

PSHE Progression Pathway

Cycle A	EYFS	Year 1/ Year 2	Year 3 / Year 4	Year 5 / Year 6
<p>AIMING HIGH Autumn 1</p>		<p>I can think of star qualities I already have and those I would like to develop.</p> <p>I can explain how a positive learning attitude can help me.</p> <p>I can talk about jobs that people can do and tell my friends what I want to be when I grow up.</p> <p>I can understand that it is a person's interests and skills that make them suited to doing a job.</p> <p>I can think about things I would like to achieve in the future.</p> <p>I can think about changes which might happen to me and consider how I feel about them.</p>	<p>I can identify achievements and suggest how my actions can help me to achieve.</p> <p>I can identify personal goals and suggest actions that I can take to achieve them.</p> <p>I can explain how a positive learning attitude can help me to learn new things</p> <p>I can identify the skills and attributes needed to do certain jobs.</p> <p>I understand that we should all have equal opportunities to follow our career ambitions.</p> <p>I can discuss what job I might like to do when I grow up and what skills I will need to achieve this</p>	<p>I can understand how people learn new things and achieve certain goals.</p> <p>I can understand that a helpful attitude towards learning can help us succeed in life.</p> <p>I can identify opportunities that may become available to me in the future and I am aware of how to make the most of them.</p> <p>I can understand that gender, race and social class do not determine what jobs people can do.</p> <p>I can understand there are a variety of routes into different jobs which may match my skills and interests.</p> <p>I can discuss my goals for the future and the steps I need to take to achieve them.</p>
<p>TEAM Autumn 2</p>		<p>I can talk about the teams I belong to.</p> <p>I can be a good listener.</p> <p>I can explain how to be kind and why it is important.</p> <p>I can talk about unkind behaviour like teasing and bullying.</p> <p>I can explain how to be a positive learner.</p> <p>I can identify good and not-so-good choices.</p>	<p>I can talk about changes and how they might make me feel.</p> <p>I can explain how and why we should work well as a team.</p> <p>I can describe how my actions and behaviour affect my team.</p> <p>I can pay attention to and respond considerately to others.</p> <p>I can describe why disputes might happen and strategies to resolve them.</p> <p>I can talk about changes and how they might make me feel.</p>	<p>I can talk about the attributes of a good team.</p> <p>I can accept that people have different opinions and know that I can politely disagree with others and offer my own opinion.</p> <p>I can work collaboratively to complete a task.</p> <p>I can compromise to ensure a task is completed.</p> <p>I can reflect on the need to care for individuals within a team.</p> <p>I can understand the importance of shared responsibilities in helping a team to function successfully.</p>
<p>MONEY MATTERS Spring 1</p>		<p>I can explain the different forms money comes in.</p> <p>I can explain where money comes from.</p> <p>I can explain how to keep money safe and why this is important</p> <p>I can explain choices I have about spending money and why it is important to keep track of what I spend.</p> <p>I can explain the difference between things we want and things we need.</p> <p>I can explain what happens when we go shopping.</p>	<p>I can explain what skills are needed for a range of jobs and why people go to work.</p> <p>I can explain the different ways people pay for things.</p> <p>I can discuss financial risk and borrowing and explain some consequences of this</p> <p>I can explain choices we have about spending money</p> <p>I can explain how adverts try to influence our spending and why they do this.</p> <p>I can explain ways I can keep track of what I spend and why it is important to do this.</p>	<p>I can explain some financial risks we might encounter and can discuss how we can avoid them,</p> <p>I understand how retailers try to influence our spending</p> <p>I understand what 'value for money' means and can explain how we can tell if things are good value</p> <p>I can explain why we need to budget and how to make one</p> <p>I can explain why people borrow money</p> <p>I can explain what tax is and why we need to pay it.</p>
<p>DIVERSE BRITAIN Spring 2</p>		<p>I can describe ways that I can help my school community.</p> <p>I can describe ways that I can be a good neighbour.</p> <p>I can identify things that help and harm my neighbourhood.</p> <p>I can describe what it is like to live in the British Isles.</p> <p>I can explore how people living in the British Isles can be different and how they are the same.</p> <p>I can talk about being British and living in the British Isles.</p>	<p>I can describe what it is like to live in the British Isles.</p> <p>I can talk about what democracy is and understand why it is important.</p> <p>I can talk about what rules and laws are and identify how they help us.</p> <p>I can talk about what liberty means and I can identify the rights of British people</p> <p>I can describe a diverse society and talk about why it is important.</p>	<p>I can talk about the range of faiths and ethnicities in our nation and identify ways of showing respect to all people</p> <p>I can explain what a community is and what it means to belong to one.</p> <p>I can explain why and how laws are made and identify what might happen if laws are broken.</p> <p>I can discuss the terms democracy and human rights in relation to local government.</p> <p>I can discuss the terms democracy and human rights in relation to national government.</p>

