

PSHE – Progression of Skills & Knowledge

Building Resilience			
EYFS / Year 1	Year 2	Year 3 & 4	Year 5 & 6
<p>I know that we all feel sad.</p> <p>I know what to do when I find something tricky.</p> <p>I know that we feel different feelings.</p> <p>I know about different emotions.</p> <p>I know that everyone feels anger.</p> <p>I know that anger can lead to bad decisions.</p> <p>I know that everyone faces difficult things.</p> <p>I know that other people can do surprising things when they are angry.</p> <p>I know how to try something new.</p> <p>I know that failing helps you to learn.</p> <p>I know that we can learn from mistakes.</p> <p>I know why I should be honest when I make a mistake.</p>	<p>I know what resilience looks like.</p> <p>I know when I feel different emotions.</p> <p>I know that angry actions can hurt others.</p> <p>I know what to do when someone is angry.</p> <p>I know how to help myself when I fail.</p> <p>I know how to recognise a mistake.</p>	<p>I know what makes a resilient action.</p> <p>I know how emotions affect my actions.</p> <p>I know what to do in the Tornado Zone.</p> <p>I know a resilient response when someone acts in the Tornado Zone.</p> <p>I know how to get out of the Pit of Failure.</p> <p>I know the two responses to a mistake.</p> <p>I know the importance of resilience.</p> <p>I know that emotions can be helpful and unhelpful.</p> <p>I know my triggers.</p> <p>I know how to manage angry actions.</p> <p>I know how the fear of failure can lead to bad outcomes.</p> <p>I know how to respond positively to a mistake.</p>	<p>I know how to identify a resilient action.</p> <p>I know that my behaviour is affected by my emotions.</p> <p>I know how to manage the Tornado Zone.</p> <p>I know that other people's choices can trigger negative thoughts in me.</p> <p>I know how thoughts can make me more resilient to failure.</p> <p>I know how to explain what happens to my thoughts when I make a mistake.</p> <p>I know how to face challenges with resilience.</p> <p>I know the role of emotions in my life.</p> <p>I know that Tornado Zone thoughts affect my actions.</p> <p>I know the options when facing someone in the Tornado Zone.</p> <p>I know now how to see failure as an opportunity.</p> <p>I know why I should take responsibility for my mistakes.</p>

Mental Wellbeing

EYFS / Year 1	Year 2	Year 3 & 4	Year 5 & 6
<p>I know what to do when I feel sad. I know that everyone gets thought gremlins. I know the importance of values. I know how to be thankful for the important people in my life. I know that challenges help you to grow. I know the habits that will keep me healthy.</p> <p>I know that talking helps when you are feeling frustrated. I know that everyone gets thought gremlins. I know how to use helpful thoughts. I know how values help me to make good decisions. I know how to be thankful for the important people in my life. I know how to be thankful for the good things in my life. I know that challenges help you to grow. I know that everyone faces challenges. I know the habits that will keep me healthy. I know that positive habits make me happy.</p>	<p>I know the different ways to express myself. I know how to spot a thought gremlin. I know what a value is. I know what I am thankful for in my life. I know that life has highs and challenges. I know positive habits.</p>	<p>I know the right person to talk to when I am feeling upset. I know how to recognise different thought gremlins. I know the values that are important to me. I know to be thankful for the important people in my life. I know how to identify the challenges of life. I know habits that will keep me healthy and boost my well-being.</p> <p>I know the dangers of bottling up emotions. I will know how to positively tackle thought gremlins. I know key values to live by. I know how to use gratitude to boost my wellbeing. I know that we have a choice when dealing with challenges. I know that positive habits can boost my well-being.</p>	<p>I know the importance of being open about challenges. I know the dangers of comparing myself to others. I know the values to look for in a friend. I know how to use gratitude to change my viewpoint. I know how to ask for help when facing life's challenges. I know a range of healthy habits.</p> <p>I know the importance of being self-curious. I know how to manage the 'catastrophising' gremlin. I know how values can boost my well-being. I know how to recognise my needs and wants, to boost my gratitude. I know how to recognise helpful thoughts to tackle challenges. I know that some habits are harmful for well-being.</p>

