

# PSHE Progression Document

The Horsell Village School



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		Reception	Year 1	Year 2
<b>Being Me in my World</b>	Knowledge	<ul style="list-style-type: none"> <li>I understand how it feels to belong and that we are similar and different.</li> <li>I can start to recognise and manage my feelings.</li> <li>I enjoy working with others to make school a good place to be.</li> <li>I understand why it is good to be kind and use gentle hands.</li> <li>I am starting to understand children's rights and this means we should all be allowed to learn and play.</li> <li>I am learning what being responsible means.</li> </ul>	<ul style="list-style-type: none"> <li>I understand the rights and responsibilities as a member of my class.</li> <li>I know my views are valued and can contribute to discussions appropriately.</li> <li>I can recognise the choices I make and understand the consequences.</li> </ul>	<ul style="list-style-type: none"> <li>I can identify some of my hopes and fears for this year.</li> <li>I understand the rights and responsibilities as a member of my class.</li> <li>I can listen to other people and contribute my own ideas about rewards and consequences.</li> <li>I understand how following rules will help me learn and help others to learn.</li> <li>I can recognise the choices I make and understand the consequences.</li> </ul>
	Social and Emotional Skills	<ul style="list-style-type: none"> <li>Identify feelings associated with belonging.</li> <li>Identify feelings of happiness and sadness.</li> <li>Skills to play cooperatively with others.</li> <li>Be able to consider others feelings</li> <li>Be responsible in class.</li> </ul>	<ul style="list-style-type: none"> <li>Understanding that they are special</li> <li>Understand that they are safe in their class</li> <li>Identifying helpful behaviours to make the class a safe place</li> <li>Identify what it's like to feel proud of an achievement</li> <li>Recognise feelings associated with positive and negative consequences</li> <li>Understand that they have choices</li> </ul>	Recognise own feelings and know when and where to get help <ul style="list-style-type: none"> <li>Know how to make their class a safe and fair place</li> <li>Show good listening skills</li> <li>Recognise the feeling of being worried</li> <li>Be able to work cooperatively</li> </ul>
<b>Celebrating Difference</b>	Knowledge	<ul style="list-style-type: none"> <li>I can identify something I am good at and understand that everyone is good at different things.</li> <li>I know what being proud means and that people can be proud of different things.</li> <li>I understand that being different makes us all special and unique.</li> <li>I know we are all different but the same in some ways.</li> <li>I can tell you why I think my home is special to me.</li> <li>I can tell you how to be a kind friend.</li> <li>I can tell you some of the qualities of a positive friendship.</li> <li>I know which words to use to stand up for myself when someone says or does something unkind.</li> <li>I know the names of some of the emotions such as happy, sad, frightened, angry.</li> </ul>	<ul style="list-style-type: none"> <li>I can identify similarities between people in my class.</li> <li>I can identify differences between people in my class.</li> <li>I can tell you what bullying is.</li> <li>I know some people who I could talk to if I was feeling unhappy or being bullied.</li> <li>I know how to make new friends.</li> <li>I can tell you some ways I am different from my friends.</li> </ul>	<ul style="list-style-type: none"> <li>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)</li> <li>I understand that bullying is sometimes about difference.</li> <li>know the difference between a one-off incident and bullying.</li> <li>I can recognise what is right and wrong and know how to look after myself.</li> <li>I understand that it is ok to be different from other people and to be friends with them.</li> <li>I can tell you some ways I am different from my friends.</li> </ul>

