

PSHE Progression Document

<u>Ongoing Core Skills</u>			
<p><u>Nursery</u></p> <ul style="list-style-type: none"> •Recognising similarities and differences between themselves and others. •Enjoys a sense of belonging through being involved with daily tasks. • Is aware of being evaluated by others and begin to develop ideas about themselves according to the messages they hear from others •Shows their confidence and self-esteem through being outgoing towards people, taking risks and trying new things or new social situations and being able to express their needs and ask adults 	<p><u>Reception</u></p> <ul style="list-style-type: none"> •Recognise they belong in certain communities and social groups. •Shows confidence in speaking to others about their own needs, wants, interests and opinions in familiar group. •Has a clear idea about what they want to do in their play and how they want to go about it. •Shows confidence in choosing resources and perseverance in carrying out a chosen activity. 	<p><u>Year 1</u></p> <ul style="list-style-type: none"> • Recognise their feelings • Explain their ideas as responses to an issue • Find a partner and sit with them and work with them • Develop skills of speaking and listening • Negotiate with a partner • Recognise their likes and dislikes • Demonstrate compassion • Demonstrate making simple choices • Understand the concept of risk • To know who to tell 	<p><u>Year 2</u></p> <ul style="list-style-type: none"> •Recognise their feelings •Explain their ideas , and responses to an issue •Work with others <ul style="list-style-type: none"> •Develop active listening skills and check for clarification • Understand verbal and non-verbal communication • Know that it is okay to make mistakes •Demonstrate compassion and empathy • To know that saying 'No' means No

PSHE Progression Document

<u>Being Me in My World</u>			
<p><u>Nursery</u></p> <ul style="list-style-type: none"> • To understand how it feels to belong and that we are similar and different. • To understand how feeling happy and sad can be expressed. •To work together and consider other people’s feelings. •To use gentle hands and understand that it is good to be kind to people •Starting to understand children’s rights and this means we should all be allowed to learn and play •To learn what being responsible means 	<p><u>Reception</u></p> <ul style="list-style-type: none"> • To understand how it feels to belong and that we are similar and different • To start to recognise and manage my feelings. •To work with others to make school a good place to be •To understand why it is good to be kind and use gentle hands •start to understand children’s rights and this means we should all be allowed to learn and play •learning what being responsible means 	<p><u>Year 1</u></p> <ul style="list-style-type: none"> • To explain why my class is a happy place and safe place to learn. •To give examples of how I, or others make my class happy and safe. •To recognise how it feels to be proud of an achievement •To recognise the range of feelings when I face certain consequences •To understand my choices in following the Learning Charter 	<p><u>Year 2</u></p> <ul style="list-style-type: none"> •To identify some of my hopes and fears for this year • To recognise when I feel worried and know who to ask for help • To explain why my behaviour can impact on others in my class. •To compare my own and my friends choices •To know how help to make my class a safe and fair place •To express why some choices are better than others. •To recognise the choices I make and understand the consequences
<p><u>Key Vocab</u> Kind, Gentle, Friend, Similar, Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns.</p>	<p><u>Key Vocab</u> Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns.</p>	<p><u>Key Vocab</u> Safe, Special, Calm, Belonging, Special, Rights, Responsibilities, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration.</p>	<p><u>Key Vocab</u> Worries, Hopes, Fears, Belonging, Rights, Responsibilities, Responsible, Actions, Praise, Reward, Consequence, Positive, Negative, Choices, Co-Operate, Learning Charter, Problem-Solving.</p>
<p><u>Supporting Books</u> You Can, Where Happiness Begins, Who Are You</p>			

PSHE Progression Document

<u>Celebrating difference</u>			
<p><u>Nursery</u></p> <ul style="list-style-type: none"> • To experience feels to be proud of something I am good at. •To tell you one way I am special and unique • To know that all families are different. •To know there are lots of different houses and homes. • To tell you how I could make new friends. • To use my words to stand up for myself. 	<p><u>Reception</u></p> <ul style="list-style-type: none"> •To identify something I am good at and understand everyone is good at different things •To that being different makes us all special •know we are all different but the same in some ways • To tell you why I think my home is special to me •To tell you how to be a kind friend •I know which words to use to stand up for myself when someone says or does something unkind 	<p><u>Year 1</u></p> <ul style="list-style-type: none"> • To discuss some ways in which I am the same as my friends •To discuss some ways I am different from my friends •To understand how being bullied might feel •To know how to be kind to children who are bullied •to understand how it feels to make a new friend • To understand differences make us all special and unique 	<p><u>Year 2</u></p> <ul style="list-style-type: none"> • To understand some ways in which boys and girls are similar. •To understand some ways in which boys and girls are different • To explain that sometimes people get bullied because they are seen to be different; this might include people who do not come from gender stereotypes •To explain how it feels to have a friend and be a friend. •To explain why it is ok to be different from my friends • To explain that sometimes people get bullied because they are seen to be different; this might include people who do not come from gender stereotypes •To understand we shouldn't judge people if they are different. •To know how to get help if I am being bullied •To understand these differences make us all special and unique

