

PSHE Skills Progression

	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings Explain why my behaviour can impact on other people in my class. Compare my own and my friends' choices and can express why some choices are better than others.	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' Perspectives Explain how my behaviour can affect how others feel and behave. Explain why it is important to have rules and how that helps me and others in my class learn. Explain why it is important to feel valued.	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour Explain why being listened to and listening to others is important in my school community. Explain why being democratic is important and can help me and others feel valued.	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, Participating Compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. Explain how the actions of one person can affect another and can give examples of this from school and a wider community context.	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling Explain how my choices can have an impact on people in my immediate community and globally. Empathise with others in my community and globally and explain how this can influence the choices I make.
Celebrating Differences	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends Explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes. Explain how it feels to have a friend and be a friend. Explain why it is OK to be different from my friends.	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving Compliments Describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. Tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g Solve It Together or asking for help.	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First Impressions Tell you a time when my first impression of someone changed as I got to know them. Explain why bullying might be difficult to spot and what to do about it if I'm not sure. Explain why it is good to accept myself and others for who we are.	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures Explain the differences between direct and indirect types of bullying and offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation. Explain why racism and other forms of discrimination are unkind. Express how I feel about discriminatory behaviour.	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy Explain ways in which difference can be a source of conflict or a cause for celebration. Show empathy with people in situations where their difference is a source of conflict or a cause for celebration.

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Dreams and Goals	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success Explain how I played my part in a group and the parts other people played to create an end product. Explain how our skills complemented each other. Explain how it felt to be part of a group and can identify a range of feelings about group work.	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing Feelings Simple budgeting Explain the different ways that help me learn and what I need to do to improve. Be confident and positive when I share my success	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes Plan and set new goals even after a disappointment. Explain what it means to be resilient and to have a positive attitude.	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation Compare my hopes and dreams with those of young people from different cultures. Reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments Explain different ways to work with others to help make the world a better place. Explain what motivates me to make the world a better place.
Healthy Me	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing Food Explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices. Compare my own and my friends' choices and can express how it feels to make healthy and safe choices.	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and others Healthy and safe choices Identify things, people and places that I need to keep safe from. Know strategies for keeping myself safe and healthy including who to go to for help and how to call emergency services. Express how being anxious/scared and unwell feels.	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength Recognise when people are putting me under pressure and can explain ways to resist this when I want to. Identify feelings of anxiety and fear associated with peer pressure.	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour Explain different roles that food and substances can play in people's lives. Explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy. Summarise different ways that I respect and value my body.	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress Explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. Identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.

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Relationships	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships Explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special. Examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends Explain how my life is influenced positively by people I know and also by people from other countries. Explain why my choices might affect my family, friendships and people around the world who I don't know.	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and Animals Recognise how people are feeling when they miss a special person or animal. Suggest ways that might help me manage my feelings when missing a special person or animal.	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules Compare different types of friendships and the feelings associated with them. 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. 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.	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use Identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. 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. Offer strategies to help me manage these feelings and situations.
Changing Me	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition Use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. Explain why some types of touches feel OK and others don't. Say 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.	How babies grow Understanding a baby's needs Outside body changes Family stereotypes Challenging my ideas Preparing for transition Know how the circle of change works and be able to apply this to changes I want to change in my life. Recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.	Being unique Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change Summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older. Explain some of the choices I might make in the future and some of the choices that I have no control over. Offer some suggestions about how I might manage my feelings when changes happen.	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Growing responsibility Coping with change Preparing for transition Explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. Express how I feel about the changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends.	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition Describe how a baby develops from conception through the nine months of pregnancy, and how it is born. Recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.