

Buttsbury Primary School
PSHE Progression Document

EYFS	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	<p>Understand how it feels to belong and that we are similar and different.</p> <p>Show an understanding of their own feelings and those of others, and begin to manage and regulate their behaviour accordingly.</p> <p>Enjoy working with others to make school a good place to be.</p> <p>Understand why it is good to be kind and use gentle hands.</p> <p>Understand that they need to wait for what they want and control immediate impulses.</p> <p>Understand toleration when needs are not immediately met and understand that wishes may not always be met.</p>	<p>Identify something they are good at and understand that everyone is good at different things.</p> <p>Understand that being different makes us all special.</p> <p>Know we are all different but the same in some ways.</p> <p>Explain why they think their homes are special to them.</p> <p>Explain how to be a kind friend.</p> <p>Know which words to use to stand up for themselves when someone says or does something unkind.</p>	<p>Understand that if they persevere, they can tackle challenges.</p> <p>Talk about a time when they didn't give up and achieved their goal.</p> <p>Set a goal and work towards it.</p> <p>Use kind words to encourage people.</p> <p>Understand the link between what they learn now and the job they might like to do when they are older.</p> <p>Explain how they feel when they achieve a goal and know what it means to feel proud.</p>	<p>Understand that they need to exercise to keep their bodies healthy.</p> <p>Understand how moving and resting are good for their bodies.</p> <p>Explain which foods are healthy and unhealthy and make healthy eating choices.</p> <p>Understand how to help themselves go to sleep and understand why sleep is good for them.</p> <p>Demonstrate that they can wash their hands thoroughly and understand why it is important to do so before eating and after going to the toilet.</p> <p>Understand what a stranger is and how to stay safe if a stranger approaches.</p>	<p>Identify some of the jobs I do in my family and how I feel like I belong.</p> <p>Understand how to make friends to stop myself from feeling lonely.</p> <p>Think of ways to solve problems and stay friends.</p> <p>Understand that some actions and words can hurt others' feelings and start to understand the impact of unkind words.</p> <p>Use Calm Me time to manage my feelings.</p> <p>Understand how to be a good friend.</p>	<p>Name parts of the body.</p> <p>Demonstrate an awareness of things they can do and foods they can eat to be healthy.</p> <p>Understand that they all grow from babies to adults.</p> <p>Express how they feel about moving to Year One.</p> <p>Talk about worries and things they are looking forward to about being in Year One.</p> <p>Share favourite memories of their time in EYFS</p>

	<p>Start to understand children's rights and we should all be allowed to work and play, taking turns and sharing.</p> <p>Understand what being responsible means and adapt their behaviour to different events, social situations and changes in routine.</p>					
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EYFS Vocabulary	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	similar feelings gentle hands responsibilities	different kind	persevere goal	healthy unhealthy sleep stranger hygiene	belong jobs friends lonely	worries memories body (parts of the body vocabulary) baby to adult vocabulary

Year 1	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	<p>Know how to use my Jigsaw Journal</p> <p>Understand the rights and responsibilities as a member of my class</p> <p>Know that my views are valued and can contribute to the Learning Charter</p> <p>Recognise the choices I make and understand the consequences</p> <p>Understand my rights and responsibilities within our Learning Charter</p>	<p>Identify similarities between people in my class.</p> <p>Identify differences between people in my class.</p> <p>Understand what bullying is.</p> <p>Identify some people to talk to if feeling unhappy or being bullied.</p> <p>Understand how to make new friends.</p> <p>Explain some ways that I am different to my friends.</p>	<p>Understand how to set simple goals for themselves.</p> <p>Set a goal and identify how to achieve it.</p> <p>Understand how to work well with a partner.</p> <p>Tackle a new challenge and understand that this might stretch our learning.</p> <p>Identify obstacles that make it more difficult to achieve my new challenge and discover how to overcome them.</p> <p>Explain how it feels to succeed in a new challenge and identify how we celebrated it.</p>	<p>Understand the difference between being healthy and unhealthy and explain some ways to keep healthy.</p> <p>Understand how to make healthy lifestyle choices.</p> <p>Identify how to keep ourselves clean and healthy, understanding how germs cause disease and illness.</p> <p>Understand that all household products including medicines can be harmful if not used properly.</p> <p>Understand that medicines can help me if I feel poorly and understand how to use them safely.</p> <p>Understand how to keep safe when crossing the road and about people who can keep me safe.</p>	<p>Identify the members of my family and understand that there are different types of family.</p> <p>Identify what being a good friend means to me.</p> <p>Identify appropriate ways of making physical contact when greeting my friends and know which ways that I prefer.</p> <p>Understand who can help me in my school community.</p> <p>Recognise my qualities as a person and a friend.</p> <p>Explain why I appreciate someone who is special to me.</p> <p>, special, appreciate</p>	<p>Start to understand the life cycles of animals and humans.</p> <p>Identify some things about me that have changed and some things that have stayed the same.</p> <p>Explain how our bodies have changed since we were babies.</p> <p>Identify the parts of the body that make boys different to girls. Be able to use the correct names for these (penis, testicles, vagina, vulva and anus)</p> <p>Understand that every time I learn something new, I change a little bit.</p> <p>Talk about changes that have happened in our lives.</p>

