



We all love, learn and grow together.
Mark 12:31 'Love your neighbour as yourself.'

Year An overview - Skills progression - PSHE			
	Year1/2	Year 3/4	Year 5/6
WE'RE ALL STARS!	I can give different examples where I or others make my class happy and safe. I can express why some choices are better than others.	I can explain why it is important to have rules and how that helps me and others learn. I can explain why being democratic is important and can help me and others feel valued. I can regulate my emotions by using the zones provided me.	I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context. I can empathise with others in my community and globally.
BE FRIENDLY, BE WISE	I can give examples of behaviour I appreciate and behaviours that I don't like. I can give examples of different problem-solving techniques and explain how I might use them in my relationships. I can share ways of staying safe at home and around and about.	I can explain why my choices might affect my family, friendships and people around the world who I don't know. I can give ways that might help me manage my feelings within different relationships. I know what to do in different types of emergencies. I can list factors that will keep me safe online. I can recognise how to stay safe with gaming, chats, fake images and videos. I understand how to have healthy online friendships.	I can apply strategies to manage my feelings and the pressures I may face to use technology that may be risky or cause harm to myself or others. I can explain the feelings I may experience if I lose someone special and when I need to stand up for myself and my friends in real or online situations. I understand e-safety and how to keep myself safe online.
LIVING LONG, LIVING STRONG	I can give examples of when being healthy can help me feel happy. I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices. I can justify my choices about foods and medicines.	I can express how being anxious/scared/unwell feels. I can select suitable strategies for keeping myself safe and healthy. I can identify feelings of anxiety and fear associated with peer pressure.	I can summarise different ways that I respect and value my body. I can evaluate the different roles food and substances can play in people's lives. I can also justify the potential health risks associated with pressures about body image, unhealthy relationships with food, smoking and alcohol misuse. I can explain how to deliver basic first aid.
DARING TO BE DIFFERENT	I can explain why being unique and special is important. I can explain why it is okay to be different from my friends. I can justify why gender stereotypes are not always fair. I can respect others' choices.	I can explain when my involvement with conflict situations affected other people's feelings and why this made the situations better or worse. I can explain why it is good to accept myself and others for who we are. I can understand peer pressure, emotional pressure and know what it is to consent in friendships.	I can explain why racism and other forms of discrimination are unkind. I can explain how I feel about discriminatory behaviour. I can explain the consequences of making different choices and share ways of how to deal with challenging situations or conflict between others.
DEAR DIARY	I can use different strategies to deal with my worries. I can tell you where I can get help.	I can explain different situations where I may feel different emotions. I know where to seek help and support. I can deal with unsafe secrets.	I understand that in my relationships I may be faced with challenging emotions and situations, and I have strategies to deal with these. I understand the challenges of transition and I am developing a tool kit to deal with this.
JOINING IN & JOINING UP / SRE	I can make the right choice between right and wrong. I can use the correct terms to describe the private parts of my body. I can explain when it might be appropriate to talk about these and when I should not. I can respect my own and other's privacy.	I can explain my choices when voting and debating. I can share my thoughts about my school community and global issues. I can describe fully the changes that take place inside/outside boys' and girls' bodies during the growing up process. I know when touch is appropriate/inappropriate. I understand boundaries around touch and SRE.	I understand the role of the individual in a democracy, including voting and debating. I understand the role of law. I recognise the importance of charitable organisations. I can give a detailed account of the changes that occur in boys and girls bodies during puberty and any associated emotional changes. I can reflect on the changes I will go through during puberty. I can recognise image-based abuse.



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Year B overview - Skills progression - PSHE			
	Year1/2	Year 3/4	Year 5/6
IT'S OUR WORLD	I can justify the choices I make to help keep my class and school a safe and fair place. I can say how to care for my environment, including eco issues. I understand safe and unsafe rules. I know what a trusted adult is.	I can analyse my learning strengths and use this to design clear steps to help me work well and improve. I can explain what it means to be resilient and to have a positive attitude. I understand global climate issues and ways of contributing to this. I understand how to overcome barriers to reach goals (resilience). I can report my concerns when rules are broken.	I can share what I need to do to improve myself and those around me by reflecting on my everyday choices. I understand my global responsibility and how my choices affect others, my community and the wider world.
SAY NO!	I can justify my choices about medicines and explain healthy and safe ways in which they can be good for my body. I can tell you how to stay safe in and around the home. I can say why my internal treasure chest is an important place for me to protect in social situations and online. I know that not everything online is true and I can protect my personal information.	I can explain why it is good to accept myself and others for who we are. I understand the dangers that face me as I grow up. I understand how to make the right choices to protect me and my internal treasure chest against harmful substances and people. I know the risks of vaping, energy drinks and addictive habits. I understand how to stay safe on social media and recognise fake images and videos. I can sustain healthy online friendships.	I can reflect on the links between mental/emotional health, alcohol, substances and online dangers. I have considered what my attitude to these may be when I am older. I understand the importance of British values and how this affects my local community. I can recognise derogatory terms relating to sex, race, disability and sexual orientation. I understand what coercion and manipulation are online. I understand the online influences such as AI, deep fakes, manipulated images, misinformation and disinformation.
MONEY MATTERS	I can talk about where money comes from, what people do with money and what impact it has on our everyday lives.	I understand how managing money is important so that when I am older I can pay for my needs and wants. I understand online scams and frauds.	I understand the problems associated with money. I recognise the importance of budgeting and making informed decisions about how I use my money. I understand online scams, frauds and gaming purchases.
WHO LIKES CHOCOLATE?	I understand the principles of fair trade products, including chocolate.	I recognise the cost implications related to fair trade products globally and the advertising/media issues surrounding this.	I understand the wider implications of fair trade, including famine, poverty and conflict.
PEOPLE AROUND US	I can tell you about other people's roles in my life, including those that are there to help me. I am aware that different families may face different challenges than mine. I respect differences and include everyone. I understand that there are difficult choices, including secrets and surprises.	I understand how to live in a harmonious society, respecting all differences and celebrating these. I understand different family structures and how to have respect for difference and inclusion.	I can understand differences in gender, ethnicity and relationships and challenge negativity towards these. I understand different family structures and how to have respect for difference and inclusion.
GROWING UP / SRE	I can compare how I am now to when I was a baby. I can explain some of the changes that will happen to me as I get older.	I can recognise how I feel about changes happening to me and can suggest some ideas to cope with these feelings. I understand key rules of e-safety that will protect me. I understand unsafe secrets and inappropriate behaviour. I understand online pressure and can seek support.	I can give a detailed account of the changes that occur in boys' and girls' bodies during puberty and any associated emotional changes. I can express my own attitudes towards people that are different and empathise with their circumstances. I understand pressure to share images and information. I can respect boundaries. I can manage embarrassment and seek help.



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