

Progression in PSHE Skills: Wardley CE Primary School

EYFS PSHE Threshold Concepts						
	Being Me in my World	Celebrating Differences	Dreams & Goals	Healthy Me	Relationships	Changing Me
	<ul style="list-style-type: none"> • Know special things about themselves. • Know that some people are different from themselves. • Know how happiness and sadness can be expressed. • Know that hands can be used kindly and unkindly. • Know that being kind is good. • Know they have a right to learn and play, safely and happily. 	<ul style="list-style-type: none"> • Know what being proud means and that people can be proud of different things. • Know that people can be good at different things. • Know what being unique means. • Know that families can be different. • Know that people have different homes and why they are important to them. • Know different ways of making friends. • Know different ways to stand up for myself. • Know the names of some emotions such as happy, sad, frightened, angry. • Know that they don't have to be 'the same as' to be a friend. • Know why having friends is important. • Know some qualities of a positive friendship. 	<ul style="list-style-type: none"> • Know what a challenge is. • Know that it is important to keep trying. • Know what a goal is. • Know how to set goals and work towards them. • Know which words are kind. • Know some jobs that they might like to do when they are older. • Know that they must work hard now in order to be able to achieve the job they want when they are older. • Know when they have achieved a goal. 	<ul style="list-style-type: none"> • Know the names for some parts of their body. • Know what the word 'healthy' means. • Know some things that they need to do to keep healthy. • Know that they need to exercise to keep healthy. • Know how to help themselves go to sleep and that sleep is good for them. • Know when and how to wash their hands properly. • Know what to do if they get lost. • Know how to say No to strangers. 	<ul style="list-style-type: none"> • Know what a family is. • Know that different people in a family have different responsibilities (jobs). • Know some of the characteristics of healthy and safe friendship. • Know that friends sometimes fall out. • Know some ways to mend a friendship. • Know that unkind words can never be taken back and they can hurt. • Know how to use Jigsaw's Calm Me to help when feeling angry. • Know some reasons why others get angry. 	<ul style="list-style-type: none"> • Know the names and functions of some parts of the body (see vocabulary list). • Know that we grow from baby to adult. • Know who to talk to if they are feeling worried. • Know that sharing how they feel can help to solve a worry. • Know that remembering happy times can help us to move on.

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Y 1	Y1 PSHE Threshold Concepts					
Y 1	Being Me in my World	Celebrating Differences	Dreams & Goals	Healthy Me	Relationships	Changing Me
Y 1	<ul style="list-style-type: none"> • Understand the rights and responsibilities of a member of a class. • Understand that their views are important. • Understand that their choices have consequences. • Understand their own rights and responsibilities with their classroom. 	<ul style="list-style-type: none"> • Know that people have differences and similarities. • Know what bullying means. • Know who to tell if they or someone else is being bullied or is feeling unhappy. • Know skills to make friendships. • Know that people are unique and that it is OK to be different. 	<ul style="list-style-type: none"> • Know how to set simple goals. • Know how to achieve a goal. • Know how to work well with a partner. • Know that tackling a challenge can stretch their learning. • Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them. • Know when a goal has been achieved. 	<ul style="list-style-type: none"> • Know the difference between being healthy and unhealthy. • Know some ways to keep healthy. • Know how to make healthy lifestyle choices. • Know how to keep themselves clean and healthy. • Know that germs cause disease / illness. • Know that all household products, including medicines, can be harmful if not used properly. • Know that medicines can help them if they feel poorly. • Know how to keep safe when crossing the road. • Know about people who can keep them safe. 	<ul style="list-style-type: none"> • Know that everyone's family is different. • Know that there are lots of different types of families. • Know that families are founded on belonging, love and care. • Know how to make a friend. • Know the characteristics of healthy and safe friends. • Know that physical contact can be used as a greeting. • Know about the different people in the school community and how they help. • Know who to ask for help in the school community. 	<ul style="list-style-type: none"> • Know that animals including humans have a life cycle. • Know that changes happen when we grow up. • Know that people grow up at different rates and that is normal. • Know the names of male and female private body parts. • Know that there are correct names for private body parts and nicknames, and when to use them. • Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these. • Know who to ask for help if they are worried or frightened. • Know that learning brings about change.