Respectful Relationships

EYFS / Year 1	Year 2	Year 3 & 4	Year 5 & 6
<p>I know what caring families do.</p> <p>I know that every family should be respected.</p> <p>I know how to spot safe strangers.</p> <p>I know that online strangers can be harmful.</p> <p>I know what to do when I see bullying behaviour.</p> <p>I know why bullying behaviour is wrong.</p> <p>I know that you can do more as a team.</p> <p>I know the importance of being a good team member.</p> <p>I know that everyone should be treated the same.</p> <p>I know that stereotyping is wrong.</p> <p>I know the dangers of violence.</p> <p>I know the consequences of using violence.</p>	<p>I know how families can be different.</p> <p>I know the questions that I should not answer.</p> <p>I know what bullying behaviour looks like.</p> <p>I know how to use collaboration to complete a group task.</p> <p>I know examples of stereotypes.</p> <p>I know the different forms of violence.</p>	<p>I know the importance of family.</p> <p>I know the danger signs with online relationships.</p> <p>I know the different types of bullying behaviour.</p> <p>I know how to use collaboration to complete a group task.</p> <p>I know how to recognise stereotypes.</p> <p>I know the causes of violence.</p> <p>I know the different types of families.</p> <p>I know that people can behave differently online.</p> <p>I know the impact on victims of bullying behaviour.</p> <p>I know how to apply collaboration skills to complete a group task.</p> <p>I know why stereotypes are harmful.</p> <p>I know the impact of violence.</p>	<p>I know the actions of someone in a caring family relationship.</p> <p>I know how to critically consider online relationships.</p> <p>I know how to manage bullying behaviour.</p> <p>I know how to apply collaboration skills to complete a group task.</p> <p>I know how to deal with stereotyping behaviour.</p> <p>I know that violence is the wrong choice.</p> <p>I know what to do if a family relationship is making me feel unsafe.</p> <p>I know how to avoid oversharing on the internet.</p> <p>I know how to be a helpful bystander when I see bullying behaviour.</p> <p>I know how to apply collaboration skills to complete a group task.</p> <p>I know what stereotyping can lead to.</p> <p>I know why violence is the wrong choice.</p>

Health Education

EYFS / Year 1	Year 2	Year 3 & 4	Year 5 & 6
<p>I know the importance of sleep.</p> <p>I know what happens if I do not get enough sleep.</p>	<p>I know the importance of sleep.</p> <p>I will know how to recognise different foods.</p>	<p>I know how tiredness impacts my actions.</p> <p>I know the importance of fruits and vegetables.</p>	<p>I know how to manage the sleep stoppers.</p> <p>I know the dangers of an unbalanced diet.</p>

<p>I know that too much sugar is bad for me.</p> <p>I know the foods that my body needs.</p> <p>I know the importance of moving my body.</p> <p>I know that exercise is good for the heart.</p> <p>I know the danger of putting something in my mouth.</p> <p>I know that there are harmful things in the house.</p> <p>I know how to be careful online.</p> <p>I know that there are scary videos on the internet.</p> <p>I know how to stay safe in a busy place.</p> <p>I know to ring 999 in an emergency.</p>	<p>I know the different types of exercise.</p> <p>I know what I should put on my skin.</p> <p>I know about the internet.</p> <p>I know the risks in life.</p>	<p>I know why exercise is good for us.</p> <p>I know the dangers of screen time.</p> <p>I know how to stay safe on the internet.</p> <p>I know how to reduce the risk of hazards at home.</p> <p>I know how tiredness impacts our thinking.</p> <p>I know how to identify a balanced diet.</p> <p>I know why stretching is important.</p> <p>I know the dangers of smoking.</p> <p>I know why we should comply with age restrictions on the internet.</p> <p>I know how to respond to an emergency.</p>	<p>I know the impact of exercise on our well-being.</p> <p>I know the health risks of alcohol.</p> <p>I know the positives and negatives of the internet and social media.</p> <p>I know how to manage risk in different situations.</p> <p>I know the importance of sleep habits.</p> <p>I know the importance of a healthy diet.</p> <p>I know the benefits of an active lifestyle.</p> <p>I know the dangers of drug misuse.</p> <p>I know how to manage the dangers of social media.</p> <p>I know basic techniques for dealing with common injuries.</p>
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Caring Friendships

EYFS / Year 1	Year 2	Year 3 & 4	Year 5 & 6
<p>I know what caring friends do.</p> <p>I know the importance of friends.</p> <p>I know how to help when someone finds something hard.</p> <p>I know that losing can be hard.</p> <p>I know to tell an adult when something serious happens.</p> <p>I know to tell an adult about unkindness.</p> <p>I know that friends tell the truth to each other.</p>	<p>I know what makes a good friend.</p> <p>I know how to show empathy.</p> <p>I know when to tell a trusted adult about something.</p> <p>I know why lying is harmful.</p> <p>I know about the power of peer pressure.</p> <p>I know how conflict can start.</p>	<p>I know the difference between a healthy and an unhealthy relationship.</p> <p>I know how to use empathy to understand what someone is feeling.</p> <p>I know the right time to report someone.</p> <p>I know why people are not always honest.</p> <p>I know how peer pressure can change behaviour.</p> <p>I know how to manage conflict.</p>	<p>I know how to be a thoughtful friend.</p> <p>I know how to build my skills of empathy.</p> <p>I know how to report someone.</p> <p>I know how to deliver the truth with empathy.</p> <p>I know why peer pressure can be harmful.</p> <p>I know how to start a difficult conversation.</p> <p>I know how to manage an unhealthy relationship.</p>