PSHE Progression Document

Key Vocab Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family	Key Vocab Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family	Key Vocab Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations, Special, Unique.	Key Vocab Family, Loving, Caring, Safe, Connected, Difference, Special, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Unkind, Feelings, Tell, Consequences, Hurtful, Compliment, Unique
Supporting books: All are Welcome, Love our Earth, Happy in Our Skin, The Girl With Two Dads, Uncle Bobbies Wedding, Julian At The Wedding, Hats of Faith, What is Racism, The Best Diwali Ever.			

<u>Dreams and Goals</u>			
<u>Nursery</u> <ul style="list-style-type: none"> • To understand what a challenge means • To keep trying until I can do something • To set a goal and work towards it. • To know some kind words which can encourage people. •start to think about the jobs I might like to do when I'm older •To feel proud when I achieve a goal 	<u>Reception</u> <ul style="list-style-type: none"> • To understand that if I persevere I can tackle challenges •To talk about a time I didn't give up until I achieved my goal •To set a goal and work towards it •To use kind words to encourage people •To understand the link between what I learn now and the job I might like to do when I'm older •To discuss how I feel when I achieve a goal and know what it means to feel proud 	<u>Year 1</u> <ul style="list-style-type: none"> • To explain how it feels to be successful. •To celebrate achievements with my partner • To identify how I feel when I am faced with a new challenge To know how I feel when I see obstacles and how I feel when I overcome them •To talk about how I learn best. •To discuss why it is important to store positive feelings. 	<u>Year 2</u> <ul style="list-style-type: none"> • To explain how I played my part in a group and the parts other people played. • To explain how our skills complement each other. • To explain how it feels to be part of a group. • To describe a range of feelings about group work. •To know how to share success with other people • To carry on trying (persevering) even when I find things difficult

PSHE Progression Document

<p>Key Vocab Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Happy, Kind, Encourage.</p>	<p>Key Vocab Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Happy, Kind, Encourage.</p>	<p>Key Vocab Proud, Success, Achievement, Goal, Treasure, Coins, Goal, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve, Dreams, Goals</p>	<p>Key Vocab Realistic, Proud, Success, Celebrate, Achievement, Goal, Strength, Persevere, Challenge, Difficult, Easy, Learning Together, Partner, Team work, Product.</p>
<p>Supporting Books: Mabel and the Mountain, If All The World Were, Clean Up, Eco Warriors</p>			

<u>Healthy Me</u>			
<p>Nursery</p> <ul style="list-style-type: none"> • To know the names for some parts of my body and am starting to understand that I need to be active to be healthy •tell you some of the things I need to do to be healthy •know what the word 'healthy' means and that some foods are healthier than others •To know how to help myself go to sleep and that sleep is good for me •can wash my hands and know it is important to do this before I eat and after I go to the toilet 	<p>Reception</p> <ul style="list-style-type: none"> • To understand that I need to exercise to keep my body healthy •To understand how moving and resting are good for my body •know which foods are healthy and not so healthy and can make healthy eating choice •know how to help myself go to sleep and understand why sleep is good for me •can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet 	<p>Year 1</p> <ul style="list-style-type: none"> • To explain why I think my body is amazing. • To know I am special so I keep myself safe. •To identify ways to keep safe and healthy. • To know some ways to help myself when I feel unwell. •To recognise when I feel frightened and who to ask for help. • To give examples of when being healthy can make me feel happy. 	<p>Year 2</p> <ul style="list-style-type: none"> • To explain why foods can be good for my body. To be motivated to make health choices. •To sort foods into correct food groups and know which foods my body needs. •To decide what foods to eat to give my body energy. • To explain why medicines can be good for my body. • To compare less healthy and unsafe choices. • To compare my own and my friends choices.