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Y 2	Y2 PSHE Threshold Concepts					
Y 2	Being Me in my World	Celebrating Differences	Dreams & Goals	Healthy Me	Relationships	Changing Me
Y 2	<ul style="list-style-type: none"> • Identifying hopes and fears for the year ahead. • Understand the rights and responsibilities of class members. • Know that it is important to listen to other people. • Understand that their own views are valuable. • Know about rewards and consequences and that these stem from choices. • Know that positive choices impact positively on self-learning and the learning of others. 	<ul style="list-style-type: none"> • Know there are stereotypes about boys and girls. • Know that it is OK not to conform to gender stereotypes. • Know it is good to be yourself. • Know that sometimes people get bullied because of difference. • Know the difference between right and wrong and the role that choice has to play in this. • Know that friends can be different and still be friends. • Know where to get help if being bullied. • Know the difference between a one-off incident and bullying. 	<ul style="list-style-type: none"> • Know how to choose a realistic goal and think about how to achieve it • Know that it is important to persevere. • Know how to recognise what working together well looks like. • Know what good group working looks like. • Know how to share success with other people. 	<ul style="list-style-type: none"> • Know what their body needs to stay healthy. • Know what relaxed means. • Know what makes them feel relaxed / stressed. • Know how medicines work in their bodies. • Know that it is important to use medicines safely. • Know how to make some healthy snacks • Know why healthy snacks are good for their bodies. • Know which foods given their bodies energy. 	<ul style="list-style-type: none"> • Know that everyone's family is different. • Know that families function well when there is trust, respect, care, love and co-operation. • Know that there are lots of forms of physical contact within a family. • Know how to stay stop if someone is hurting them. • Know some reasons why friends have conflicts. • Know that friendships have ups and downs and sometimes change with time. • Know how to use the Mending Friendships or Solve-it-together problem-solving methods. • Know there are good secrets and worry secrets and why it is important to share worry secrets. • Know what trust is. 	<ul style="list-style-type: none"> • Know that life cycles exist in nature. • Know that aging is a natural process including old-age. • Know that some changes are out of an individual's control • Know how their bodies have changed from when they were a baby and that they will continue to change as they age. • Know the physical differences between male and female bodies. • Know the correct names for private body parts. • Know that private body parts are special and that no one has the right to hurt these. • Know who to ask for help if they are worried or frightened. • Know there are different types of touch and that some are acceptable and some are unacceptable.

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Y 3	Y3 PSHE Threshold Concepts					
Y 3	Being Me in my World	Celebrating Differences	Dreams & Goals	Healthy Me	Relationships	Changing Me
Y 3	<ul style="list-style-type: none"> • Understand that they are important. • Know what a personal goal is. • Understanding what a challenge is. • Know why rules are needed and how these relate to choices and consequences. • Know that actions can affect others' feelings. • Know that others may hold different views. • Know that the school has a shared set of values. 	<ul style="list-style-type: none"> • Know why families are important. • Know that everybody's family is different. • Know that sometimes family members don't get along and some reasons for this. • Know that conflict is a normal part of relationships. • Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do. • Know that some words are used in hurtful ways and that this can have consequences. 	<ul style="list-style-type: none"> • Know about specific people who have overcome difficult challenges to achieve success. • Know what dreams and ambitions are important to them. • Know how they can best overcome learning challenges. • Know that they are responsible for their own learning. • Know what their own strengths are as a learner. • Know what an obstacle is and how they can hinder achievement. • Know how to take steps to overcome obstacles. • Know how to evaluate their own learning progress. 	<ul style="list-style-type: none"> • Know how exercise affects their bodies. • Know why their hearts and lungs are such important organs. • Know that the amount of calories, fat and sugar that they put into their bodies will affect their health. • Know that there are different types of drugs. • Know that there are things, places and people that can be dangerous. • Know a range of strategies to keep themselves safe. • Know when something feels safe or unsafe. • Know that their bodies are complex and need taking care of. 	<ul style="list-style-type: none"> • Know that different family members carry out different roles or have different responsibilities within the family. • Know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc. • Know some of the skills of friendship, e.g. taking turns, being a good listener. • Know some strategies for keeping themselves safe online. • Know how some of the actions and work of people around the world help and influence my life. • Know that they and all children have rights (UNCRC). • Know the lives of children around the world can be different from their own. 	<ul style="list-style-type: none"> • Know that in animals and humans lots of changes happen between conception and growing up. • Know that in nature it is usually the female that carries the baby. • Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops. • Know that babies need love and care from their parents/carers. • Know some of the changes that happen between being a baby and a child. • Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults. • Know some of the outside body changes that happen during puberty. • Know some of the changes on the inside that happen during puberty.

