



Sheerness West Federation

Progression in skills for PSHE



	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships	<ul style="list-style-type: none"> I can say how I feel. I can say what is good about me. 	<ul style="list-style-type: none"> I can identify and name some feelings (e.g. interpreting facial expressions) I can express some of my positive qualities. 	<ul style="list-style-type: none"> I can demonstrate that I can manage some feelings in a positive and effective way. I can begin to share my views and opinions (e.g. talking about fairness). I can set myself simple goals. 	<ul style="list-style-type: none"> I can demonstrate that I recognise my own worth and that of others. I can express my views confidently and listen to and show respect for the views of others. 	<ul style="list-style-type: none"> I can express my views confidently and listen to and show respect for the views of others. I know what a friend is and does and how to cope with some friendship problems. 	<ul style="list-style-type: none"> I can identify ways to face new challenges. I can discuss some of the bodily and emotional changes at puberty. I can demonstrate some ways of dealing with these changes in a positive way. 	<ul style="list-style-type: none"> I can identify positive ways to face new challenges (e.g. transition). I can discuss some of the bodily and emotional changes at puberty. I can demonstrate some ways of dealing with these in a positive way. I can talk about a range of jobs, and explain how I will develop skills to work in the future. I can demonstrate how to look after and save money.
Health & Well Being	<ul style="list-style-type: none"> I can say ways to keep clean. I can tell you some parts of the body. I can tell you that people grow up from babies. 	<ul style="list-style-type: none"> I can explain ways of keeping clean. I can name the main parts of the body. I can explain that people grow from young to old. 	<ul style="list-style-type: none"> I can make simple choices about some aspects of my health and well-being. I know what keeps me healthy. I can talk about the harmful aspects of some household products and medicines. I can describe ways of keeping safe in familiar situations. 	<ul style="list-style-type: none"> I can make choices about how to develop healthy lifestyles. 	<ul style="list-style-type: none"> I can list the commonly available substances and drugs that are legal and illegal. I can describe some of the effects and risks of these. I understand when I should keep secrets and promises, and when I should tell somebody about them. 	<ul style="list-style-type: none"> I can identify some factors that affect emotional health and well-being. I can identify and explain how to manage the risks in different familiar situations. 	<ul style="list-style-type: none"> I can make judgements and decisions I can list some ways of resisting negative peer pressure around issues affecting health and wellbeing. I can list the commonly available substances and drugs that are legal and illegal, and describe some of the effects and risks of these.
Living in the Wider World	<ul style="list-style-type: none"> I can explain how my family care for me. 	<ul style="list-style-type: none"> I can explain different ways that family and friends should care for one another. 	<ul style="list-style-type: none"> I can recognise that bullying is wrong and can list some ways to get help in dealing with it. I can recognise the effect of my behaviour on other people, and can cooperate with others (e.g. by playing and working with friends or classmates). I can identify and respect differences and similarities between people. 	<ul style="list-style-type: none"> I can explain how my actions have consequences for myself and others. I can describe the nature and consequences of bullying, and can express ways of responding to it. I can show how I care for the environment (e.g. animals and school grounds) 	<ul style="list-style-type: none"> I can describe the nature and consequences of bullying, and can express ways of responding to it. I can identify different types of relationship (e.g. marriage or friendships). I can show ways to maintain good relationships (e.g. listening, supporting, caring). 	<ul style="list-style-type: none"> I can respond to, or challenge, negative behaviours such as stereotyping and aggression. 	<ul style="list-style-type: none"> I can describe some of the different beliefs and values in society. I can demonstrate respect and tolerance towards people different from me.
Links to SMSC Cultural Capital							