising own achievements Understanding how to set goals</p>	<p>Understanding the skills needed for roles in school Recognising own skills and how these can be developed</p>	<p>Recognising that change can cause mixed feelings Understanding a greater range of strategies to deal with feelings associated with change 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</p>
SEND Provision:	Social Stories Visual prompts to support with understanding change Zones of Regulation Resources					