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Y 4	Y4 PSHE Threshold Concepts					
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<p>Y 4</p>	<ul style="list-style-type: none"> • Know how individual attitudes and actions make a difference to a class. • Know about the different roles in the school community. • Know their place in the school community. • Know what democracy is (applied to pupil voice in school). • Know that their own actions affect themselves and others. • Know how groups work together to reach a consensus. • Know that having a voice and democracy benefits the school community. 	<ul style="list-style-type: none"> • Know that sometimes people make assumptions about a person because of the way they look or act. • Know there are influences that can affect how we judge a person or situation. • Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying. • Know what to do if they think bullying is, or might be taking place. • Know the reasons why witnesses sometimes join in with bullying and don't tell anyone. • Know that first impressions can change. 	<ul style="list-style-type: none"> • Know what their own hopes and dreams are. • Know that hopes and dreams don't always come true. • Know that reflecting on positive and happy experiences can help them to counteract disappointment. • Know how to make a new plan and set new goals even if they have been disappointed. • Know how to work out the steps they need to take to achieve a goal. • Know how to work as part of a successful group. • Know how to share in the success of a group. 	<ul style="list-style-type: none"> • Know how different friendship groups are formed and how they fit into them. • Know which friends they value most. • Know that there are leaders and followers in groups. • Know that they can take on different roles according to the situation. • Know the facts about smoking and its effects on health. • Know some of the reasons some people start to smoke. • Know the facts about alcohol and its effects on health, particularly the liver. • Know some of the reasons some people drink alcohol. • Know ways to resist when people are putting pressure on them. • Know what they think is right and wrong. 	<ul style="list-style-type: none"> • Know some reasons why people feel jealousy. • Know that jealousy can be damaging to relationships. • Know that loss is a normal part of relationships. • Know that negative feelings are a normal part of loss. • Know that memories can support us when we lose a special person or animal. • Know that change is a natural part of relationships / friendship. • Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe. 	<ul style="list-style-type: none"> • Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm. • Know that babies are made by a sperm joining with an ovum. • Know the names of the different internal and external body parts that are needed to make a baby. • Know how the female and male body change at puberty. • Know that personal hygiene is important during puberty and as an adult. • Know that change is a normal part of life and that some cannot be controlled and have to be accepted. • Know that change can bring about a range of different emotions.
<p>Y 5</p>	<p>Y5 PSHE Threshold Concepts</p>					

