PSHE Skills progression at Ivy Chimneys

Myself and my relationships

EYFS	KS1	Upper KS2	Upper KS2
• How am I special and what is special about other people in my class? • What have I learnt to do and what would I like to learn next? • How do we welcome new people to our class? • What can I do to make the classroom a safe and happy place? • How can I play and work well with others? • How can I respect the needs of others? • How does my behaviour make other people feel? • Who are my special people and why are they special to me? • Who is my family and how do we care for each other? • What is a friend? • How can I be a good friend? • How do I make new friends? • How can I make up with friends when I have fallen out with them? • How does what I do affect others? • Do I know what to do if someone is unkind to me? • Can I recognise and show my emotions? • Can I recognise emotions in other people and say how they are feeling? • Do I know what causes different emotions in myself and other people? • How do I and others feel when things change? • Do I know simple ways to make myself feel better?	• What can I do to help make the school and classroom a safer and fair place? • How can I get to know other children in my class? • How do I feel when I am doing something new? • How can I make someone feel welcome? • How can I help other people to feel better? • What do I know about how to solve problems? Can I name some different feelings? • Do I know what makes me feel happy, sad, cross etc? • How do my feelings and my actions affect others? • How do I manage some of my emotions? • What helps me to feel relaxed? • How can I control my behaviour? • Who do I share my feelings with? • How can I stand up for myself? • Can I describe what a friend is and does? • How do I make new friends? • How do I keep friends? • How can I make up with my friends when things go wrong? • Who is in my family, and how do we care for each other? • Who are my special people and what makes them special to me? • How am I similar to and different from other people?	• What does it feel like to be new or to start something new? • What helps me to feel like I belong and am valued in school? • How can I make other people feel welcome? • What will help us to feel safer and to learn well in our class and school? • What different rules do we sometimes need in different places? • How can I manage my feelings and calm them down if necessary? • Who can I talk to when I need help? • What is special about me and other people? • How can I communicate my emotions? • How do I cope with difficult emotions? • How can I deal with fears and worries? • How do my actions and emotions affect the way I and others feel? • How do I care for other people's feelings? • Who can I talk to about the way I feel? • How can I disagree without being disagreeable? Family and Friends (GOFO) • What does a good friend do? • Do I know how to listen to and support my friends? • How do I cope when relationships change? • What are some of the similarities and differences between me and my	• How do we make sure we feel safe in our class and school? • How do we build good relationships in our class? • How do we make new people feel welcome and valued? • How do I feel when I do something new? • Which ways to calm down work for me? • How do I solve problems? • Who can I talk to when I need help? • How can I help and support other people? What am I good at? • What do I find difficult? • What do I feel proud of about myself? • How do I manage strong emotions? • What can I do when I realise I'm in a bad mood? • How do I recognise how other people feel and respond to them? • How do I cope when I disagree with someone? • How and from whom do I get support when things are difficult? • Who is in my network of relationships and how has it changed? • How can I develop new friendships and maintain existing ones? • In what way is it positive to have differences between people? • What different kinds of families are there? • How can I manage some of the pressures on my relationships?

• How can I help to make other people feel better?	• Who do I get support from when I need it? • Can I describe what a friend is and does? • How do I make new friends? • How do I keep friends? • How can I make up with my friends when things go wrong? • Who is in my family, and how do we care for each other? • Who are my special people and what makes them special to me? • How am I similar to and different from other people? • Who do I get support from when I need it? • How am I changing as I grow up? • How are my achievements, skills and responsibilities changing? • How can I change my behaviour when something goes wrong? • How do I cope when friendships change? • How do I feel and how do I cope when I lose something special to me? • What helps me to feel better when I am hurt? • When can I make choices about changes?	classmates? • Who is now in my network of special people, and how do we affect each other? What are the key characteristics and forms of bullying? • Do I understand that bullying occurs when a person or group of people feel the need to have power over another person or group of people? • Do I understand how bullying affects the way we think, feel and behave? • How can I keep myself safe if I am being bullied? • How might bystanders intervene and help someone who is being bullied? • What changes have I already experienced and might I experience in the future? • What changes might other people be going through? • What is it like to be separated from a special person? • How do people feel when things change or people or pets die? • What emotions might I feel at times of loss and change? • How might I behave when I feel these emotions? • What can I do to make the best of new situations?	• Who do I get support from and how do I support others? Can I define bullying? • Do I understand why a person or group of people may feel the need to have power over another person or group of people? • Can I respond to bullying and seek support where necessary? • How can bullying affect people's behaviour and wellbeing? • How might people's responses to bullying improve or worsen a situation? • Can I identify ways of preventing bullying in school and the wider community? What different changes do we or might we experience? • How will I feel if I lose something or someone or if things change? • How have I been affected by changes I have already experienced? • How are my friendships and relationships changing? • In what different ways do people grieve? • How might I or other people behave when we are living through change? • How might I feel when I move to another school?

