

The Federation of Cowick & Pollington-Balne Progression of Skills : PSHCE

| Inset header on front cover | EYFS                                                                                                                                                  | EYFS                                                                         | KS1                                                                                           | KS1                                                                                                   | LKS2                                                                                                | LKS2                                                                                                           | UKS2                                                                                                                                                                              | UKS2                                                                                                            |
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|                             | Being Me in My World                                                                                                                                  |                                                                              |                                                                                               |                                                                                                       |                                                                                                     |                                                                                                                |                                                                                                                                                                                   |                                                                                                                 |
|                             | I am beginning to express a range of feelings in their interactions my                                                                                | I can explain what is right and wrong in school and at home.                 | can explain why my class is a happy and safe place to learn.                                  | I can explain why my behaviour can impact on other people in my class.                                | I can explain how my behaviour can affect how others feel and behave.                               | I can explain why being listened to and listening to others is important in my school community.               | I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. | I can explain how my choices can have an impact on people in my immediate community and globally.               |
|                             | I can talk about how others might be feeling and respond to other people's needs and wants                                                            | I am learning how to be responsible.                                         | I can give different examples where I or others make my class happy and safe.                 | I can compare my own and my friends' choices and can express why some choices are better than others. | I can explain why it is important to have rules and how that helps me and others in my class learn. | I can explain why being democratic is important and can help me and others feel valued.                        | I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.                                           | I can empathise with others in my community and globally and explain how this can influence the choices I make. |
|                             | I am beginning to recognise the impact of my choices and behaviours/actions on others and knows that some actions and words can hurt others' feelings |                                                                              |                                                                                               |                                                                                                       |                                                                                                     |                                                                                                                |                                                                                                                                                                                   |                                                                                                                 |
|                             | I am beginning to understand that expectations vary depending on different events and social situations                                               |                                                                              |                                                                                               |                                                                                                       |                                                                                                     |                                                                                                                |                                                                                                                                                                                   |                                                                                                                 |
| Celebrating Differences     |                                                                                                                                                       |                                                                              |                                                                                               |                                                                                                       |                                                                                                     |                                                                                                                |                                                                                                                                                                                   |                                                                                                                 |
|                             | I am becoming more aware of the similarities and differences between myself and others in more detailed ways and                                      | I can tell you some of the things that make me special.<br><br>I can explain | I can tell you some ways that I am different and similar to other people in my class, and why | I can explain that sometimes people get bullied because they are seen to be                           | I can describe different conflicts that might happen in family or friendship groups and             | I can tell you a time when my first impression of someone changed as I got to know them.<br>I can also explain | I can explain the differences between direct and indirect types of bullying                                                                                                       | I can explain ways in which difference can be a source of                                                       |

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|  | <p>identifies themselves in relation to social groups/peers</p> <p>I am sensitive to others' messages of appreciation or criticism</p> <p>I enjoy a sense of belonging through being involved in daily tasks</p> <p>I am aware of being evaluated by others and I am beginning to develop ideas about themselves according to the messages they hear from others</p> <p>I can show my confidence and self-esteem through being outgoing towards people, taking risks and trying new things or new social situations and being able to express their needs and ask adults for help</p> | <p>how to be kind to others and how to stand up for myself.</p> | <p>this makes us all special.</p> <p>I can explain what bullying is and how being bullied might make somebody feel.</p> | <p>different; this might include people who do not conform to gender stereotypes.</p> <p>I can explain how it feels to have a friend and be a friend. I can also explain why it is OK to be different from my friends.</p> | <p>how words can be used in hurtful or kind ways when conflicts happen.</p> <p>I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g Solve It Together or asking for help.</p> | <p>why bullying might be difficult to spot and what to do about it if I'm not sure.</p> <p>I can explain why it is good to accept myself and others for who we are.</p> | <p>and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.</p> <p>I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.</p> | <p>conflict or a cause for celebration.</p> <p>I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.</p> |
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| Dreams and Goals                                                                                                      |                                                                                                                                                                             |                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                        |                                                                                                                                                                                                                    |                                                                                                                                                                                      |
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| <p>I am beginning to explain how I can meet a challenge.</p>                                                          | <p>I can explain and what a challenge is and how I can work hard to achieve this.</p> <p>I can talk about what I want to be when I am older and how I can achieve this.</p> | <p>I can explain how I feel when I am successful and how this can be celebrated positively.</p> <p>I can say why my internal treasure chest is an important place to store positive feelings.</p> | <p>I can explain how I played my part in a group and the parts other people played to create an end product.</p> <p>I can explain how our skills complemented each other.</p> <p>I can explain how it felt to be part of a group and can identify a range of feelings about group work.</p> | <p>I can explain the different ways that help me learn and what I need to do to improve.</p> <p>I am confident and positive when I share my success with others.</p> <p>I can explain how these feelings can be stored in my internal treasure chest and why this is important.</p> | <p>I can plan and set new goals even after a disappointment.</p> <p>I can explain what it means to be resilient and to have a positive attitude.</p>                                                   | <p>I can compare my hopes and dreams with those of young people from different cultures.</p> <p>I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</p> | <p>I can explain different ways to work with others to help make the world a better place.</p> <p>I can explain what motivates me to make the world a better place.</p>              |
| Healthy Me                                                                                                            |                                                                                                                                                                             |                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                        |                                                                                                                                                                                                                    |                                                                                                                                                                                      |
| <p>I know some of the things that can keep me healthy.</p> <p>I am beginning to understand about stranger danger.</p> | <p>I can explain how I can keep healthy.</p> <p>I know what to do when faced with stranger danger.</p>                                                                      | <p>I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.</p> <p>I can give examples of when being healthy can</p>                            | <p>I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices.</p> <p>I can compare my own and my friends' choices and</p>                                                                                                          | <p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.</p>                                                                                                | <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure.</p> | <p>I can explain different roles that food and substances can play in people's lives.</p> <p>I can also explain how people can develop eating problems (disorders) relating to</p>                                 | <p>I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.</p> <p>I can identify</p> |

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|                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                | help me feel happy.                                                                                                                                                                                                                                                                                                          | can express how it feels to make healthy and safe choices.                                                                                                                                                                                                                                                          | I can express how being anxious/ scared and unwell feels.                                                                                                                                                                                 |                                                                                                                                                                                                | body image pressures and how smoking and alcohol misuse is unhealthy.<br><br>I can summarise different ways that I respect and value my body.                                                                                                                                                                                                                                  | and apply skills to keep myself emotionally healthy and to manage stress and pressure.                                                                                                                                                                                                                                                                                            |
| <b>Relationships</b>                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                |                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                           |                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                   |
| <p>I can seek out companionship with adults and other children, sharing experiences and play ideas</p> <p>I am beginning to use my experiences to guide my social relationships and interactions</p> <p>I am beginning to show increasing consideration of other people's needs</p> <p>I am practicing skills of assertion, negotiation and compromise and looks to a supportive adult for help in</p> | <p>I can explain why my friends are my friends and how I can be friendly.</p> <p>I can help myself and others when they are hurt or upset.</p> | <p>I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself.</p> <p>I can also explain how my qualities help these relationships.</p> <p>I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.</p> | <p>I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.</p> <p>I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.</p> | <p>I can explain how my life is influenced positively by people I know and also by people from other countries.</p> <p>I can explain why my choices might affect my family, friendships and people around the world who I don't know.</p> | <p>I can recognise how people are feeling when they miss a special person or animal.</p> <p>I can give ways that might help me manage my feelings when missing a special person or animal.</p> | <p>I can compare different types of friendships and the feelings associated with them.</p> <p>I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.</p> <p>I can apply strategies to manage my feelings and the pressures I may face to use technology in</p> | <p>I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.</p> <p>I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations.</p> <p>I can offer strategies to help me manage these</p> |

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|  | resolving conflict with peers<br>I enjoy playing alone, alongside and with others, inviting others to play and attempting to join others' play     |                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                             | ways that may be risky or cause harm to myself or others.                                                                                                                                                                                         | feelings and situations. |
|  | Changing Me                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                   |                          |
|  | <p>I can name parts of my body and explain how we change as we grow.</p> <p>I can talk about changes and how to express how I feel about them.</p> | <p>I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older.</p> <p>I can use the correct names for penis, testicles, anus, vagina, and give reasons why they are private.</p> <p>I can explain why some changes I might experience might feel better than others.</p> | <p>I can use the correct terms to describe penis, testicles, anus, vagina, and explain why they are private.</p> <p>I can explain why some types of touches feel OK and others don't.</p> <p>I can tell you what I like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to me.</p> | <p>I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.</p> | <p>I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</p> <p>I can explain some of the choices I might make in the future and some of the choices that I have no control over.</p> <p>I can offer some suggestions about how I might manage my feelings when changes happen.</p> | <p>I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important.</p> <p>I can also summarise the process of conception. I can express how I feel about the changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends.</p> | <p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p> <p>I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.</p> |                          |