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Y 5	Being Me in my World	Celebrating Differences	Dreams & Goals	Healthy Me	Relationships	Changing Me
Y 5	<ul style="list-style-type: none"> • Know how to face new challenges positively. • Understand how to set personal goals. • Understand the rights and responsibilities associated with being a citizen in the wider community and their country. • Know how an individual's behaviour can affect a group and the consequences of this. • Understand how democracy and having a voice benefits the school community. • Understand how to contribute towards the democratic process. 	<ul style="list-style-type: none"> • Know what culture means. • Know that differences in culture can sometimes be a source of conflict. • Know what racism is and why it is unacceptable. • Know that rumour spreading is a form of bullying on and offline. • Know external forms of support in regard to bullying e.g. Childline. • Know that bullying can be direct and indirect. • Know how their life is different from the lives of children in the developing world. 	<ul style="list-style-type: none"> • Know that they will need money to help them to achieve some of their dreams. • Know about a range of jobs that are carried out by people I know. • Know that different jobs pay more money than others. • Know the types of job they might like to do when they are older. • Know that young people from different cultures may have different dreams and goals. • Know that communicating with someone from a different culture means that they can learn from them and vice versa. • Know ways that they can support young people in their own culture and abroad. 	<ul style="list-style-type: none"> • Know the health risks of smoking. • Know how smoking tobacco affects the lungs, liver and heart. • Know some of the risks linked to misusing alcohol, including antisocial behaviour. • Know basic emergency procedures including the recovery position. • Know how to get help in emergency situations. • Know that the media, social media and celebrity culture promotes certain body types. • Know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure. • Know what makes a healthy lifestyle. 	<ul style="list-style-type: none"> • Know that a personality is made up of many different characteristics, qualities and attributes • Know that belonging to an online community can have positive and negative consequences. • Know that there are rights and responsibilities in an online community or social network. • Know that there are rights and responsibilities when playing a game online. • Know that too much screen time isn't healthy. • Know how to stay safe when using technology to communicate with friends. 	<ul style="list-style-type: none"> • Know what perception means and that perceptions can be right or wrong. • Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally. • Know that sexual intercourse can lead to conception. • Know that some people need help to conceive and might use IVF. • Know that becoming a teenager involves various changes and also brings growing responsibility.
Y 6	Y6 PSHE Threshold Concepts					

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Y 6	Being Me in my World	Celebrating Differences	Dreams & Goals	Healthy Me	Relationships	Changing Me
Y 6	<ul style="list-style-type: none"> • Know how to set goals for the year ahead. • Understand what fears and worries are. • Know about children's universal rights (United Nations Convention on the Rights of the Child). • Know about the lives of children in other parts of the world. • Know that personal choices can affect others locally and globally. • Understand that their own choices result in different consequences and rewards. • Understand how democracy and having a voice benefits the school community. • Understand how to contribute towards the democratic process. 	<ul style="list-style-type: none"> • Know that there are different perceptions of 'being normal' and where these might come from. • Know that being different could affect someone's life. • Know that power can play a part in a bullying or a conflict situation. • Know that people can hold power over others individually or in a group. • Know why some people choose to bully others. • Know that people with disabilities can lead amazing lives. • Know that difference can be a source of celebration as well as conflict. 	<ul style="list-style-type: none"> • Know their own learning strengths. • Know how to set realistic and challenging goals. • Know what the learning steps are they need to take to achieve their goal. • Know a variety of problems that the world is facing. • Know how to work with other people to make the world a better place. • Know some ways in which they could work with others to make the world a better place. • Know what their classmates like and admire about them. 	<ul style="list-style-type: none"> • Know how to take responsibility for their own health. • Know how to make choices that benefit their own health and well-being. • Know about different types of drugs and their uses. • Know how these different types of drugs can affect people's bodies, especially their liver and heart. • Know that some people can be exploited and made to do things that are against the law. • Know why some people join gangs and the risk that this can involve. • Know what it means to be emotionally well. • Know that stress can be triggered by a range of things. • Know that being stressed can cause drug and alcohol misuse. 	<ul style="list-style-type: none"> • Know that it is important to take care of their own mental health. • Know ways that they can take care of their own mental health. • Know the stages of grief and that there are different types of loss that cause people to grieve. • Know that sometimes people can try to gain power or control them. • Know some of the dangers of being 'online'. • Know how to use technology safely and positively to communicate with their friends and family. 	<ul style="list-style-type: none"> • Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally. • Know how a baby develops from conception through the nine months of pregnancy and how it is born. • Know how being physically attracted to someone changes the nature of the relationship. • Know the importance of self-esteem and what they can do to develop it. • Know what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class.

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