

Progression of PSHE Paget Primary School KS1/2 2020

Year 1

Being Me In My World		Celebrating Difference		Dreams and Goals	
Explain why the classroom is a safe to be	Give examples where I or others make the class a safe and happy place to be	I can tell you some of the ways I am different and similar to other people in the class and why this makes me special	I can explain what bullying is and how being bullied might make somebody feel	I can explain how I feel when I am successful and how this can be celebrated positively	I can say why my internal treasure chest is an important place to store positive feelings

Healthy Me		Relationships		Changes	
I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy	I can give examples of when being healthy and make me feel happy	I can explain why I have special relationships with some people and how these relationships make me feel safe and good about myself	I can give examples of behaviour in other people I appreciate and behaviours that I don't like	I can compare how I am now to how I was as a baby and explain some of the changes that will happen to me as I get older. I can use the correct name for penis and vagina and give reasons why they are private	I can explain why some changes I experience might feel better than others

Year 2

Being Me In My World		Celebrating Difference		Dreams and Goals	
I can explain why my behaviour could impact on other people in my class	I can compare my own and my friend's choices and can express why some choices are better than others	I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes	I can explain how it feels to have a friend and be a friend. I can also explain why it is ok to be different from my friends	I can explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other	I can explain how it felt to be part of a group and can identify a range of feelings about group work

Healthy Me		Relationships		Changes	
I can explain why food and medicines can be good for my body, comparing my ideas with less healthy/unsafe choices	I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices	I can explain why some things may make me feel uncomfortable, in a relationship and compare this with relationships which make me feel safe and special	I can give some examples of problem-solving techniques and explain how I might use them in certain situations in my relationships	I can use the correct terms to describe penis, testicles and vagina and explain why they are private. I can explain why some types of touches feel ok and others don't	I can tell you what I like and don't like about being a boy/girl and getting older, and recognise that other people might feel differently to me

Year 3

Being Me In My World		Celebrating Difference		Dreams and Goals	
I can explain how my behaviour can affect how others feel and behave	I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued	I can describe different conflicts that might happen in family and friendship groups and how words can be used in hurtful or kind ways when	I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation	I can explain the different ways that help me learn and what I need to do to improve	I am confident and positive when I share my successes with others. I can explain how these feelings can be stored in my internal treasure chest

Healthy Me		Relationships		Changes	
I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and	I can express how being anxious, scared and unwell feels	I can explain how my life is influenced positively by people I know and also by people from other countries	I can explain why my choices might affect my family, friendships and people around the world who I don't know	I can start to recognise stereotypical ideas I might have about parenting and family roles. I can express how I feel	I can start to think about the changes I will make next year and how to go about them.

Year 4

Being Me In My World		Celebrating Difference		Dreams and Goals	
I can explain why being listened to and listening to others is important in my school community	I can explain why being democratic is important and can help me and others feel valued	I can tell you a time when my first impression of someone changed as I got to know them	I can explain why it is good to accept myself and others for who we are	I can plan and set new goals even after a disappointment	I can explain what it means to be resilient and to have a positive attitude

Healthy Me		Relationships		Changes	
I can recognise when people are putting me under pressure and can explain ways to resist this when I want to	I can recognise feelings of anxiety and fear associated with peer pressure	I can recognise how people are feeling when they miss a special person or animal	I can give ways that might help me manage my feelings when missing a special person or animal.	I can explain some of the choices that I might make in the future and some of the choices that I have no control over.	I can offer some suggestions about how I might manage my feelings when change happens. I can identify what I am looking forward to when I move to a new class.

Year 5

Being Me In My World		Celebrating Difference		Dreams and Goals	
I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and the school and the wider community a fair place	I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context	I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved in a bullying situation	I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour	I can compare my hopes and dreams with those of young people from different cultures	I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel

Healthy Me		Relationships		Changes	
I can explain the different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems relating to body image pressures and how smoking and alcohol misuse is unhealthy	I can summarise different ways that I respect and value my body	I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure	I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others	I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important	I can express how I feel about the changes that will happen to me during puberty. I accept these changes might happen at different times to my friends

Year 6

Being Me In My World		Celebrating Difference		Dreams and Goals	
I can explain how my choices can have an impact on people in my immediate community and globally	I can empathise with others in my community and globally and explain how this can influence the choices I make	I can explain ways in which difference can be a source of conflict or a cause for celebration	I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration	I can explain different ways to work with others to help make the world a better place	I can explain what motivates me to mak the world a better place

Healthy Me		Relationships		Changes	
I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others	I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure	I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain control or power	I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings	I can describe how a baby develops from conception through the 9 months of pregnancy, and how it is born	I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby