



SKILLS PROGRESSION MAP FOR PSHE and RSE

MAP OUT THE DEVELOPMENT OF SPECIFIC SKILLS AS THEY OCCUR ACROSS THE SCHOOL

SKILL	Y1/2	Y3/4	Y5/6
Skills to keep safe	<ul style="list-style-type: none"> - Keeping safe in the sun - In familiar situations - To know who can help me - At home, including fire safety - Outside, on the road 	<ul style="list-style-type: none"> - Recognise bullying and what to do Including cyber bullying – link to safe internet day and anti-bullying week - To be safe in gaming habits, on roads, railways, near water, building sites and around fireworks - To learn about basic first aid 	<ul style="list-style-type: none"> - Keeping safe online - Violence is not acceptable - Problems that can occur when someone goes missing - Who can you talk to if you feel like you want to run away? - Keeping safe - caring and responsibility - FGM
Skills to look after our bodies	<ul style="list-style-type: none"> - Medicines - Why we take them where they come from - Keeping safe - What asthma is 	<ul style="list-style-type: none"> - Medicines and drugs - The effects and risks of alcohol and tobacco - How drug use effects behaviour - Asthma awareness 	<ul style="list-style-type: none"> - Risks of alcohol, tobacco, ecigs, cannabis - Describe influences that affect decision making <p>DART - Y6</p>
Skills to identify, express and regulate feelings Skills to recognise and look after emotional well-being	<ul style="list-style-type: none"> - Different types of feelings - Change/loss – how it feels - Friendships - Solving problems - Special people to me 	<ul style="list-style-type: none"> - Setting goals, dealing with put downs and positive ways to deal with set-backs - How to look after mental well-being 	<ul style="list-style-type: none"> - Emotions can be expressed differently - Change can affect emotions - Everyone can be affected by their mental health (link to SATS)

<p>Skills to identify and celebrate diversity</p> <p>Skills to get on with others</p>	<ul style="list-style-type: none"> - What makes me special - Cooperation - Roles and responsibilities at home and school 	<ul style="list-style-type: none"> - What is a democratic society? - What are rules? - Similarities and differences between themselves and others - What is community? - What does it mean to belong to a group? 	<ul style="list-style-type: none"> - Stereotypes, discrimination and prejudice - Identity, society and equality – human rights
<p>Skills to look after my physical health and well-being</p>	<ul style="list-style-type: none"> - Different foods/different cultures - Different celebrations – linked to RE - Learn different playtime games - Learn what ‘eating well’ means - Sleep and rest are important - Nurses and doctors are important - Basic health and hygiene 	<ul style="list-style-type: none"> - Religious/moral/cultural reasons why people eat avoid certain foods - Why do we need good sleep? - How to make healthy food choices - Benefits of keeping active - What helps me choose? 	<ul style="list-style-type: none"> - Messages in the media - Compare adverts/benefits - Analyse how media portrays celebrities - How images can be changed -
<p>Skills to understand economic well-being</p>	<ul style="list-style-type: none"> - Where does money come from? - Recognise different jobs 	<ul style="list-style-type: none"> - The world of work –different jobs and sectors - How do people keep track of their money? - What influences spend/save? 	<ul style="list-style-type: none"> - Paths to different careers –what can influence this? - Money can be borrowed –can be risks associated with this - What is an enterprise?
<p>Skills to identify and understand healthy relationships</p>	<p>Y2 – to understand the differences in boys and girls, including the biological differences</p> <ul style="list-style-type: none"> - To identify changes from young to old - To identify and talk about different types of family – Different family – same love 	<p>Y4 – Growing up and changing - recognising changes in the lifecycle of animals and humans</p> <ul style="list-style-type: none"> - Changes and experiences at puberty - Importance of hygiene 	<p>Y5 – growing up and changing – puberty</p> <p>Y6 – Healthy relationships and how a baby is made</p> <ul style="list-style-type: none"> - Different attitudes around gender - Stereotyping and sexuality - Conception and pregnancy - Roles and responsibilities or carers and parents