PSHE Progression Document

<ul style="list-style-type: none"> • I know what to do if I get lost and how to say NO to strangers 	<ul style="list-style-type: none"> •To know what a stranger is and how to stay safe if a stranger approaches me 		<ul style="list-style-type: none"> • To express how it feels to make healthy choices.
<p>Key Vocab Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scared, Trust.</p>	<p>Key Vocab Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scared, Trust.</p>	<p>Key Vocab Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Trust, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait.</p>	<p>Key Vocab Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Unhealthy, Dangerous, Medicines, Safe, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious.</p>

Supporting Books: Happy in Our Skin,

Relationships

<p>Nursery</p> <ul style="list-style-type: none"> • To talk about my family. •To understand how to make friends if I feel lonely •To discuss some of the things I like about my friends • To know what to say and do if somebody is mean to me •To use Calm Me time to manage my feelings •work together and enjoy being with my friends 	<p>Reception</p> <ul style="list-style-type: none"> • To identify some of the jobs I do in my family and how I feel like I belong. •know how to make friends to stop myself from feeling lonely • To think of ways to solve problems and stay friends •start to understand the impact of unkind words • To use Calm Me time to manage my feelings •To know how to be a good friend 	<p>Year 1</p> <ul style="list-style-type: none"> • To explain why I have a special relationship with some people. •To explain how these relationships help me feel safe and good about myself? • To know when I need help. •o know who to ask for help • know ways to praise myself •To explain how my qualities help these relationships. •To give examples of behaviours in others that I appreciate and behaviours I do not like. 	<p>Year 2</p> <ul style="list-style-type: none"> •To understand that everyone's family is different and understand that most people value their family • To explain why some things in a relationship make me feel uncomfortable. • Compare this with things that make me feel safe and special in a relationship. • To demonstrate some problem solving techniques to resolve conflict.
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PSHE Progression Document

<p>Key Vocab Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing.</p>	<p>Key Vocab Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing.</p>	<p>Key Vocab Family, Belong, Same, Different, Friends, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Feelings, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate.</p>	<p>Key Vocab Family, Different, Similarities, Special, Relationship, Important, Co-operate, Touch, Physical contact, Communication, Hugs, Like, Dislike, Acceptable, Not acceptable, Friends, Conflict, Point of view, Positive problem solving, Secret, Surprise, Good secret, Worry secret, Telling, Adult, Trust, Happy, Sad, Frightened, Trust, Trustworthy, Honesty, Reliability, Compliments, Celebrate, Appreciate.</p>
<p>Supporting Books Who Are You, Papa Penguin, This is Love, The Girl With Two Dads, Uncle Bobbies Wedding, Julian At The Wedding,</p>			

Changing Me

<p>Nursery</p> <ul style="list-style-type: none"> • To name parts of my body. • To tell you some things I can do and some food I can eat to be healthy • Understand that we all start as babies and grow into children and then adults • know that I grow and change • To talk about how I feel moving to Reception from Nursery. • Discuss and remember some fun things about Nursery this year. 	<p>Reception</p> <ul style="list-style-type: none"> • To name parts of the body • To tell you some things I can do and foods I can eat to be healthy • To understand that we all grow from babies to adults • To express how I feel about moving to Year 1 • To talk about my worries and/or the things I am looking forward to about being in Year 1 • To share my memories of the best bits of this year in Reception 	<p>Year 1</p> <ul style="list-style-type: none"> • To compare how I am now, to when I was a baby. To explain some changes that will happen to me as I get older. • To understand that growing up is natural and that everybody grows at different rates • To use the correct terminology to name the penis, testicles, anus, vagina, vulva. 	<p>Year 2</p> <ul style="list-style-type: none"> • To use the correct terminology to describe penis, testicles, anus, vagina, vulva. To explain why these parts are private. • To explain why some types of touch feel ok, and why some don't. • To describe what I like about being a boy/girl and getting older.
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PSHE Progression Document

		<ul style="list-style-type: none"> •To respect my body and understand which parts are private •To explain why some changes I experience might feel better than other. •To know some ways to cope with changes 	To recognise that other people might feel differently to me.
<p>Key Vocab Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories.</p>	<p>Key Vocab Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories.</p>	<p>Key Vocab Changes, Life cycles, Baby, Adult, Adulthood, Grown-up, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping</p>	<p>Key Vocab Change, Grow, Control, Life cycle, Baby, Adult, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Baby, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Excited, Nervous, Anxious, Happy.</p>
<p>Supporting books How Did I Begin</p>			