			I can explain what being British means to me and to others.	I can investigate what charities and voluntary groups do and how they support the community.
BE YOURSELF Summer 1		I can talk about what makes me special I can name some of the different feelings I have and can describe how they feel I can talk about things I like that make me happy I can talk about the things that make me feel unhappy or cross and have ideas about what to do when I have these feelings I can discuss how change and loss make me feel I can share what I think and feel with confidence	I can say the things about myself that I am proud of. I can identify the feelings I have and describe how different emotions feel. I can describe different ways to cope with any uncomfortable feelings I may have and understand why this is important. I know how to be assertive. I can explore messages given by the media and decide if they are helpful or harmful. I can identify different strategies I can use if I make a mistake.	I can explain why everyone is unique and understand why this should be celebrated and respected. I can explain why I should share my own thoughts and feelings and I know how to do this. I can explore uncomfortable feelings and understand how to manage them. I can understand why we sometimes feel shy or nervous and know how to manage these feelings. I can identify when I might have to make different choices from those around me. I can explore how it feels to make a mistake and describe how I can make amends.
IT'S MY BODY Summer 2		I know I can choose what happens to my body. I can make healthy choices about sleep and exercise. I can make healthy choices about food and drink. I know how to keep my body clean. I know what is safe to eat or drink. I can choose to keep my mind and body healthy and safe.	I can choose what happens to my body and I can get help with any concerns I know how to keep my body healthy. I know why it is important to get enough sleep. I understand the importance of hygiene and what to do if I feel unwell. I know how to take medicine safely and keep safe around drugs. I know how to make better choices and choose healthy habits	I know that my body belongs to me and that I have control over what happens to it. I understand why getting enough exercise and enough sleep is important. I know how to take care of my changing body I understand the harmful effects of using drugs, including alcohol and tobacco. I understand what a positive body image is. I can make informed choices in order to look after my physical and mental health.
Cycle B	EYFS	Year 1/ Year 2	Year 3 / Year 4	Year 5 / Year 6
VIPs Autumn 1		I can talk about the very important people in my life and explain why they are special. I can describe why families are important I can describe what makes someone a good friend. I can describe ways to help resolve arguments and disagreements. I can cooperate with others to achieve a task. I can describe how I can show my special people that I care about them and I understand why this is important.	I can explain why we need new friendships and how to make them. I can create a list of positive actions needed to stay friends with my friends. I can identify my own support network. I can demonstrate strategies for resolving conflicts. I can identify what bullying is. I know what to do if someone is being bullied.	I can explain how VIPs who love and care for each other should treat each other. I can identify different ways to calm down when I am feeling angry or upset. I understand that people have different opinions that should be respected. I can identify negative influences on my behaviour and suggest ways that I can resist these influences. I can explain when it is right to keep a secret, when it is not and who to talk to about this. I can recognise healthy and unhealthy relationships.
THINK POSITIVE Autumn 2		I can understand how happy thoughts can make me feel good. I can make good choices and consider the impact of my decisions. I can set myself goals and consider how to achieve them. I can discuss my feelings and opinions with others and cope with difficult emotions.	I understand that having a positive attitude is good for our mental health. I can recognise and manage positive and negative thoughts effectively. I understand that some changes can be difficult but that there are things we can do to cope. I can use mindfulness techniques to keep calm. I can identify uncomfortable emotions and manage them effectively	I understand the link between thoughts, feelings and behaviours. I understand the concept and impact of positive thinking. I can recognise and manage uncomfortable feelings. I understand the importance of making good choices. I can use mindfulness techniques in my everyday life. I can apply a growth mindset in my everyday life.

