

PSHE Skills Progression at St George and St Martin

	Foundation Stage	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Me and My School	<ul style="list-style-type: none"> <li>-Know who is in their class</li> <li>-Recognise the adults around school</li> <li>-Know their classroom and the school building</li> </ul>	<ul style="list-style-type: none"> <li>-Understand why we have class rules</li> <li>-Listen to and understand others' ideas</li> <li>-Understand how the school council works</li> <li>-Recognise their own skills</li> <li>-Compromise with other children</li> </ul>	<ul style="list-style-type: none"> <li>-Recognise and name a range of feelings and explain how to deal with them</li> <li>-Explain the need for class rules</li> <li>-Identify some laws that adults have to follow</li> </ul>	<ul style="list-style-type: none"> <li>-List strengths and potential challenges</li> <li>-Contribute to class rules</li> <li>-List school council representatives skills</li> <li>-Explain the role of a local councillor</li> </ul>	<ul style="list-style-type: none"> <li>-Describe the role of a chairperson</li> <li>-Explain the role of democratic elections</li> <li>-Explain the democratic process</li> <li>-Express opinions in a respectful way</li> </ul>	<ul style="list-style-type: none"> <li>-List things they are good at</li> <li>-Identify areas to improve</li> <li>-Describe how the school council works</li> <li>-Take part in a democratic process</li> <li>-Describe their contributions to the school</li> <li>-Describe the skills that school council representatives need</li> </ul>	<ul style="list-style-type: none"> <li>-Recognise strengths and ways to overcome their challenges</li> <li>-Identify the roles they take on at school and at home and why these may sometimes be in conflict</li> <li>-Know how people apply for jobs</li> </ul>
Happy and Healthy Me	<ul style="list-style-type: none"> <li>-Know how to wash their hands</li> <li>-Know how to clean their teeth</li> <li>-Name some medicines</li> <li>-Know some healthy and unhealthy food choices</li> </ul>	<ul style="list-style-type: none"> <li>-Name the main parts of the body</li> <li>-Describe how they have changed since birth and how they might change in the future</li> <li>-Discuss how to keep physically</li> </ul>	<ul style="list-style-type: none"> <li>-Describe how to keep the body clean</li> <li>-Describe components of balanced diet</li> <li>-Understand how infections are spread and explain how to avoid them</li> </ul>	<ul style="list-style-type: none"> <li>-List components and reflect on their diet</li> <li>-Explain the benefits of healthy eating</li> <li>-Understand influences and opportunities related to their choices</li> </ul>	<ul style="list-style-type: none"> <li>-Explain what makes us ill and how to reduce spread of bacteria</li> <li>-Understand that not all drugs are medicines</li> <li>-Explain how smoking affects health</li> </ul>	<ul style="list-style-type: none"> <li>-Identify components of a healthy lifestyle</li> <li>-Identify factors of physical and emotional health</li> <li>-Take part in debates on topical issues</li> </ul>	<ul style="list-style-type: none"> <li>-Explain key facts about health and wellbeing</li> <li>-Explain changes during puberty</li> <li>-</li> </ul>

		<ul style="list-style-type: none"> <li>and emotionally healthy</li> <li>-Explain why they like or dislike something</li> <li>-Understand that choices will have good and bad consequences</li> <li>-Identify new opportunities and responsibilities</li> </ul>		<ul style="list-style-type: none"> <li>-Express opinions on food issues</li> </ul>	<ul style="list-style-type: none"> <li>-Recognise that habits can be good and bad</li> </ul>		
Me and My World	<ul style="list-style-type: none"> <li>-Know what the school council does</li> <li>-Discuss different experiences</li> </ul>	<ul style="list-style-type: none"> <li>-Recognise my likes and dislikes</li> <li>-Identify fair and unfair</li> <li>-Describe the needs of animals and humans</li> <li>-Give some reasons for right and wrong</li> <li>-Describe how adults can help meet children's needs</li> </ul>	<ul style="list-style-type: none"> <li>-Identify positive and negative features of the local environment</li> <li>-Take part in whole class discussions</li> <li>-Role and use of money</li> <li>-Identify the need for fundraising</li> <li>-Take part in simple debates</li> </ul>	<ul style="list-style-type: none"> <li>-Identify where money comes from and what it's used for</li> <li>-Consider value for money</li> <li>-Recognise resources needed for humans and where to locate these</li> <li>-Identify ways to reduce impact of human resources in the environment</li> </ul>	<ul style="list-style-type: none"> <li>-Explain rights, responsibilities and duties</li> <li>-Describe how people campaign for the rights of others</li> <li>-List rights, responsibilities and duties of people in the local community and in the environment</li> </ul>	<ul style="list-style-type: none"> <li>-Explain aspects of parliament and understand how laws are made</li> <li>-Explain why and how rules and laws change over time</li> <li>-Take part in a debate using persuasive language</li> <li>-Explain the function of cheques, credit and debit cards</li> </ul>	<ul style="list-style-type: none"> <li>-Explain a range of groups and identify local examples</li> <li>-Explain the role of a pressure group</li> <li>-Ask appropriate questions to find out more information about a given topic</li> <li>-Identify skills used in a project</li> <li>-Explain how the media present information</li> </ul>

