

Progression of skills in PHSE

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p style="text-align: center;">Relationships</p> <ul style="list-style-type: none"> • How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts • How to recognise and manage emotions within a range of relationships • How to recognise risky or negative relationships including all forms of bullying and abuse • How to respond to risky or negative relationships and ask for help • How to respect equality and diversity in relationships 	<p>Identify and name some feelings (for example through interpreting facial expressions) Express some of their own positive qualities</p> <p>Making informed choices</p> <p>No outsiders</p>	<p>Manage some feelings in a positive way Share their opinions and opinions on topics such as what fairness means Set simple goals</p> <p>No outsiders</p>	<p>Recognise their own worth and that of others Express their own opinions confidently Listen to and respect the opinions of others</p> <p>No outsiders</p>	<p>Express own opinions confidently and listen respectfully to those of others Know what a friend is and does and how to cope with some friendship problems</p> <p>No outsiders</p>	<p>Identify ways to face new challenges Discuss some of the physical and emotional changes at puberty, and can demonstrate some ways of dealing with these changes in a positive way</p> <p>No outsiders</p>	<p>identify positive ways to face new challenges (e.g. the transition to secondary school) Discuss some of the physical and emotional changes at puberty, and can demonstrate some ways of dealing with these changes in a positive way Discuss a range of jobs, and explain how they will develop the skills needed for work in the future Explain how to look after and save money</p> <p>No outsiders</p>
<p style="text-align: center;">Health & wellbeing</p> <ul style="list-style-type: none"> • What is meant by a healthy lifestyle • How to maintain physical, mental and emotional health and wellbeing • How to manage risks to physical, mental and emotional health and wellbeing • How to keep physically & emotionally healthy • How to manage change including puberty, transition and loss • Making informed choices about health and wellbeing and recognising sources of help with this • How to respond in an emergency • Identify different influences on health & well-being 	<p>Explain ways of keeping clean Name the main parts of the body Explain that people grow from young to old</p>	<p>Make simple choices about some aspects of their health & wellbeing and know what keeps them healthy talk about the harmful aspects of some household products and medicines and describe ways of keeping safe in familiar situations</p>	<p>Make choices about how to develop a healthy lifestyle</p>	<p>List the commonly available substances and drugs that are legal and illegal, and describe some of the effects and risks of these Understand when they should keep secrets and promises, and when they should tell someone about them</p> <p>First aid</p>	<p>Identify some factors that affect emotional health & well-being Identify and explain how to manage the risks in different familiar situations</p>	<p>Making judgements and decisions and be able to list some ways of resisting negative peer pressure around issues affecting their health and well-being List the commonly available substances and drugs that are legal and illegal, and describe some of the effects and risks</p>

<p>Living in the wider world</p> <ul style="list-style-type: none"> • Respect for self and others and the importance of responsible behaviours and actions • Rights and responsibilities as members of families, other groups and ultimately as citizens • learn about different groups and communities • respect equality and be a productive member of a diverse community • understanding the importance of respecting and protecting the environment • Learning about where money comes from, keeping it safe and ways to manage it effectively • Understanding the importance of money in people's lives • Developing an understanding of enterprise 	<p>Explain different ways that family and friends can care for each other</p>	<p>Recognise that bullying is wrong and list ways to get help in dealing with it Recognise the effect of their behaviour on other people Co-operate with others e.g. when playing or working with friends and classmates Identify and respect differences and similarities between people.</p>	<p>Explain how their actions have consequences for themselves and others Describe the nature and consequences of bullying and can express ways of dealing with it. Show how they care for their environment</p>	<p>Describe the nature and consequences of bullying and can express ways of dealing with it. Identify different types of relationships (e.g. marriage or friendship) and show ways to maintain good relationships (e.g. listening, supporting, caring).</p>	<p>Responding to and challenging negative behaviours appropriately e.g. stereotyping and aggression.</p>	<p>Describe different values and beliefs in society Demonstrate respect and tolerance towards people different to themselves.</p>
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