				Explain why our bodies are amazing and identify some ways to keep it safe and healthy.		
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Y1 Vocabulary	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	safe special calm belonging rights rewards proud consequences upset disappointed	similar different bullying deliberate unfair included celebration special unique	success goal learning dream process team work challenge feelings	balanced exercise choices clean body parts hygienic trust medicines	family caring sharing kind help community greeting confidence praise qualities relationships	changes life cycle babies adulthood male female penis testicles vulva vagina anus grow

Year 2	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	<p>Identify some of my hopes and fears for this year (using my Jigsaw Journal)</p> <p>Understand the rights and responsibilities for being a member of my class and school.</p> <p>Listen to other people and contribute my own ideas about rewards and consequences. Understand how following the Learning Charter will help me and others learn.</p> <p>Understand the choices I make and recognise the consequences.</p>	<p>Begin to understand that sometimes people make assumptions about boys and girls (stereotypes)</p> <p>Understand that sometimes bullying is sometimes about difference.</p> <p>Recognise what is right and wrong and know how to look after myself.</p> <p>Understand that it is ok to be different from other people.</p> <p>Identify some ways that I am different from my friends.</p>	<p>Choose a realistic goal and think about how to achieve it.</p> <p>Learn how I can persevere, even when I find things difficult.</p> <p>Recognise who I work well with and who it is more difficult for me to work with.</p> <p>Demonstrate that I can work well in a group.</p> <p>Identify some ways that show that I work well in a group.</p> <p>Identify how to share success with other people.</p>	<p>Identify what I need to keep my body healthy.</p> <p>Identify what being relaxed means and recognise that some things make me relaxed and some make me feel stressed.</p> <p>Understand how medicines work in my body and recognise the importance of using medicines safely.</p> <p>Identify which foods are healthy for my body and be able to sort foods into food groups.</p> <p>Identify snacks that are healthy and explain why they are good for my body.</p> <p>Recognise which foods to eat to give my body energy.</p>	<p>Identify the members of my family, understand my relationship with them and know why it is important to share and cooperate.</p> <p>Understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some of this is not.</p> <p>Identify some of the things that can cause conflict with my friends.</p> <p>Understand that it is sometimes good to keep a secret and when it is not good to keep a secret.</p> <p>Recognise and appreciate people who can help me in my family, school and community.</p> <p>Identify how to express my</p>	<p>Recognise life cycles in nature.</p> <p>Explain the natural process of growing from young to old and understand that this is not in my control.</p> <p>Recognise how my body has changed since being a baby and understand where I am on the continuum from young to old.</p> <p>Recognise the physical difference between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina and vulva) and appreciate that some parts of our bodies are private.</p> <p>Understand that there are different types of touch and can explain which ones you like and dislike.</p>

					appreciation for people in my special relationships.	Identify what I am looking forward to when I move to the Junior school.
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Y2 Vocabulary	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	hopes fears worries belonging actions reward consequence positive negative co-operate problem solving	similarities assumptions stereotypes purpose stand up for fairness kindness diversity value	realistic celebrate achievement strengths obstacles learning together partner problem solve	healthy choices lifestyle motivation relax tense dangerous safe body portion energy fuel nutritious	important touch physical contact communication acceptable not acceptable conflict point of view secret trust surprised compliments appreciate	control fully grown growing up respect appearance physical independent freedom public private comfortable uncomfortable looking forward excited nervous anxious

