



PSHE Progression of skills 22-23

Theme	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Me and My Relationships	I can share my feelings with others.	I can recognise and be sensitive to the differences of others.	I can name different feelings and how they might make me behave.	I understand we have different ways to express our feelings.	I can communicate my feelings and use this to try to manage my emotions.	I can talk about how feelings change and be different for others.	I can be assertive to keep myself happy, healthy and safe.	I can work through challenges I have with my friends with respect, assertiveness and understanding.
	I can name the important people in my life (including those who look after me).	I can name people who help me and describe ways to help others.	I can suggest ways of dealing with 'not so good' feelings and how to help others.	I can express my feelings in a safe, controlled way.	I can collaborate with a team to achieve a goal.	I can read different emotions by a persons body language.	I can use strategies to resolve arguments or disagreements.	I can give examples of negotiation and compromise. I can use these skills in practical situations.
	I can talk about what my strengths are (what I'm good at) and what I enjoy.	I can talk about feelings and what can cause them.	I can recognise when I need help and who to ask.	I can tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me.	I can accept I may not always agree with others.	I can say 'no' in a calm and controlled way.	I can reflect on my behaviour, attitudes and qualities.	I know types of touch that are against the law and can suggest ways of getting help if someone experiences inappropriate or illegal touch.
		I can tell you which trusted adults I can ask for help.	I can listen to others and wait my turn to speak.	I can tell someone how they are making me feel.	I can listen and share my opinions respectfully.	I can name some qualities or strategies that help teamwork. I am aware of others and their needs when working together	I am aware of the warning signs that a relationship could be unhealthy or unsafe.	I can use assertive behaviours to keep myself safe from peer influence or pressure.
			I can tell you which trusted adults at home and school keep me safe.	I can give you lots of ideas about being what makes a good friend and also tell you how I try to be a good friend.	I can say why friends may fall out and how they can make up.	I can say what to do if I am, or a friend is, hurt or bullied by another person.	I can manage my emotional needs and any risks to them.	I can explain bystander behaviour by giving examples of what bystanders do when someone is being bullied.
			I can name different feelings and how they might make me behave.		I know how to look after my friends and stay friends.	I can recognise the qualities of a healthy relationship.	I can respond to emotions according to the situation and person.	I can work through challenges I have with my friends with respect, assertiveness and understanding.
					I can communicate my feelings and use this to try to manage my emotions.	I can talk about how feelings change and be different for others.	I can be assertive to keep myself happy, healthy and safe.	I can give examples of negotiation and compromise. I can use these skills in practical situations.
Valuing Difference	I can tell you how I am the same or different to my friend.	I can celebrate our differences.	I can say ways in which people are similar as well as different.	I can say ways in which people are similar as well as different.	I can give examples of different types of family. I respect these differences.	I can say how differences sometimes cause conflict but can also be something to celebrate.	I can give examples of different faiths and cultures and positive things about having these differences.	I can explain the difference between a passive bystander and an active bystander and give an example of how active bystanders can help in bullying situations.
	I can tell you something good about being different.	I can talk about my family life.	I can say why things sometimes seem unfair, even if they are not to me.	I can say why things sometimes seem unfair, even if they are not to me.	I can give examples of different community groups and what is good about having different groups.	I can begin to manage conflict by using negotiation and compromise.	I can explain the importance of mutual respect for different faiths and beliefs and how we demonstrate this.	I can show respect to others by using verbal and non-verbal communication.



