

## Oaklands PSHE Skills Progression

<b>Being Me in My World (Autumn Term 1)</b>						
<b>FS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
I am learning what responsible means	I can explain why my class is a happy and safe place to learn	I can explain why my behaviour can impact 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 to 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.
<b>Celebrating Difference (Autumn Term 2)</b>						
<b>FS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
I am learning that we are all different but the same in some ways	I can tell you some ways that I am different and similar to other people in my class and why this makes us all special.	I can explain that sometimes people get bullied because they are seen to be different, this might be people who do not conform to gender stereotypes.	I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or unkind ways when conflicts happen.	I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.	I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.	I can explain ways in which difference can be a source of conflict or a cause for celebration
<b>Dreams and Goals (Spring Term 1)</b>						
<b>FS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
I can say how I feel when I achieve a goal and know what it means to feel proud.	I can explain how I feel when I am successful and how this can be celebrated positively.	I can explain how I can play my part in a group and the parts other people play. I can explain how our skills complement each other.	I can explain the different ways that help me learn and what I need to do to improve.	I can plan and set new goals even after a disappointment.	I can compare my hopes and dreams with those of young people from different cultures.	I can explain different ways to work with others to help make the world a better place.

<b>Relationships (Spring Term 2)</b>						
<b>FS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
I know how to make friends and how to be a good friend by solving problems and understanding the impact of unkind words.	I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.	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.	I can explain how my life is influenced positively by people I know and also by people from other countries.	I can recognise how people are feeling when they miss a special person or animal.	I can compare different types of friendships and the feelings associated with them, 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. .	I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.
<b>Changing Me (Summer Term 1)</b>						
<b>FS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
I understand that we all grow from babies to adults and I can name parts of the body.	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. I can use correct body names and explain why somebody parts are private.	I can use correct terms to describe body parts and explain why they are private. I can explain why some types of touch feels ok and others don't.	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 as they grow up.	I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.	I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
<b>Healthy Me (Summer Term 2)</b>						
<b>FS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
I understand I need exercise, healthy food and sleep to keep healthy.	I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.	I can explain why foods and medicines can be good for my body comparing ideas	I can identify things, people and places that I need to keep safe from, and can tell you some strategies for	I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.	I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders)	I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have

		with less healthy / unsafe choices.	keeping myself safe and healthy including who to go to for help.		relating to body image pressures and how smoking and alcohol misuse is unhealthy.	on an individual and others.
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