Year 3	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	<p>Children can demonstrate that they recognise their own worth and identity.</p> <p>Children can face unfamiliar or challenging situation positively.</p> <p>Understanding that we all have rights, rules, responsibilities, and these help to keep us safe.</p> <p>Understanding every action has a consequence and that they are responsible for their own choices.</p>	<p>Children communicate their feelings to others respectfully, to recognise how others show feelings and how to respond.</p> <p>Children can identify what are the key characteristics and forms of bullying and developing strategies to resolve issues including family conflict.</p> <p>Children can identify different types of families and their similarities and differences.</p>	<p>Children can manage and respond appropriately to a wide range of feelings.</p> <p>Demonstrate how to look after and save money through simple budgeting.</p> <p>Recognising and attempting to overcome any new, problematic challenges or obstacles that may arise in life.</p> <p>To evaluate learning processes in order to achieve successes and prevent/overcome difficult challenges.</p> <p>To develop motivation and enthusiasm in learning in order to achieve dreams and ambitions.</p>	<p>Children can make choices about food and exercise to develop healthy lifestyles.</p> <p>To recognise opportunities to make their own choices about food/ a balanced diet.</p> <p>To identify their achievements, identify their strengths and areas for improvement, and set high aspirations and goals</p> <p>To develop strategies for keeping themselves safe online safety.</p> <p>They can make judgements and decisions and can list some ways of resisting negative peer pressure around issues affecting their health and wellbeing.</p>	<p>Children can recognise what constitutes a positive, healthy relationship and express appreciation for these different relationships.</p> <p>Children can recognise the different roles and responsibilities they have in relationships e.g. families and friendships.</p> <p>Pupils understand that their actions affect themselves and others.</p> <p>Children can recognise dangers on the internet and how to keep themselves safe.</p>	<p>Children can start to recognise stereotypical ideas I might have about parenting and family roles.</p> <p>Children can identify what they are looking forward to when they move to their next class.</p>

Y3 Vocabulary	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	rules achievements safe rewards	Families strategies hurtful bullying unkind support	management successes ambition feeling proud	healthy substances heart fat lungs sugar organs calories	negotiations expectations actions influence conflict reflect	emotions needs transitions change

Year 4	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships
	<p>Understand why and how rules are made and enforced, why different rules are needed in different situations and take part in making and changing rules.</p> <p>Identify, with support, some factors that affect how people think and feel.</p> <p>They can express their views confidently and listen to/show respect for the views of others to participate in group discussion.</p>	<p>Children will identify differences between people. Identify what makes us special and that we are all unique.</p> <p>Children can explain how their actions have consequences for themselves and others.</p> <p>They can describe the nature and consequences of bullying, and can express ways of responding to it.</p> <p>Children will be able to recognise and challenge stereotypes.</p> <p>Children can identify, with support, some factors that affect how people think and feel.</p>	<p>To work both independently and collaboratively towards shared goals and celebrating these contributions from others.</p> <p>To overcome and learn from any disappointment or obstacles they may be faced with, by demonstrating resilience and maintaining a positive attitude (this may mean devising new goals).</p> <p>To create realistic hopes and dreams and explaining what will need to be done in order to achieve these.</p>	<p>To reflect on and celebrate their achievements and inner strength.</p> <p>With support, list some commonly available substances and drugs that are legal and illegal (smoking, alcohol), describe some of their effects and risks, and understand how to manage the risks in different familiar situations.</p> <p>Children can recognise what makes healthy friendships and positive group dynamics.</p> <p>They can demonstrate effective ways of resisting negative pressure, including from their peers (for example knowing where to get help, knowing that there is an option to delay, showing resilience, including online)</p>	<p>Children can manage stronger emotions e.g. jealousy, love and loss and understand how these can impact relationships.</p> <p>Children can develop strategies to manage different relationships e.g. friendships, family relationships.</p>

Y4 Vocabulary	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships
	<p>attitudes</p> <p>community</p> <p>decisions</p> <p>team</p> <p>democracy</p>	<p>assumptions</p> <p>judgement</p>	<p>hopes</p> <p>future</p> <p>experiences</p> <p>disappointment</p> <p>resilience</p>	<p>peer pressure</p> <p>group dynamics</p> <p>smoking</p> <p>roles</p> <p>assertive</p>	<p>jealousy</p> <p>memory</p> <p>love and loss</p>