Citizenship

EYFS	KS1	Lower KS2	Upper KS2
• Who are the people in my class and how are we similar to and different from each other? • Who are the different people who make up a family? • What things are especially important to my family and me? • What are some of the similarities and differences in the way people including families live their lives? • How can we value different types of people including what they believe in and how they live their lives? • How do we celebrate what we believe in and how is this different for different people? • Who are the people who help to look after me and my school • How can I help to look after my school? • How can I help to care for my things at home? • Where do I live and what are the different places and features in my neighbourhood? • Who are the people who live and work in my neighbourhood including people who help me? • How can we look after the local neighbourhood and keep it special for everybody? • What do animals and plants need to live and how can I help to take care of them?	• How do rules make me feel happy and safe? • How do I take part in making rules? • Who looks after me and what are their responsibilities? • What jobs and responsibilities do I have in school and at home? • Can I listen to other people, share my views and take turns? • Can I take part in discussions and decisions in class? • What am I and other people good at? • What new skills would I like to develop? • How can I listen well to other people? • How can I work well in a group? • Why is it important to take turns? • How can I negotiate to sort out disagreements? • How are my skills useful in a group? • What is a useful evaluation? • What are some of the similarities and differences between me and others • What do I understand about my culture and beliefs and those of other people? • Who are the people who help me, and what do they do? • What does 'my community' mean and what do people do there? • How do we care for animals and plants? • How can I help look after the school environment?	Why do we need rules at home and at school? • What part can I play in making and changing rules? • What do we mean by rights and responsibilities? • What are my responsibilities at home and at school? • How do we make democratic decisions in school? • What is a representative and how do we elect them? • What am I good at and what are others good at? • What new skills would I like or need to develop? • How well can I listen to other people? • How do I ask open questions? • How can I share my views and opinions effectively? • How can different people contribute to a group task? • How can I persevere and overcome obstacles to my learning? • How can I work well in a group? • What is useful evaluation? • How do I give constructive feedback and receive it from others? What makes me 'me'? • How are we different from each other? • What are some of the different lifestyles and beliefs people have? • What are stereotypes and how can I challenge them? • What are the roles of different people in my community? • How can we care for the environment? • What do animals need, and what are the	How can I contribute to making and changing rules in school? • How else can I make a difference in school? • Are there places or times when I have to behave differently? • What are the basic rights of children and adults? • Why do we have laws in our country? • How does democracy work in our community and in our country? • What do councils, councillors, parliament and MPs do? • Can I take part in a debate and listen to other people's views? What are my strengths and skills and how are they seen by others? • What helps me learn new skills effectively? • What would I like to improve and how can I achieve this? • How could my skills and strengths be used in future employment? • What are some of the jobs that people do? • How can I be a good listener to other people? • How can I share my views effectively and negotiate with others to reach agreement? • How can I persevere and help others to do so? • How can I give, receive and act on sensitive and constructive feedback? • What makes up my 'identity' and that of other people? • What are the different identities locally and in the UK?

		responsibilities of humans towards them? • How do we choose pets, and how do we look after them?	• How can I show respect for different views, lifestyles and beliefs? • What are the negative effects of stereotyping? • What groups and communities am I part of? • Who works for the good of the community and how can I help? • What are voluntary organisations and how do they make a difference? • What is the role of the media and how does it influence me and my community? • Who cares for the environment and what is my contribution?

Healthy and Safer Lifestyles

EYFS	KS1	Lower KS2	Upper KS2
What does my body look like? • How has my body changed as it has grown? • What can my body do? • What differences and similarities are there between our bodies? • How can I look after my body and keep it clean? • How am I learning to take care of myself and what do I still need help with? • Who are the members of my family and trusted people who look after me? • How do I feel about growing up? • What do I think I have to keep safe from? • How do I know if something is safe or unsafe? • Do I understand simple safety rules for when I am at home, at school and when I am out and about? • Can I say 'No!' if I feel unsure about something and it does not feel safe or good? • Can I ask for help and tell people who care for me if I am worried or upset? • Who are the people who help to keep me safe? • What goes on to and into my body and who puts it there? • Why do people use medicines? • What are the safety rules relating to medicines and who helps me with these? • What things can I do when I feel good and healthy? • What can't I do when I am feeling ill or not so healthy? • What can I do to help keep my body healthy? • Do I understand why food and drink are	• What are risky situations and how can I keep myself safer? • How do I feel in risky situations? • What is my name, address and phone number and when might I need to give them? • What is an emergency and who helps? • How can I help in an emergency? • What happens when things enter the body? • What are medicines and why do some people use them? • What do I understand about the roles of doctors, nurses and hospitals? • What can I do if I feel poorly? • What are the potentially risky substances at home and at school? • How can I keep safe from harm if I come across risky substances? • What is it like to be persuaded? • Where are the safer places I can play? • What are the risks for me in using the roads, and how can I stay safe? • What are the risks for me in the sun and how can I stay safe? • What are the risks for me near water and how can I stay safe? • What are the risks for me if I am lost and how can I stay safe? • What are the best ways to keep safe from accidents? • Can I describe my home and neighbourhood? • Who are the people who help keep me safer? • Who could I talk to if I felt unsafe or unsure? • Do I understand what good and bad	• What risks are there to my safety, my friendships and my feelings? • How might my friends affect my decisions about risk? • How do I feel and how does my body react in risky situations? • Can I make decisions in risky situations? • Who would I ask for help if things went wrong? • What action is it okay for me to take in an emergency? What medical and legal drugs do I know about, and what are their effects? • Who uses and misuses legal drugs? • Why do some people need medicine and who gives it? • What are the safety rules for storing medicine and other risky substances? • What should I do if I find something risky, like a syringe? • What do I understand about how friends and the media influence me? • How are roads risky and how can I reduce the risks? • How is fire risky and how can I reduce the risks? • How is water risky and how can I reduce the risks? • How do I keep myself safe during activities and visits? • How can I stop accidents happening? How can I be responsible for my own personal safety? • What sorts of physical contact do I feel comfortable with? • Who are the adults and friends I can trust	When might it be good to take risk? • What are the different consequences of taking physical, emotional and social risks? • How risky are different situations? • When am I responsible for my own safety? • How can I keep myself and others safe? • How can I get the attention of an adult if I need to? • Where can people go for help? • How can I help people who need support? • Can I carry out basic first aid? • What do I know about medicines, alcohol, nicotine, solvents and illegal drugs and how they affect people who use them and others? • How does drug use affect the way a body or brain works? • How do medicines help people with a range of illnesses? • What does misusing a drug mean? • What are some of the laws about drugs? • What risks should I look for around substances? • How do my friends influence my behaviour and decision making? • How and why do companies advertise drugs? • When and how should I check information I am given? • How can I stay safe on the roads as cyclist or pedestrian? • How do I keep myself safe in the sun? • How can I stay safe in my home? • How can I stay safe near railways?