<p>I know that people will not trust me if I lie.</p> <p>I know not to do something just because someone tells me to do it.</p> <p>I know to stand up to peer pressure.</p> <p>I know to share what is important to me.</p> <p>I know how to stand up to unfairness.</p>		<p>I know how to apply relationship boundaries.</p> <p>I know that people respond to events in different ways.</p> <p>I know what to do when someone makes the wrong decision.</p> <p>I know how to play games honestly.</p> <p>I know how peer pressure influences my thoughts.</p> <p>I know that there are two types of conflict.</p>	<p>I know how to recognise the actions of an empathetic person.</p> <p>I know how to report a serious incident.</p> <p>I know how to deal with people who are not always honest.</p> <p>I know how to manage peer pressure.</p> <p>I know the importance of conflict.</p>
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Wider World

EYFS / Year 1	Year 2	Year 3 & 4	Year 5 & 6
<p>I know that you can learn things from different people.</p> <p>I know that differences are a good thing.</p> <p>I know how to care for my community.</p> <p>I know what happens if we do not care for our community.</p> <p>I know how to get better at something.</p> <p>I know that you can work on yourself.</p> <p>I know that you should not bring money into school.</p> <p>I know the importance of saving money.</p> <p>I know why we should play fairly.</p> <p>I know how to deal with losing well.</p> <p>I know that change can be tricky.</p> <p>I know that change happens to everyone.</p>	<p>I know how we can be different.</p> <p>I know how to care for the school community.</p> <p>I know about different jobs.</p> <p>I know that money can be spent or saved.</p> <p>I know how I feel when I win and lose.</p> <p>I know the different changes that can happen.</p>	<p>I know how to recognise diversity.</p> <p>I know the difference between a caring and uncaring community.</p> <p>I know how a person suits a job.</p> <p>I know that we buy things for different reasons.</p> <p>I know why losing can be painful.</p> <p>I know how to deal with change.</p> <p>I know the benefits of diversity.</p> <p>I know the impact of an uncaring school community.</p> <p>I know what happens in a job interview.</p> <p>I know the risks associated with money.</p> <p>I know how winning and losing impacts my emotions.</p> <p>I know how to describe a resilient response to change.</p>	<p>I know the dangers of intolerance.</p> <p>I know how the government cares for the community.</p> <p>I know the skills needed for a range of occupations.</p> <p>I know how to apply collaboration skills to manage a budget.</p> <p>I know how to learn from losing.</p> <p>I know the different ways that change can impact your life.</p> <p>I know why intolerance is harmful.</p> <p>I know why the government spends tax money on welfare.</p> <p>I know the different motivations for choosing an occupation.</p> <p>I know how to monitor my spending.</p> <p>I know how to apply resilience and empathy in a competition.</p> <p>I know how to approach change with a resilient mindset.</p>

Relationships, Sex and Health Education

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>I know the importance of being clean and hygienic.</p> <p>I know that some things need to be kept private.</p> <p>I know what to do if someone's touch makes me feel unsafe.</p>	<p>I know the main parts of the body.</p> <p>I know the needs of babies and young children.</p> <p>I know how to make sure that my worries are heard.</p>	<p>I know how I will change as I get older.</p> <p>I know how to respond when physical contact is unacceptable.</p> <p>I know the difference between a surprise and a secret.</p>	<p>I know how to build my self-esteem.</p> <p>I know how to respond to unwanted physical contact.</p> <p>I know how to reduce the risks of hazards outside of the home.</p>	<p>I know about menstruation.</p> <p>I know how my body changes and develops.</p> <p>I know hygiene strategies to manage the changes during puberty.</p>	<p>I know how my body changes as I go through puberty.</p> <p>I know how the process of puberty relates to human reproduction.</p> <p>I will know why discrimination is harmful.</p>	<p>I know how humans reproduce.</p> <p>I know what is appropriate in friendships and wider relationships.</p> <p>I will know how the media can affect my self-esteem.</p>