PSHE Progression of skills 22-23

	I can be kind and help my friends.	I can listen and be polite to what others tell me about their lives.	I can talk about what bullying is.	I can talk about what bullying is.	I can use respectful language and communication skills when discussing with others.	I can suggest strategies for dealing with someone who is behaving aggressively.	I can empathise with people who have been, and currently are, subjected to injustice, including through racism.	I can reflect on and give reasons for why some people show prejudiced behaviour and sometimes bully for this reason.
		I can be kind, caring and helpful to others.	I can say ways to show kindness towards others.	I can say ways to show kindness towards others.	I can talk about examples in our classroom where respect and tolerance have helped to make it a happier, safer place.	I can demonstrate ways of showing respect to others' differences.	I can explain how people sometimes aim to create an impression of themselves in what they post online that is not real and what might make them do this.	I can describe how empathy can help people to be more tolerant and understanding of those who are different from them.
				I can say ways in which people are similar as well as different.	I can name and use the different qualities needed for people from a diverse range of backgrounds need in order to get on together.	I can explain why it's important to challenge stereotypes that might be applied to me or others.	I can give examples of why posting an inaccurate (or selective) impression of themselves could be harmful for people that do it (trying to live up to their image, taking risks etc.)	I can recognise how the media can reinforce gender stereotypes and begin to challenge this.
					I can suggest ways to deal with bullying and prejudice.		I can reflect on how individual/group actions can impact on others in a positive or negative way	
Keeping Myself Safe	I can tell you who I can ask for help.	I can tell you what my body needs to stay healthy.	I can talk about the things my body needs to stay well (exercise, sleep, healthy foods)	I can keep myself safe around medicines. I can explain that they can be helpful or harmful, and say how they can be used safely.	I can say what I could do to make a situation less risky or not risky at all.	I can demonstrate strategies for dealing with a risky situation	I can suggest what someone should do when faced with a risky situation.	I can use safe, respectful and responsible behaviours and strategies when using social media.
	I can tell you some dangers and how I keep myself safe from them.	I can make safe decisions around medicines and things I don't know.	I can say what I can do if I have strong, but not so good feelings, to help me stay safe	I can say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping myself and others safe.	I can demonstrate strategies for dealing with a risky situation	I can give examples of people or things that might influence me to take risks and make decisions.	I can protect my personal information online. I can recognise disrespectful behaviour online.	I can give examples of how to safely share images online.
	I can tell you what is safe and unsafe for me to touch and use.	I can name some things that can be dangerous inside and outside.	I can say 'no' to unwanted touch and ask for help from a trusted adult.	I can say what I do and don't like and who to ask for help.	I can identify some key risks from and effects of cigarettes and alcohol.	I can give reasons for why most people choose not to smoke, or drink too much alcohol.	I can identify the risks in a specific situation (including emotional risks).	I can explain how social norms around alcohol can influence a persons decision whether to drink alcohol or not.
		I can tell you what is safe to play online and who to talk to if I feel worried.	I can say when medicines can be helpful or might be harmful.	I can give some examples of safe and unsafe secrets and I can think of safe people who can help if something feels wrong.	I can give examples of strategies for safe browsing online.	I can explain what might happen if people take unsafe or inappropriate risks.	I can discuss social norms relating to cigarettes and what may influence a persons decision to not smoke.	I can suggest positive ways to meet my emotional needs and how this impacts my behaviour.

PSHE Progression of skills 22-23



			I can tell you how to stay safe around medicine.		I can identify personal information and when it is not appropriate or safe to share this. I can get help when an unsafe situation online occurs.	I can identify images that are safe or unsafe to share online.	I can support someone who is being bullied.	I can begin to make decisions independently and responsibly.
Rights and Responsibilities	I can make some healthy choices.	I can help my family.	I can wash my hands correctly.	I can make choices that help me play and work well with others.	I can identify people who help me in different ways.	I can name some responsibilities and rights that I have.	I can develop ideas and opinions based on a current issue. I can present these with a group.	I can tell you the difference between 'fact' and 'opinion' and explain what 'bias' means.
	I can help my family and friends.	I can help to clean and tidy my home and classroom.	I can name ways to look after my home and school.	I can use some strategies when I feel upset or angry.	I can spot 'facts' and 'opinions' to help me share ideas.	I can share ideas and make decisions that effect others.	I can identify how the responsibilities of others impact me and my community.	I can discuss the reasons why people post online and the positive and negative effects relating to social media.
	I can make caring choices for my world.	I can tell you some ways to look after our world.	I can look after a special person or thing.	I can ask for help from a trusted adult.	I can make a plan.	I can give my own opinion based on facts, opinions and other influences.	I can give examples of barriers that can stop others following their responsibilities.	I can talk about how money is earned, the differences in incomes and how public services are supported by tax payers.
		I can be kind to friends and others.	I can tell you some things that money is spent on.	I can name some ways I can look after my environment.	I can choose a method.	I can give examples of how I can support others as a bystander.	I can give examples of some of the rights and responsibilities I have as I grow older, at home, my community and the environment. I can give real examples of each that relate to me.	I can describe how a group of people can make a change. I can reflect on my role in making a change in my community or environment.
		I can talk about looking after money.	I can get help if someone has hurt themselves.	I can make choices with money.	I can identify different times and reasons to spend money.	I can explain how others have a financial responsibility to their families and community.	I can suggest ways to spend and save money responsibly.	I can suggest ways that I can help my environment.
					I can give examples of how people earn money.		I can explain some things about finance and money. I can name a person who deals with money in my community.	I can give examples of why we need a democratic society and how laws keep us safe.
Being my Best	I can choose a healthy snack and activity.	I can keep trying if the way I choose doesn't work.	I can choose a healthy meal with different food groups.	I can explain what happens when I learn something new.	I can choose foods that make a balanced meal.	I can say how being unique makes everyone special, different and valuable.	I can explain how one organ functions and how it contributes to the health of my body.	I can explain, giving examples, how I can manage my wellbeing using the five ways to wellbeing.
	I can keep trying.	I can talk about the different types of feelings we have.	I can be persistent when learning a new skill.	I can explain how setting a goal or goals will help me to achieve what I want to be able to do.	I can explain how washing hands can prevent infections spreading.	I can give examples of choices I make and the choices others make for me.	I can explain how choices relating to smoking and drinking can effect a persons health.	I can set goals so that I can achieve an aspiration.