good for us? • Do I understand what exercise is and why it is good for us? • Do I understand why rest and sleep are good for us?	secrets might be? • What can I do if someone tries to persuade me? • Can I recognise and describe 'yes' and 'no' feelings and "I am not sure" feelings? • How can I get the attention of an adult if I need to? What are the names of the main parts of the body? • What can my body do? • When am I in charge of my actions and my body? • Do I understand how amazing my body is? • How can I keep my body clean? • How can I stop common illnesses and diseases spreading? • How do babies change and grow? • How have I changed since I was a baby? • What do babies and children need? • What are my responsibilities now I'm older? • How can I stay healthy? • What does it feel like to be healthy? • What does healthy eating mean and why is it important? • Why is it important to be active? • What foods do I like and dislike and why? • What can help us eat healthily? • Why do we need food? • What healthy choices can I make?	and to whom I can talk about my feelings? • When might I need to break a promise or tell a secret? • How are males and females different and what are the different parts called? • What can my body do and how is it special? • Why is it important to keep clean? • What can I do for myself to stay clean and how will this change in the future? • How do different illnesses and diseases spread and what can I do to prevent this? • What are the main stages of the human life? • What does it mean to be 'grown up'? • What am I responsible for now and how will this change? • How do parents and carers care for babies? • How can I have a healthy lifestyle? • How do nutrition and physical activity work together? • What does healthy eating and a balanced meal mean? • How can I plan and prepare simple, healthy food safely? • How can I look after my teeth and why is it important? • Who is responsible for my lifestyle choices and how are they influenced?	• What helps to make school a safe place? • How can I prevent accidents? • When am I responsible for my personal safety? • What can I do to help keep myself safer? • How can I act to show I'm assertive? • When should I keep a secret for myself or for a friend? • Who is now in my network of support and how is it changing? • When and how should I ask for help? • What are male and female sexual parts called and what do they do? • What happens to the bodies of boys and girls when they reach puberty? • What influences my view of my body? • How can I keep my growing and changing body clean? • How can the spread of viruses and bacteria be stopped? • What is HIV? • How are babies made? • How can I express my feeling positively as I grow up? • When am I responsible for how others feel? • What should adults think about before they have a baby? • What are families like? What does being healthy mean and what are the benefits? • Why is a varied and balanced diet important? • How can I achieve a healthy energy balance? • How does physical activity help me? • How can I plan, prepare and cook healthy meals safely? • What or who influences me when I'm making lifestyle choices? • How am I responsible for a healthy lifestyle?

Economic well being

EYFS	KS1	Lower KS2	Upper KS2
• What is money and why do we need it? • How do we save money?	• Where does money come from and where does it go when we 'use' it? • How might I get money and what can I do with it? • How do we pay for things? • What does it mean to have more or less money than you need? • How do I feel about money? • How do my choices affect me, my family, others? • What is a charity?	What different ways are there to earn and spend money? • What do saving, spending and budgeting mean to me? • How can I decide what to spend my money on and choose the best way to pay? • What might my family have to spend money on? • What is 'value for money'? • How do my feelings about money change? • How do my choices affect my family, the community, the world and me?	• What different ways are there to gain money? • What sort of things do adults need to pay for? • How can I afford the things I want or need? • How can I make sure I get 'value for money'? • Why don't people get all the money they earn? • How is money used to benefit the community or the wider world? • What is poverty?