

# PSHE

## Key Skills Progression Map

Year Group	Autumn Relationships	Spring Health and Wellbeing	Summer Living in the wider world
<b>1</b>	<p><b>To try new things;</b> Talk about some things of personal interest. Join in with familiar activities.</p> <p><b>To push themselves;</b> Explain feelings in uncomfortable situations. Listen to people who try to help.</p> <p><b>To work hard;</b> Work hard with the help of others. Take encouragement from others in areas of interest.</p>	<p><b>To concentrate;</b> Begin to show signs of concentration. Give attention to areas of interest.</p> <p><b>To improve;</b> Share with others likes about own efforts.</p> <p><b>To not give up;</b> Try again with the help of others. Keep going in activities of interest.</p>	<p><b>To imagine;</b> With help, develop ideas. Respond to the ideas of others.</p> <p><b>To understand others;</b> Show an awareness of someone who is talking.</p>
<b>2</b>	<p><b>To try new things;</b> Try new things with the help of others. Concentrate on things of interest.</p> <p><b>To work hard;</b> Enjoy the results of effort in areas of interest.</p> <p><b>To push themselves;</b> Express doubts and fears. Begin to push past fears (with encouragement).</p>	<p><b>To concentrate;</b> Begin to 'tune out' distractions. Begin to seek help when needed.</p> <p><b>To improve;</b> Choose one thing to improve (with help). Make a small improvement (with help).</p> <p><b>To push themselves;</b> Begin to try to do something more than once.</p> <p><b>To not give up;</b> Try to carry on even if a failure causes upset.</p>	<p><b>To imagine;</b> Respond to questions about ideas. Act on some ideas.</p> <p><b>To understand others;</b> Show an understanding that ones own behaviour affects other people. Listen to other people's point of view.</p> <p><b>To not give up;</b> Try to think of oneself as lucky.</p>
<b>3</b>	<p><b>To try new things;</b> Enjoy new experiences. Talk about new experiences with others.</p> <p><b>To work hard;</b> Enjoy working hard in a range of activities.</p> <p><b>To push themselves;</b> Begin to understand why some activities feel uncomfortable. Show a willingness to overcome fears. Keep trying after a first attempt.</p>	<p><b>To concentrate;</b> Focus on activities. 'Tune out' some distractions.</p> <p><b>To improve;</b> Identify a few areas for improvement. Attempt to make improvement.</p> <p><b>To not give up;</b> Show the ability to stick at an activity (or a club or interest).</p>	<p><b>To imagine;</b> Begin to enjoy having new ideas. Ask some questions in order to develop ideas.</p> <p><b>To understand others;</b> Listen to others showing attention. Think of the effect of behaviour on others before acting.</p>

<p><b>4</b></p>	<p><b>To try new things;</b> Join clubs or groups. Talk about new experiences with others.</p> <p><b>To work hard;</b> Reflect on how effort leads to success. Begin to encourage others to work hard.</p> <p><b>To push themselves;</b> Push past fears and reflect upon the emotions felt afterwards. Begin to take encouragement and advice from others.</p>	<p><b>To concentrate;</b> Search for methods to help with concentration. Develop areas of deep interest.</p> <p><b>To improve;</b> Share with others a number of positive features of own efforts.</p> <p><b>To not give up;</b> Find alternative ways if the first attempt does not work. Bounce back after a disappointment or failure.</p>	<p><b>To imagine;</b> Show some enthusiasm for the ideas of others. Show enjoyment in trying out some ideas.</p> <p><b>To not give up;</b> See oneself as lucky.</p> <p><b>To understand others;</b> Describe the points of view of others.</p>
<p><b>5</b></p>	<p><b>To try new things;</b> Enjoy new things and take opportunities wherever possible. Find things to do that give energy.</p> <p><b>To work hard;</b> Have fun working hard. Encourage others by pointing out how their efforts gain results.</p> <p><b>To push themselves;</b> Find ways to push past doubts, fears, or a drop in motivation even in challenging circumstances. Listen to others who encourage and help, thanking them for their advice.</p>	<p><b>To concentrate;</b> Give full concentration. 'Tune out' most distractions.</p> <p><b>To improve;</b> Clearly identify own strengths. Seek the opinions of others to help identify improvements.</p> <p><b>To not give up;</b> Show a determination to keep going, despite failures or setbacks. Reflect upon the reasons for failures and find ways to bounce back.</p>	<p><b>To imagine;</b> Ask lots of questions. Show a willingness to be wrong.</p> <p><b>To understand others;</b> Listen first to others before trying to be understood.</p>
<p><b>6</b></p>	<p><b>To try new things;</b> Become fully involved in clubs or groups. Meet up with others who share interests in a safe environment.</p> <p><b>To work hard;</b> Understand the benefits of effort and commitment. Continue to practice even when accomplished.</p> <p><b>To push themselves;</b> Push oneself in areas that are not so enjoyable. Reflect upon how pushing past doubts, fears or a drop in motivation leads to a different outlook.</p>	<p><b>To concentrate;</b> Understand techniques and methods that aid concentration. Develop expertise and deep interest in some things.</p> <p><b>To improve;</b> Identify areas for improvement. Show effort and commitment in refining and adjusting work.</p> <p><b>To not give up;</b> Stick at an activity even in the most challenging of circumstances. See possibilities and opportunities even after a disappointment</p>	<p><b>To imagine;</b> Generate lots of ideas. Know which ideas are useful and have value. Act on ideas.</p> <p><b>To understand others;</b> Change behaviours to suit different situations. Describe and understand others point of view.</p> <p><b>To not give up;</b> Consider oneself to be lucky and understand the need to look for luck.</p>