

# PSHE

## Key Skills Progression Map

Year Group	Autumn	Spring	Summer
<b>1</b>	<p><b>Recognise -</b> Recognise, name and manage their feelings in a positive way. Recognise the difference between right and wrong, fair and unfair, good and bad choices Identify different relationships that they have and why these are important</p> <p><b>Reflect</b> Understand the difference between impulsive and considered behaviour.</p> <p><b>Respond</b> Develop positive relationships through work and play</p>	<p><b>Recognise</b> Recognise how their behavior affects other people. Recognise why healthy eating and physical activity are beneficial</p> <p><b>Reflect</b> Consider different types of teasing and bullying. Understand that bullying is wrong and know how to get help to deal with bullying.</p> <p><b>Respond</b> Seek help from an appropriate adult when necessary. Manage basic personal hygiene.</p>	<p><b>Recognise</b> Recognise that there are people who care for and look after them Recognise the simple physical changes to their bodies experienced since birth</p> <p><b>Reflect</b> Reflect on the similarities and differences between people</p> <p><b>Respond</b> Make positive real-life choices</p>
<b>2</b>	<p><b>Recognise</b> Identify the different types of work people do and learn about different places of work.</p> <p><b>Reflect</b> Listen to and show consideration for other people's views</p> <p><b>Respond</b> Share opinions on things that matter to them</p>	<p><b>Recognise</b> Recognise how their behaviour and that of others may influence people both positively and negatively. Recognise what they are good at,</p> <p><b>Reflect</b> Identify and talk about their own and others' strengths and weaknesses and how to improve</p> <p><b>Respond</b> Work and play independently and in groups, showing sensitivity to others.</p>	<p><b>Recognise</b> Recognise that some substances can help or harm the body. Recognise where money comes from and the choices people make to spend money on things they want or need,</p> <p><b>Reflect</b> Understand that we cannot always afford the items we want to buy</p> <p><b>Respond</b> Make simple choices that improve their health and wellbeing e.g. healthy eating Contribute to enterprise activities</p>
<b>3</b>	<p><b>Recognise</b> Recognise that people can feel alone and misunderstood and learn how to give appropriate support. Recognise why people work Identify the range of jobs carried out by the people they know Recognise what influences the choices people make about how money is spent.</p>	<p><b>Recognise</b> Face new challenges positively and know when to seek help</p> <p><b>Reflect</b> Explore the relationships and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle</p> <p><b>Respond</b></p>	<p><b>Recognise</b> Show awareness of changes that take place as they grow Recognise that there are medicines and some other substances that can be used in a safe way to improve health</p> <p><b>Reflect</b></p>

	<p><b>Reflect</b> Listen to, reflect on and show consideration and respect for other people's views and feelings</p> <p><b>Respond</b> Use ICT safely including keeping electronic data secure Use strategies to stay safe when using ICT and the internet Work co-operatively, showing fairness and consideration to others</p>	<p>Begin to make informed lifestyle choices Follow school rules about health and safety and know where to get help</p>	<p>Understand the nature and consequences of negative behaviors such as bullying, aggressiveness</p> <p><b>Respond</b> Extend strategies to cope with risky situations Behave safely and responsibly in different situations</p>
<p><b>4</b></p>	<p><b>Recognise</b> Recognise their strengths and how they can contribute to different groups</p> <p><b>Reflect</b> Begin to reflect on their worth as individuals by identifying positive things about themselves and their achievements Reflect on own mistakes and make amends</p> <p><b>Respond</b> Talk about their views on issues that affect themselves and their class Begin to make responsible choices and consider consequences</p>	<p><b>Recognise</b> Recognise the factors influencing opinion and choice, including the media Show awareness of issues affecting communities and groups Recognise the importance of local organisations in providing for the needs of the local communities</p> <p><b>Reflect</b> Reflect on how people can take actions, make a positive contribution and have a say in what happens, both locally and nationally</p> <p><b>Respond</b> Make decisions, giving consideration to the impact they may have on others</p>	<p><b>Recognise</b> Recognise stereotyping and discrimination</p> <p><b>Reflect</b> Negotiate and present their own ideas Consider the impact that discrimination has on people's lives</p> <p><b>Respond</b> Challenge stereotyping and discrimination</p>
<p><b>5</b></p>	<p><b>Recognise</b> Recognise how rights need to be balanced against responsibilities in order to protect individuals and communities from injustice</p> <p><b>Reflect</b> Consider the main features of a democracy</p> <p><b>Respond</b> Engage actively with democratic processes and address issues of concern to them through their actions and decision making Empathise with another viewpoint</p>	<p><b>Recognise</b> Identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends Recognise that people can feel alone and misunderstood and learn how to give appropriate support</p> <p><b>Reflect</b> Reflect on how to deal with feelings about themselves, their family and others in a positive way</p> <p><b>Respond</b> Make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</p>	<p><b>Recognise</b> Recognize that communities and the people within them are diverse, changing and interconnected</p> <p><b>Reflect</b> Discuss how people can live and work together to benefit their communities</p> <p><b>Respond</b> Take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle Work collaboratively towards common goals</p>

# 6

## **Recognise**

Identify different forms of discrimination against people in societies

Recognise that peoples basic needs are the same around the world, discussing why some societies are more able to meet these than others

Recognise that communities and the people within them are diverse, changing and interconnected

## **Reflect**

Talk, write and explain their views on issues that affect the wider environment

Identify and talk about their own and others' strengths and weaknesses and how to improve

## **Respond**

Begin to set personal goals

Take action based on responsible choices

## **Recognise**

Recognise that when the body changes during puberty it can affect feelings and behaviour

Recognise when physical contact is acceptable and unacceptable

## **Reflect**

Understand the physical and emotional changes that take place during puberty, why they are taking place and the importance of personal hygiene

## **Respond**

Manage changing emotions and recognize how they can impact on relationships

## **Recognise**

Recognise how people manage money and learn about basic financial capability.

## **Reflect**

Make connections between their learning, the world of work and their future economic wellbeing

## **Respond**

Look after their money and realize that future wants and needs may be met through saving

Show initiative and take responsibility for activities that develop enterprise capability.