



## St Bartholomew's Primary School – PSHE – *Progression of skills*

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family and Relationships	<p>Talking about people that hold a special place in my life.</p> <p>Developing strategies to help when sharing with others.</p> <p>Exploring what makes a good friend.</p> <p>Thinking about what it means to be a valued person.</p> <p>Exploring the differences between us that make each person unique.</p> <p>Considering the perspectives and feelings of others. Learning to work as a member of a team.</p>	<p>Exploring how families are different to each other.</p> <p>Exploring how friendship problems can be overcome.</p> <p>Exploring friendly behaviours.</p>	<p>Understanding ways to show respect for different families.</p> <p>Understanding difficulties in friendships and discussing action that can be taken.</p> <p>Exploring the conventions of manners in different situations.</p>	<p>Learning that problems can occur in families and that there is help available if needed.</p> <p>Exploring ways to resolve friendship problems.</p> <p>Developing an understanding of the impact of bullying and what to do if bullying occurs.</p> <p>Identifying who I can trust.</p> <p>Exploring the negative impact of stereotyping.</p>	<p>Exploring physical and emotional boundaries in friendships.</p> <p>Discussing how to help someone who has experienced a bereavement.</p>	<p>Identifying ways families might make children feel unhappy or unsafe.</p> <p>Exploring the impact that bullying might have.</p> <p>Exploring issues which might be encountered in friendships and how these might impact the friendship.</p> <p>Exploring and questioning the assumptions we make about people based on how they look.</p>	<p>Identifying ways to resolve conflict through negotiation and compromise.</p> <p>Discussing how and why respect is an important part of relationships.</p> <p>Identifying ways to challenge stereotypes.</p> <p>Exploring the process of grief and understanding that it is different for different people.</p>



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<b>Health and Wellbeing</b>	<p>Discussing ways that we can take care of ourselves.</p> <p>Exploring how exercise affects different parts of the body.</p> <p>Identifying how characters within a story may be feeling.</p> <p>Identifying and expressing my own feelings.</p> <p>Exploring coping strategies to help regulate emotions.</p> <p>Exploring different facial expressions and identifying the different feelings they can represent.</p> <p>Exploring ways to moderate behaviour, socially and emotionally.</p> <p>Coping with challenge when problem solving.</p>	<p>Learning how to wash hands properly. Learning how to deal with an allergic reaction.</p> <p>Exploring positive sleep habits.</p> <p>Identifying different ways to manage feelings.</p>	<p>Exploring the effect that food and drink can have on my teeth.</p> <p>Exploring some of the benefits of a healthy balanced diet.</p> <p>Suggesting how to improve an unbalanced meal.</p> <p>Exploring strategies to manage different emotions.</p> <p>Developing empathy.</p> <p>Exploring the need for perseverance and developing a growth mindset.</p>	<p>Understanding why it is important to look after my teeth.</p> <p>Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.</p> <p>Being able to breakdown a problem into smaller parts to overcome it.</p>	<p>Developing independence in looking after my teeth.</p> <p>Explore ways we can make ourselves feel happy or happier.</p> <p>Developing the ability to appreciate the emotions of others in different situations.</p> <p>Learning to take responsibility for my emotions by knowing that I can control some things but not others.</p> <p>Developing a growth mindset.</p>	<p>Developing independence for protecting myself in the sun.</p> <p>Considering calories and food groups to plan healthy meals.</p> <p>Developing greater responsibility for ensuring good quality sleep.</p> <p>Taking responsibility for my own feelings.</p>	<p>Discussing ways to prevent illness.</p> <p>Identifying some actions to take if I am worried about my health or my friends' health.</p> <p>Setting achievable goals for a healthy lifestyle.</p> <p>Developing strategies for being resilient in challenging situations.</p>



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Safety and the Changing Body	<p>Considering why it is important to follow rules.</p> <p>Exploring what it means to be a safe pedestrian.</p>	<p>Learning what is and is not safe to put in or on our bodies.</p> <p>Practising making an emergency phone call.</p>	<p>Discussing the concept of privacy.</p> <p>Exploring ways to stay safe online.</p> <p>Exploring what people can do to feel better when they are ill.</p> <p>Learning how to be safe around medicines.</p>	<p>Exploring ways to respond to cyberbullying or unkind behaviour online.</p> <p>Developing skills as a responsible digital citizen.</p> <p>Identifying things people might do near roads which are unsafe.</p> <p>Exploring that people and things can influence me and that I need to make the right decision for me.</p> <p>Exploring choices and decisions that I can make.</p> <p>Learning what to do in a medical emergency, including calling the emergency services.</p>	<p>Discussing how to seek help if I need to.</p> <p>Exploring what to do if an adult makes me feel uncomfortable.</p> <p>Learning about the benefits and risks of sharing information online.</p> <p>Discussing the benefits of being a non-smoker.</p> <p>Discussing some physical and emotional changes during puberty.</p>	<p>Developing an understanding of how to ensure relationships online are safe.</p> <p>Learning to make 'for' and 'against' arguments to help with decision making.</p> <p>Identifying reliable sources of help with puberty.</p> <p>Learning about how to help someone who is bleeding.</p>	<p>Exploring online relationships including dealing with problems.</p> <p>Discussing the reasons why adults may or may not drink alcohol.</p> <p>Discussing problems which might be encountered during puberty and using knowledge to help</p> <p>Placing an unresponsive patient into the recovery position.</p>



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Citizenship	Beginning to understand why rules are important in school.	Recognising why rules are necessary.  Exploring the differences between people.	Explaining why rules are in place.  Learning how to discuss issues of concern to me.	Exploring how children's rights help them and other children.  Considering the responsibilities that adults and children have to maintain children's rights.	Discussing how we can help to protect human rights.  Identifying the benefits different groups bring to the local community.  Discussing the positives diversity brings to a community.	Developing an understanding of how parliament and Government work.	Discussing how education and other human rights protect us.  Discussing how people can influence what happens in parliament.  Discussing ways to challenge prejudice and discrimination.  Identifying appropriate ways to share views and ideas with others.



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Economic Wellbeing	<p>Discussing what to do if we find money.</p> <p>Exploring choices people make about money.</p>	<p>Discussing what to do if we find money.</p> <p>Exploring choices people make about money.</p>	<p>Identifying whether something is a want or need.</p> <p>Recognising that people make choices about how to spend money.</p>	<p>Considering the advantages and disadvantages of different payment methods.</p>	<p>Identifying negative and positive influences that can affect our career choices.</p>	<p>Discussing risks associated with money.</p>	<p>Identifying jobs which might be suitable for them.</p>

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Identity (Year 6 only)							<p>Exploring how the media might influence our identity.</p>