



Forever Learning: Limitless potential for every child

PSHE Progression of Skills

Subject: PSHE		Leader: Nicola Emms		
	Foundation Stage		Key Stage 1	
Area/Aspect /Element	Nursery	Reception	Year 1	Year 2
Health and Well being	Self-Regulation ELG <ul style="list-style-type: none"> ❖ Children at the expected level of development will: ❖ Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly ❖ Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate ❖ Give focused attention to what the teacher says, respond appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. 		<ul style="list-style-type: none"> ❖ Learn about what keeping healthy means and the different ways to keep healthy ❖ Learn about foods that support good health and the risks of eating too much sugar ❖ Learn about how physical activity helps us to stay healthy and the ways in which to be physically active each day ❖ Learn about why sleep is important and the different ways to rest and relax ❖ Learn simple hygiene routines that can stop germs from spreading ❖ Learn about dental care and visiting the dentist, including how to brush teeth correctly and the food and drink that support dental health ❖ Learn how to recognise and name different feelings ❖ Learn how feelings can affect people's bodies and how they behave 	(In addition to some of those listed for Year 1): <ul style="list-style-type: none"> ❖ Learn how to keep safe in the sun and protect the skin from sun damage ❖ Recognise and learn about different ways to pay and lean, recognising the importance of knowing when to take a break ❖ Learn about the people who help us to stay physically healthy ❖ Learn about the different feelings that humans can experience ❖ Learn about ways of sharing feelings and a range of words to describe these feelings ❖ Learn about things that help people feel good
	Managing Self ELG <ul style="list-style-type: none"> ❖ Children at the expected level of development will: ❖ Be confident to try new activities and show independence, resilience and perseverance in the face of challenge ❖ Explain the reasons for rules, know right from wrong and try to behave accordingly ❖ Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices. 			

		<ul style="list-style-type: none"> ❖ Learn how to recognise what others might be feeling ❖ Begin to recognise that not everyone feels the same at the same time, or feels the same about the same things ❖ Learn about change and loss and begin to identify feelings associated with this and recognise what helps people to feel better ❖ Begin to recognise the ways in which we are all unique ❖ Identify what they are good at, what they like & dislike ❖ Learn about growing and changing from young to old and how people's needs change ❖ Learn about preparing to move to a new class/year group ❖ Begin to recognise risk in simple everyday situations and actions to take to minimise harm ❖ Learn that household products, including medicines, can be harmful if not used correctly 	<ul style="list-style-type: none"> ❖ Learn about different things they can do to manage big feelings, to help calm them down or change their mood when they don't feel good ❖ Recognise when they need help with feelings and how to ask for this help ❖ Recognise what makes them special ❖ Learn how to manage when they find things difficult ❖ Learn to name the main parts of the body, including external genitalia ❖ Learn how to keep safe at home and fire safety
<p>Relationships</p>	<p>Building Relationships ELG</p> <ul style="list-style-type: none"> ❖ Children at the expected level of development will: ❖ Work and play cooperatively and take turns with others ❖ Form positive attachments to adults and friendships with peers ❖ Show sensitivity to their own and to others' needs. 	<ul style="list-style-type: none"> ❖ Learn how to respond safely to adults they don't know ❖ Learn about how to respond if physical contact makes them feel uncomfortable or unsafe ❖ Learn about the importance of not keeping adults' secrets (only happy surprises that others will eventually find out about) ❖ Learn how to listen to other people and play & work cooperatively <li style="text-align: center;">❖ ❖ Identify the people who love and care for them and what they do to help them feel cared for ❖ Learn about different types of families, including those that may be different to their own 	<ul style="list-style-type: none"> ❖ Identify the people who love and care for them and what they do to help them feel cared for ❖ Learn about different types of families, including those that may be different to their own ❖ Learn simple strategies to resolve arguments between friends positively ❖ Understand that bodies and feelings can be hurt by words and actions and that people can say hurtful things online ❖ Learn about how people may feel if the experience hurtful behaviour or bullying

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- ❖ Learn about the roles different people play in our lives
- ❖ Identify common features of family life
- ❖ Understand that it is important to tell someone if something about their family makes them unhappy or worried
- ❖ Learn about how people make friends and what makes a good friendship
- ❖ Recognise when they or someone else feels lonely and what to do about this
- ❖ Learn how to ask for help if a friendship is making them feel unhappy
- ❖ Understand that hurtful behaviour (offline & online) including teasing, name-calling and deliberately excluding others is not acceptable; how to report bullying and the importance of telling a trusted adult
- ❖ Learn to recognise that some things are private and the importance of respecting privacy, and that the parts of their body that are covered by underwear are private
- ❖ Understand that sometimes people may behave differently online, including someone pretending to be who they are not
- ❖ Know that there are situations when they should

			<p>ask for permission also when their permission should be sought</p> <p>❖</p>
<p>Living in the wider World</p>	<p>Understanding the World Past and Present ELG</p> <ul style="list-style-type: none"> ❖ Children at the expected level of development will: ❖ Talk about the lives of the people around them and their roles in society; <p>People Culture and Communities ELG</p> <ul style="list-style-type: none"> ❖ Children at the expected level of development will: ❖ Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class ❖ Explain some similarities and differences between life in this country and life in other countries, drawing on knowledge from stories, non-fiction texts and – when appropriate – maps. 	<ul style="list-style-type: none"> ❖ Learn about what rules are, why they are needed and why different rules are needed for different situations ❖ Learn how people and other living things have different needs and about the responsibilities of caring for them ❖ Learn about things they can do to help look after their environment ❖ Learn about the different groups they belong to ❖ Learn about the different roles and responsibilities people have in their community ❖ Learn to recognise the ways they are the same as, and different to, other people ❖ Learn what money is, the forms that money comes in, and that money comes from different sources ❖ Learn that money needs to be looked after and some of the different ways of doing this 	<ul style="list-style-type: none"> ❖ Learn about what rules are, why they are needed and why different rules are needed for different situations ❖ Learn how people and other living things have different needs and about the responsibilities of caring for them ❖ Learn about things they can do to help look after their environment ❖ Learn about the different groups they belong to ❖ Learn about the different roles and responsibilities people have in their community ❖ Learn to recognise the ways they are the same as, and different to, other people ❖ Learn what money is, the forms that money comes in, and that money comes from different sources ❖ Learn that money needs to be looked after and some of the different ways of doing this ❖ Learn about how the internet and digital devices can be used safely to find things out and to communicate with others ❖ Learn about the role of the internet in everyday life ❖ Understand that not all information seen online is true

			<ul style="list-style-type: none">❖ Learn that different people make different choices about how to save and spend money❖ Learn about the difference between needs and wants and that sometimes, people may not be able to have the things that they want❖ Understand that everyone has different strengths❖ Learn that jobs help people earn money to pay for things❖ Learn about different jobs that people they know or people who work in the community do❖ Learn about some of the strengths and interests that someone might need to do different jobs
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