		<p>I can discuss things I am thankful for and focus on what I do have, rather than what I don't have.</p> <p>I can focus on what is happening now and how I am feeling.</p>	<p>I can apply a positive attitude towards learning and take on new challenges.</p>	
<p>RESPECTING RIGHTS Spring 1</p>		<p>I can talk about what rights are and identify rights that all people share.</p> <p>I can explain who helps protect our rights.</p> <p>I can show respect for the rights of others and understand why this is important.</p> <p>I can show respect for the differences between people.</p> <p>I can understand why it is important to be fair.</p> <p>I can explain why making a positive difference is important.</p>	<p>I understand what rights are and that all people share the same rights.</p> <p>I understand what the Universal Declaration of Human Rights and the Declaration of the Rights of the Child are and why they are important.</p> <p>I can explain what democracy is and how this relates to rules and human rights.</p> <p>I understand that human rights are not dependent on responsibilities.</p> <p>I can explain what it means to respect the rights of others and I understand why this is important.</p> <p>I understand how stereotypes can stop people's human rights being met.</p>	<p>I can explain what the Universal Declaration of Human Rights is and understand that children have their own rights</p> <p>I understand that human rights apply to everyone, no matter where they are from or what their culture is and family traditions are.</p> <p>I can identify why people's rights are sometimes not met in the UK and in places across the world.</p> <p>I can explain how I can respect other people's rights and I understand why this is important.</p> <p>I can identify how and why ideas about human rights have changed.</p> <p>I can explain the role and importance of human rights activists.</p>
<p>ONE WORLD Spring 2</p>		<p>I can explore family life in different countries and say how it is the same as mine and how it is different.</p> <p>I can discuss homes and home life from around the world and say how they are the same as mine and how they are different.</p> <p>I can explain what it is like to go to school in other countries and say how it is the same as or different from my school.</p> <p>I can explore places where people live which are different from where I live.</p> <p>I can think about how people use things from the earth and what problems this can cause.</p> <p>I can say why it is important to care for the earth and identify how I can help protect it.</p>	<p>I can discuss ways in which people's lives are similar and different and give reasons for these differences</p> <p>I can explore differences of opinion and identify if I feel these are fair.</p> <p>I can think about the lives of people living in other places, make considered decisions and give reasons for my opinions</p> <p>I can recognise how my actions impact on people living in different countries and can identify things I can do to make the world a fairer place.</p> <p>I can explain what climate change is and how it affects people's lives and identify what I can do to help.</p> <p>I can identify different organisations which help people in different countries who are in challenging situations and explain how they do this.</p>	<p>I can talk about and understand how we can be responsible global citizens.</p> <p>I can describe what global warming is and what we can do to help prevent it from getting worse.</p> <p>I can explain how our energy use can harm the environment and describe what we can do to help.</p> <p>I can describe how we can use water responsibly and understand the importance of doing this.</p> <p>I can understand what biodiversity is and explain the importance of doing all we can to encourage it.</p> <p>I can make choices which make the world a better place and that help people across the world.</p>
<p>SAFETY FIRST Summer 1</p>		<p>I know how to stay safe and who can help if I feel unsafe.</p> <p>I know how to stay safe at home.</p> <p>I know how to stay safe when I am out and about.</p> <p>I can keep myself safe in different situations with people I don't know</p> <p>I know what I can share and what I should keep private to keep myself and others safe.</p> <p>I know who to go to if I need help.</p>	<p>I can be responsible for making good choices to stay safe and heal</p> <p>I can identify a risky situation and act responsibly</p> <p>I understand that I can choose not to do something that makes me feel uncomfortable.</p> <p>I know how to stay safe when out and about.</p> <p>I know about dangerous substances and how they affect the human body.</p> <p>I know how to respond in emergency situations.</p>	<p>I can take responsibility for my own safety.</p> <p>I can assess and manage risks in different situations.</p> <p>I can confidently identify and manage pressure to get involved in risky situations.</p> <p>I can act sensibly and responsibly in an emergency.</p> <p>I can identify hazards and reduce risks to keep myself and others safe at home.</p> <p>I know how to stay safe in different outdoor environments.</p>
<p>GROWING UP Summer 2</p>		<p>I can name the main parts of boys' and girls' bodies</p> <p>I understand how to respect my own and other people's bodies</p> <p>I understand that we are all different and different people like different things</p> <p>I can describe how I have changed since I was a baby</p> <p>I can describe how I will change as I get older</p> <p>I can describe things that might change in a person's life and how it might make them feel</p>	<p>I can describe male and female body parts and explain what these are for.</p> <p>I can describe how boys' bodies will change as they go through puberty.</p> <p>I can describe how girls' bodies will change as they go through puberty.</p> <p>I can describe the feelings that some people experience as they grow up.</p> <p>I understand that there are many different types of relationships and families.</p>	<p>I can describe the changes that people's bodies go through during puberty and how we can look after our changing bodies.</p> <p>I can describe how thoughts and feelings may change during puberty and suggest how to deal with those feelings.</p> <p>I recognise that many things affect the way we feel about ourselves and I understand that there is no such thing as an ideal kind of body.</p> <p>I understand what a loving relationship is and that there are many types of relationships</p>

			I can describe reproduction and birth as part the human lifecycle	I understand what a sexual relationship is and who can have a sexual relationship. I can describe the process of human reproduction, from conception to birth.
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DIGITAL WELLBEING			
	KEY STAGE 1	LOWER KEY STAGE 2	UPPER KEY STAGE 2
ASSESSMENT CRITERIA	<p>I can talk about ways in which the Internet is useful.</p> <p>I know how to balance screen time with other activities and understand why this is important.</p> <p>I know how to stay safe online.</p> <p>I can explain why we keep personal information private.</p> <p>I know how to communicate online in ways that show kindness and respect.</p> <p>I understand that not everything on the Internet is true.</p>	<p>I can identify the positives and negatives of being online.</p> <p>I can be kind online and I can help make the Internet a safer place</p> <p>I know how to stay safe when communicating online and what to do if I don't feel safe</p> <p>I can decide how reliable online information is and know how to share information responsibly online.</p> <p>I can identify things we shouldn't share online and give reasons why we shouldn't share them</p> <p>I understand how technology can affect our wellbeing in different ways.</p>	<p>I can identify the benefits of the Internet and know how to look after my digital wellbeing.</p> <p>I know how to stay safe, healthy and happy online and when I use digital technology.</p> <p>I know how to develop safe, respectful and healthy online relationships and can recognise the signs of inappropriate and harmful online relationships.</p> <p>I know how to use social media responsibly to protect the health, wellbeing and rights of all.</p> <p>I know what online bullying is and what to do if I see or experience it to help make it stop.</p> <p>I understand not all information online is true and know how to assess the reliability of both text and images.</p>