PSHE Progression of skills 22-23

	I can listen to my friends and take turns.	I can have a go at something new.	I can name a few different ideas of what I can do if I find something difficult.	I can explain how hand hygiene stops virus' and germs from spreading.	I can describe how food, water and air get into the body and blood.	I can plan a healthy, balanced meal.	I can think of ways to improve a skill and the strategies that will help me do this.	I can tell you how I can overcome problems and challenges on the way to achieving my goals.
		I can make my own healthy food choices.	I can help my friends when they fall out.	I can give examples of what I can do and give to my body to stay healthy.	I can set goals and make a plan to develop a new skill.	I can give examples of the ways people can look after their physical and mental wellbeing.	I can name several qualities that make people attractive that are nothing to do with how they look, but about how they behave.	I can identify risk factors in a given situation
		I can make healthy sleep and exercise choices.	I can explain why praise helps me to keep trying.	I can name different parts of my body that are inside me and help to turn food into energy.		I can give different examples of some of the things that I do already to help look after my environment.	I can give examples of how I am independent and manage my own success.	I can assess the level of risk and explain how a risk can be reduced.
Growing and Changing	I can describe the different seasons.	I can describe the life cycle of an animal.	I can tell you some things that babies need.	I can give support to a friend.	I can explain what body space is and how it feels when someone is too close to me.	I can describe how change can make a person feel (both negative and positive).	I can begin to manage challenging emotions by building my resilience.	I can name some of the feelings and emotions people have during change.
	I can talk about how babies and animals grow.	I can describe how a baby grows to an adult and what they might need.	I can tell you what I can do now that I couldn't do as a toddler and some things that I am still learning to do.	I can describe feelings of loss and suggest what someone can do if a friend moves away.	I can tell you some of the different relationships I have.	I can explain why young people can have mixed up feelings when they go through puberty.	I can describe the emotions and feelings people have during puberty and some respectful strategies to deal with conflict.	I can give examples of how someone could cope with or get support during puberty.
	I can tell you how boys and girls can be different or the same.	I can tell you some things about how babies are made.	I can talk about how safe secrets and surprises make me feel and who to talk to if I am worried.	I can describe the stages of growth I have been through and what I look forward to in my future.	I can tell you what qualities a healthy positive relationship has.	I can explain why puberty happens.	I can identify how someone could deal with an unsafe situation by naming trusted adults and strategies to stay safe.	I can identify ways the media can create stereotypes and how this can affect how someone can feel about their own body image.
		I can tell you the scientific names for my body parts.	I can name the body parts girls and boys have that are the same and which body parts are different.	I can name the human private parts that are used to make a baby.	I can describe how a girls and boys body will change when it reaches puberty.	I can talk about how people feel during puberty and the menstruation cycle and ways to help cope with the changes.	I can explain, using the correct vocabulary, the menstruation cycle and puberty changes and the products people might need.	I can explain how to stay safe when sharing images and information online.
		I can tell you the PANTS rule.	I can name the adults I can talk to at home and school if I need help.	I can talk about keeping private parts private.	I can tell you what happens to a womans body when the sperm does not meet the egg.	I can explain why some people choose to get married, have a civil ceremony or live together.	I can give examples of feelings and emotions people have at times of change.	I can offer advice and name people to help keep someone safe. I can identify if a secret is unsafe.