

Skills progression PSHE

Jigsaw Topic	Being me in my world	Celebrating difference	Dreams and goals	Healthy me	Relationships	Changing me
R	<p>Help other to feel welcome. Making a safer place. Thinking about our right to learn. Caring for others. Working well with others.</p>	<p>Accept that we are all different. Include others when working and playing. Know how to help other people. Try to solve problems. Use kind words. Give and receive compliments.</p>	<p>Stay motivated when doing something challenging. Keep trying even when things are tricky. Work well with a partner or a group. Have a positive attitude. Help others to achieve their goals.</p>	<p>Make healthy choices. Eat a balanced diet. Be physically active. Try to keep themselves and others safe. Know how to be a good friend and have a healthy relationship. Keep calm and deal with tricky situations.</p>	<p>Know how to make friends. Try to solve friendship problems when they occur. Help others feel part of a group. Show respect when dealing with other people. Know how to help themselves and others when they feel upset. Know and show what makes a good friendship.</p>	<p>Understand that everyone is unique and special. Express how they feel when they are happy. Understand changes which happen in them. Look forward to change.</p>
1	<p>Explain why my class is a happy and safe place to learn. Give different examples of where I or others make my class a safe and happy place.</p>	<p>Tell you some ways that I am different and similar to other people in my class, and why this makes us all special. Explain what bullying is and how being</p>	<p>Explain how I feel when I am successful and how this can be celebrated positively. Say why my internal treasure chest is an important place to store positive feelings.</p>	<p>Explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. Give examples of when being healthy can help me feel happy.</p>	<p>Explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. Explain how my qualities help these relationships. Give examples</p>	<p>Compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and</p>

		bullied might make somebody feel.			of behaviour in other people that I appreciate and behaviours that I don't like.	give reasons why they are private. Explain why some changes I might experience might feel better than others.
2	Explain why my behaviour can impact others in my class. Explain my own and other's choices and say why some choices are better than others.	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	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.	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.	Explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special. Give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.	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. Tell you what I like and don't like about being a boy/ girl and getting older, Recognise that other people might feel differently to me.
3	Explain how my behaviour can affect how others feel and behave. Say why it is important to have rules and how it helps me and others to	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.	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 success with others. Explain how	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	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	Explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies

	learn.	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.	these feelings can be stored in my internal treasure chest and why this is important	Express how it feels to make healthy and safe choices.	people around the world who I don't know.	can make babies when they grow up. Recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.
4	Explain why being listened to and listening to others is important. Explain why being democratic is important and helps others to feel valued	Tell you a time when my first impression of someone changed as I got to know them. I can also 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.	Plan and set new goals even after a disappointment. Explain what it means to be resilient and to have a positive attitude.	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.	Recognise how people are feeling when they miss a special person or animal. Give ways that might help me manage my feelings when missing a special person or animal.	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.
5	Compare my life with other people around the UK and explain why we have rights, responsibilities and rules to make	Explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if	Compare my hopes and dreams with those of young people from different cultures. Reflect on the	Explain different roles that food and substances can play in people's lives. Explain how people can develop eating	Compare different types of friendships and the feelings associated with them. Explain how to stay safe when	Explain how boys and girls change during puberty and why looking after myself physically and emotionally is

	<p>both school and the wider community a fair place. Explain how actions of one person can affect another person.</p>	<p>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.</p>	<p>hopes and dreams of young people from another culture and explain how this makes me feel.</p>	<p>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.</p>	<p>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.</p>	<p>important. Summarise the process of conception. Express how I feel about the changes that will happen to me during puberty. Accept these changes might happen at different times to my friend.</p>
6	<p>Explain how my choices impact the local community and the wider world. Empathise with other people in the local and wider community and think about how this changes my actions.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>

