

Rose Hill Primary School

Progression of Skills

Subject: **Personal, Social and Health Education**

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Being Me in my World	I can play co-operatively with others.	I can understand that I am safe in my classroom.	I can identify how to make my classroom a safe place.	I can work collaboratively.	I can make contributions in a group discussion/ task and contribute the overall outcome.	I can consider my own actions and the effect they have on myself and others.	I can demonstrate empathy and understanding towards others.
Celebrating Differences	I can identify ways in which I am the same and different to others.	I can identify what is bullying and what isn't.	I can explain how being bullied can make someone feel.	I can use the 'solve it together technique' to calm and resolve conflict with friends and family.	I can use the 'solve it together' technique to practise bullying and conflict scenarios with confidence.	I can identify and respect my own and different cultures within my class community.	I can vocalise my thoughts and feelings about prejudice and discrimination and why it happens.
Dreams and Goals	I can understand that challenges can be difficult.	I can recognise how I feel when faced with a challenge and how I feel when I overcome it.	I can recognise my strengths as a learner and am able to describe my own achievements and how these have made me feel.	I can cope with frustrations and imagine how it will feel to achieve my goal.	I can identify feelings of disappointment and cope with these.	I can appreciate the differences between myself and someone from a different culture.	I can empathise with people who are suffering or living in difficult situations.
Healthy Me	I can explain some of the things I need to do to keep healthy.	I can recognise how being healthy helps me to feel happy.	I can identify healthy choices and feel positive about caring for my body and keeping healthy.	I can express how being scared or anxious feels.	I can identify the feelings of anxiety and fear associated with peer pressure.	I can recognise strategies for resisting pressure.	I can suggest strategies someone could use to avoid being pressurised.
Relationships	I can suggest ways to make a friend or to help someone who is lonely.	I can identify forms or physical contact I prefer and say no when I receive a touch I don't like.	I can recognise and talk about the types of physical contact that are acceptable or unacceptable.	I can say how to access help if I am concerned about anything on social media or internet.	I know how to keep myself safe online and know how my actions online could impact on others.	I can say how to report unsafe online/ social network activity.	I can resist pressure to do something online that might hurt myself or others.
Changing Me	I can recognise that change can make us happy and/or sad.	I can understand and accept that change is a natural part of getting older.	I can say who I would go to for help if I am worried or scared.	I can suggest ways to help manage my feelings during changes and know who I can talk to if I have any worries.	I can identify and use strategies for managing the emotions related to change.	I can recognise that puberty is a natural process that happens to everybody and that I will be ok.	I can express how I feel about the changes that will happen to me during puberty.

- Adapted from the PSHE scheme Jigsaw.