						<ul style="list-style-type: none"> <li>-Explain why and how people save</li> <li>-Understand how money we earn can help the community</li> </ul>	
Me and My Safety	<ul style="list-style-type: none"> <li>-Know how to be safe in the classroom, school and playground</li> <li>-Recognise people who help to keep them safe</li> </ul>	<ul style="list-style-type: none"> <li>-Identify things which may be harmful to my body</li> <li>-Identify things that may be dangerous at home</li> <li>-Describe ways to keep safe when walking and in the car</li> <li>-Identify a range of people who keep them safe</li> <li>-Ask relevant questions about different jobs</li> <li>-Describe how to make the home safer</li> </ul>	<ul style="list-style-type: none"> <li>-Name unsafe situations</li> <li>-Explain the difference between secrets and surprises</li> <li>-Recognise that they should not keep adults' secrets</li> </ul>	<ul style="list-style-type: none"> <li>-Identify risks</li> <li>-Explain rules for keeping safe on the road</li> <li>-Understand that pressure can come from different kinds of people</li> <li>-Explain that medicines should be used properly and will be harmful if used inappropriately</li> <li>-Understand that they are able to resist peer and media pressure</li> <li>-Understand which parts of the body are private</li> </ul>	<ul style="list-style-type: none"> <li>-Explain how school rules help keep them safe</li> <li>-Explain how rules and laws help keep people safe</li> <li>-Explain how to stay safe online</li> <li>-Define risk</li> </ul>	<ul style="list-style-type: none"> <li>-List things that will help keep them safe in a given situation</li> <li>-Describe techniques for resisting pressure</li> <li>-List people who keep them safe</li> <li>-Understand their role in helping others</li> <li>-Explain how overcoming a fear can be a positive experience</li> </ul>	<ul style="list-style-type: none"> <li>-Explain consequences of decisions</li> <li>-Explain the effects and dangers of drugs on the individual and society</li> <li>-Use basic first aid skills</li> <li>-List sources of help and advice</li> </ul>

				<ul style="list-style-type: none"> <li>-Judge which type of physical contact is acceptable</li> <li>-Explain what to do if experience unacceptable touches</li> <li>-Explain the difference between surprises and secrets</li> <li>-Know who can support them</li> </ul>			
Me and My Relationships	<ul style="list-style-type: none"> <li>-Know how to be a good friend</li> <li>-Name people in their family</li> <li>-Discuss different types of families</li> </ul>	<ul style="list-style-type: none"> <li>-Recognise things which make them unique</li> <li>-Identify and describe someone special to them</li> <li>-Describe how to be a good friend</li> <li>-Explain how families care for each other</li> <li>-Use a strategy for making a decision</li> </ul>	<ul style="list-style-type: none"> <li>-Describe how their behaviour affects others</li> <li>-Identify teasing and bullying</li> <li>-Play and work co-operatively</li> <li>-Understand how to resolve conflict</li> <li>-Explain why relationships change and how to deal with this</li> <li>-Know who to go to for help</li> </ul>	<ul style="list-style-type: none"> <li>-Name internal and external parts of the body</li> <li>-Explain differences between males and females</li> <li>-Recognise that families come in different forms</li> <li>-Know that actions have consequences and be able to anticipate them</li> <li>-Describe features of</li> </ul>	<ul style="list-style-type: none"> <li>-Know when and where to get help and how to help themselves</li> <li>-Understand that change is a natural process and anticipate future changes</li> <li>-Explain what puberty is</li> <li>-Accept and understand how feelings impact behaviour</li> </ul>	<ul style="list-style-type: none"> <li>-Understand how the media can affect how people think</li> <li>-Explain how relationships change</li> <li>-Describe important qualities in a friend/partner</li> <li>-Know that some secrets are unhealthy and when to ask for help</li> </ul>	<ul style="list-style-type: none"> <li>-Identify ways of coping with growing up</li> <li>-Explain impacts of gender stereotypes</li> <li>-Explain some consequences of racial bullying</li> </ul>

				<ul style="list-style-type: none"> <li>positive friendships</li> <li>-Recognise negative feelings and behaviours</li> <li>-Know when and where to get help</li> </ul>	<ul style="list-style-type: none"> <li>-Recognise they have the right to say no</li> <li>-Know when it is right to 'share a secret'</li> <li>-Describe ways of positively dealing with loss</li> <li>-Consider if violence is ever appropriate to solve conflict</li> </ul>	<ul style="list-style-type: none"> <li>-Explain changes during puberty</li> </ul>	
Me and Other People	<ul style="list-style-type: none"> <li>-Discuss how people are similar and different</li> <li>-Understand a range of special celebrations</li> </ul>	<ul style="list-style-type: none"> <li>-Recognise they are a member of different groups and communities</li> <li>-Describe how it feels to be excluded from a group</li> <li>-Describe types of teasing</li> <li>-Describe strategies for teasing</li> <li>-Define bullying</li> <li>-Strategies for bullying</li> </ul>	<ul style="list-style-type: none"> <li>-Describe similarities and differences between boys and girls</li> <li>-Question assumptions about what boys and girls can do</li> <li>-Describe types of families</li> <li>-Describe similarities and differences of race</li> <li>-Understand Britain is a diverse place</li> </ul>	<ul style="list-style-type: none"> <li>-Describe themselves in a range of ways</li> <li>-Describe communities and understand similarities and differences between different local communities</li> <li>-Recognise range of identities in the wider community</li> </ul>	<ul style="list-style-type: none"> <li>-Recognise range of identities in the Britain today</li> <li>-Explain why tolerance and respect are important</li> </ul>	<ul style="list-style-type: none"> <li>-Talk about different people's points of view</li> <li>-Positively contribute to the local community</li> </ul>	<ul style="list-style-type: none"> <li>-Express own point of view and consider others'</li> <li>-Explain how over time people can make a difference</li> <li>-Explain what stereotyping is</li> <li>-Explain strategies to manage difficult situations</li> </ul>

