

Progression through PSHE – 2024/2025

Skill	Early Years	Year 1	Year 2
Developing a healthy, safer lifestyle	<p>Children can explain ways of keeping clean (for example by washing their hands and keeping their hair tidy) and they can name the main parts of the body.</p> <p>They can explain that people grow from young to old. Children can talk about good and not so good feelings, creating a vocabulary to describe their feelings to others and simple strategies for managing these.</p> <p>They can talk about change and loss and the associated feelings (moving house, losing toys).</p>	<p>Children can explain about people who look after them, who to go to if they are worried and ways to help these people look after them.</p> <p>Children can talk about growing and changing and new opportunities and responsibilities that increasing independence brings.</p> <p>They can think about themselves, learn from their experiences, recognising and celebrating their strengths and set simple but challenging goals.</p>	<p>Children can make simple choices about some aspects of their health and well-being (for example by choosing between different foods and between physical activities, knowing that they need sun protection) and know what keeps them healthy (for example exercise and rest).</p> <p>Children can talk about the harmful aspects of some household products and medicines, and describe ways of keeping safe in familiar situations (for example knowing how and where to cross the road safely).</p> <p>Children recognise they share a responsibility for keeping themselves and others safe.</p> <p>They can explain ways diseases are spread and can be controlled and the responsibilities they have for their own health and that of others.</p>

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Developing good relationships and respecting the differences between people	<p>Children can explain different ways that family and friends should care for one another (for example telling a friend that they like them, showing concern for a family member who is unwell).</p> <p>Children recognise what is fair/unfair, kind/unkind, right/wrong.</p> <p>The difference between secrets and surprises and the importance of not keeping adults' secrets, only surprise.</p> <p>Children understand what kind of physical contact is acceptable, comfortable, unacceptable, uncomfortable and how to respond to unsafe touch (including who to tell and how to tell).</p> <p>That people's bodies and feelings can be hurt.</p>	<p>Children can recognise that bullying is wrong and can list some ways to get help in dealing with it.</p> <p>They can recognise the effect of their behaviour on other people, and can cooperate with others (for example by playing and working with friends or classmates).</p> <p>They can identify and respect differences and similarities between people.</p>	<p>Share their opinions on things that matter to them with one other person/class.</p> <p>To offer constructive support/feedback to others.</p> <p>Children communicate their feelings to others, to recognise how others show feelings and how to respond.</p>

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Living in the wider world and being a responsible person	<p>Children can demonstrate how to contribute to the life of the classroom.</p> <p>Children can construct and agree to follow group and class rules and understand how these help them.</p> <p>They understand people and other living things have needs and that they have responsibilities to meet them (taking turns, share return things that have been borrowed).</p>	<p>Children understand they belong to various groups and communities (family, school, faith).</p> <p>They can recognize what improves and harms their local, natural and built environments and some of the ways people look after them.</p>	<p>Children can demonstrate that money comes from different sources and can be used for different purposes (spending, saving).</p> <p>They understand the role money plays in their lives (how to manage, keep it safe, spending choices and what influences these choices).</p> <p>Children understand there are a wide range of jobs and challenge gender stereotypes about careers.</p>

Key Skills;

Understanding of emotional/ physical and mental wellbeing

Understanding of Social and cultural relationships

Understanding of responsible citizenship