

PSHE Skills Progression.

Year	Key Skills
R	<p><u>Relationships</u> <u>Health</u> <u>Living in the Wider World</u></p>
1	<p><u>Relationships</u> Recognise emotions in myself and other people. Recognising people who are special to me</p> <p><u>Health</u> Recognising foods that are good and bad for me Recognising how the sun can be bad for my body</p> <p><u>Living in the Wider World</u> Recognise dangers around the home Recognise dangers on the road Recognising whether someone is a safer stranger or a complete stranger Recognising dangers online Recognising when money is earned or gifted Recognising ways to reduce waste within the school and home environment Recognising practices that may be harmful to the environment</p>
2	<p><u>Relationships</u> Recognising when we need to compromise Recognising when other people may need a friend</p> <p><u>Health</u> Recognising times when we need to take greater care of physical and mental health</p> <p><u>Living in the Wider World</u> Recognising when there is a need to be resilient Recognising when I am discriminating against others and changing my behaviour</p>

<p>3</p>	<p><u>Relationships</u> Recognising when to agree to disagree Recognising how to behave in different communities</p> <p><u>Health</u> Recognising when I need to be more active</p> <p><u>Living in the Wider World</u> Recognising when resilience, independence and creativity can be used to be an effective learner. Recognising when we are acting on stereotypes and changing this. Recognising when it is and isn't safe to share personal information.</p>
<p>4</p>	<p><u>Relationships</u> Recognising how our behaviour can affect other people.</p> <p><u>Health</u> Recognising when I am not physically well and how to improve this Planning and creating healthy meals</p> <p><u>Living in the Wider World</u> Recognising rights and responsibilities in the classroom Recognising how to prevent fire based emergencies</p>
<p>5</p>	<p><u>Relationships</u> Recognising how friendships can change over time and how we can adapt to this Recognising</p> <p><u>Health</u> Recognising the changes that may happen during puberty</p> <p><u>Living in the Wider World</u> Recognising that not everything we see online is real Recognising reliability of websites</p>

6	<p><u>Relationships</u> Recognising positive and unhealthy relationships Recognising situations where consent should be given</p> <p><u>Health</u></p> <p><u>Living in the Wider World</u> Recognising <u>how are actions impact the natural environment</u></p>