Year 5	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	<p>Understand what democracy is, and about the basic institutions that support it locally and nationally.</p> <p>Understand why and how rules are made and enforced, why different rules are needed in different situations and take part in making and changing rules.</p> <p>Demonstrate respect and tolerance towards others/groups, and resolve differences by looking at alternatives, making decisions and explaining choices with support.</p>	<p>Children can recognise that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, sexual orientation, and disability and that these can be sources of conflict/racism.</p> <p>They can describe some of the different beliefs and values in society, and can demonstrate respect and tolerance towards people different from themselves.</p> <p>Children can identify different types of bullying.</p> <p>Children can understand the impact of 'rumours' and 'name calling' and how this negatively affects the mental wellbeing of others.</p> <p>Children can appreciate that material wealth will</p>	<p>Children can demonstrate the role money plays in their/other's lives.</p> <p>Discuss a range of jobs, explain how they will develop skills to work towards their dreams and ideal job in the future.</p> <p>To describe and appreciate the range of goals in different cultures in the United Kingdom.</p> <p>To understand a range of ways that others can be supported, particularly through varied charities.</p> <p>To develop the ability and strategies to motivate both themselves and others.</p>	<p>They can state the basic facts and laws about alcohol, tobacco and legal and illegal drugs and how to make healthy choices.</p> <p>They can list the commonly available substances and drugs that are legal and illegal.</p> <p>Children recognise how images in the media do not always reflect a healthy body image and can affect how people feel about themselves.</p> <p>Understand what risks should children look for around substances and how do their friends influence behaviour and decision making.</p>	<p>Children can understand their rights and responsibilities online and how to keep themselves safe e.g. following the SMARRT internet safety rules and protecting themselves from online grooming.</p> <p>Children can understand how to play online games safely and responsibly and understanding the financial risks and use of age certificates.</p> <p>Children can develop strategies to reduce screen time.</p>	<p>Children aware of their own self-image and how their body image fits into that.</p> <p>Children can identify what they are looking forward to when they move to their next class.</p>

		not always lead to happiness.				
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Y5 Vocabulary	Being Me in my World	Dreams and Goals	Healthy Me	Relationships and Changing Me
	personal goals citizen equality	anti-social behaviour body image risk management alcohol/drug misuse	social network online community gaming	devices technology moving forward self-image aspirations

Year 6	The UNCR	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships
	<p>Children are able to recognise the United Nations Conventions for the Rights of the Child.</p> <p>Understand that all children are entitled to equal rights. decisions and explaining choices.</p>	<p>Demonstrate more confidently that they recognise their own worth, support others in recognising theirs, and identify and demonstrate ways to face new challenges.</p> <p>Understanding the global impact of democracy and their role in supporting this. Recognise and describe the nature and consequences of anti-social behaviour, express ways of responding to it, and support others to do so.</p> <p>Demonstrate respect and tolerance towards others, resolve differences, and support others to resolve differences, by looking at alternatives, making decisions and explaining choices.</p> <p>Demonstrate respect and tolerance towards others/groups, and resolve differences by looking at alternatives,</p>	<p>Children can recognise that differences and similarities between people and understand that they can be sources of conflict but also reasons to celebrate.</p> <p>Pupils can recognise that people have different perceptions of normality (for example in culture, lifestyles, or relationships), and can demonstrate understanding, inclusion and empathy towards others who live their lives in different ways.</p> <p>Children can understand the different forms of visible and invisible disability and they can assertively challenge prejudice and discrimination</p>	<p>They can recognise and reflect on their emotions in regard to personal achievements and success in all areas of life.</p> <p>Children can set and understand success criteria in order to achieve different goals and aspirations, both in and out of school.</p> <p>To recognise how the role of voluntary, community and pressure groups can have an impact on making a difference in the world.</p> <p>To identify and use a range of strategies to become 'unstuck' and motivate in a range of situations.</p> <p>To give and receive compliments about the strengths of others.</p>	<p>Understanding when they are responsible for personal safety. Children can understand how to keep themselves safe.</p> <p>Understanding emotional and mental health and how they can ask for help.</p> <p>They can list the commonly available substances and drugs that are legal and illegal and can describe some of the effects and risks of these.</p> <p>To realise the signs, risks and consequences of exploitation and 'gang culture'</p>	<p>Pupils can explain how to stay physically and mentally healthy.</p> <p>They can make informed choices to maintain their mental health and well-being, and can explain reasons for these choices. Children can identify sources of support.</p> <p>Identify and explain some factors that affect emotional health and well being, and strategies for dealing with them.</p> <p>Children can develop strategies to use technology safely and take responsibility for their own technological use</p>

		making decisions and explaining choices.				
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Y6 Vocabulary	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	inequality The United Nations Convention on the Rights of the Child (UNCRC) conventions The United Nations race religion ability	universal rights global local Maslow's Hierarchy of Needs	power perceptions disabilities	strengths concern steps realistic	gangs emotional health choices effects	mental health strategies control wellbeing