	Social and Emotional Skills			
		<ul style="list-style-type: none"> <li>Identify feelings associated with being proud.</li> <li>Identify things they are good at</li> <li>Be able to vocalise success for themselves and about others successes.</li> <li>Identify some ways they can be different and the same as others.</li> <li>Recognise similarities and differences between their family and other families.</li> <li>Identify and use skills to make a friend</li> <li>Identify and use skills to stand up for themselves</li> <li>Recognise emotions when they or someone else is upset, frightened or angry</li> </ul>	<ul style="list-style-type: none"> <li>Recognise ways in which they are the same as their friends and ways they are different</li> <li>Identify what is bullying and what isn't</li> <li>Understand how being bullied might feel</li> <li>Know ways to help a person who is being bullied</li> <li>Identify emotions associated with making a new friend</li> <li>Verbalise some of the attributes that make them unique and special</li> </ul>	<ul style="list-style-type: none"> <li>Understand that boys and girls can be similar in lots of ways and that is OK</li> <li>Understand that boys and girls can be different in lots of ways and that is OK</li> <li>Explain how being bullied can make someone feel</li> <li>Can choose to be kind to someone who is being bullied</li> <li>Know how to stand up for themselves when they need to</li> <li>Recognise that they shouldn't judge people because they are different</li> <li>Understand that everyone's differences make them special and unique</li> </ul>
Dreams and Goals	Knowledge	<ul style="list-style-type: none"> <li>I can understand that If I persevere I can tackle challenges.</li> <li>I can tell you about a time I didn't give up until I achieved my goal</li> <li>I can set a goal and work towards it.</li> <li>I can use kind words to encourage people</li> <li>I understand the link between what I learn now and the job I might like to do when I am older.</li> <li>I can say how I feel when I achieve a goal and know what it means to feel proud</li> </ul>	<ul style="list-style-type: none"> <li>I can set a simple goal</li> <li>I can set a goal and work out how to achieve it.</li> <li>I can understand how to work well with a partner.</li> <li>I can tackle a new challenge and understand this might stretch my learning.</li> <li>I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them.</li> <li>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.</li> </ul>	<ul style="list-style-type: none"> <li>I can choose a realistic goal and think about how to achieve it.</li> <li>I can carry on trying (persevering) even when I find things difficult.</li> <li>I can recognise who I work well with and who it is more difficult for me to work with.</li> <li>I can work well in a group.</li> <li>I can tell you some ways I worked well with a group</li> <li>I know how to share success with other people</li> </ul>
	Social and Emotional Skills	<ul style="list-style-type: none"> <li>Understand that challenges can be difficult</li> <li>Recognise some of the feelings linked to perseverance</li> <li>Talk about a time that they kept on trying and achieved a goal</li> <li>Be ambitious</li> <li>Resilience</li> <li>Recognise how kind words can encourage people</li> <li>Feel proud</li> <li>Celebrate success</li> </ul>	<ul style="list-style-type: none"> <li>Recognise things that they do well</li> <li>Explain how they learn best</li> <li>Celebrate an achievement with a friend</li> <li>Recognise their own feelings when faced with a challenge</li> <li>Recognise their own feelings when they are faced with an obstacle</li> <li>Recognise how they feel when they overcome an obstacle</li> <li>Can store feelings of success so that they can be used in the future</li> </ul>	<ul style="list-style-type: none"> <li>Be able to describe their own achievements and the feelings linked to this</li> <li>Recognise their own strengths as a learner</li> <li>Recognise how working with others can be helpful</li> <li>Be able to work effectively with a partner</li> <li>Be able to choose a partner with whom they work well</li> <li>Be able to work as part of a group</li> <li>Recognise how it feels to be part of a group that succeeds and store this feeling</li> </ul>
Healthy Me	Knowledge	<ul style="list-style-type: none"> <li>I understand that I need to exercise to keep my body healthy.</li> <li>I understand how moving and resting are good for my body.</li> <li>I know how to help myself go to sleep and understand why sleep is good for me.</li> </ul>	<ul style="list-style-type: none"> <li>I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.</li> <li>I know how to make healthy lifestyle choices.</li> <li>I know how to keep myself clean and healthy, and understand how germs cause disease / illness.</li> </ul>	<ul style="list-style-type: none"> <li>I know what I need to keep my body healthy.</li> <li>I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.</li> <li>I understand how medicines work in my body and how important it is to use them safely.</li> <li>I can sort foods into correct food groups</li> </ul>

		<ul style="list-style-type: none"> <li>I can wash my hands thoroughly and understand why this is important especially after I eat and after I go to the toilet.</li> <li>I know what a stranger is and how to stay safe if a stranger approaches me.</li> </ul>	<ul style="list-style-type: none"> <li>I know that all household products including medicines can be harmful if not used properly.</li> <li>I now how to keep safe when crossing the road, and about people who can help me to stay safe.</li> <li>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</li> </ul>	
	Social and Emotional Skills			
		<ul style="list-style-type: none"> <li>Recognise how exercise makes them feel</li> <li>Recognise how different foods can make them feel</li> <li>Can explain what they need to do to stay healthy</li> <li>Can give examples of healthy food</li> <li>Can explain how they might feel if they don't get enough sleep</li> <li>Can explain what to do if a stranger approaches them</li> </ul>	<ul style="list-style-type: none"> <li>Feel good about themselves when they make healthy choices</li> <li>Realise that they are special</li> <li>Keep themselves safe</li> <li>Recognise ways to look after themselves if they feel poorly</li> <li>Recognise when they feel frightened and know how to ask for help</li> <li>Recognise how being healthy helps them to feel happy</li> </ul>	<ul style="list-style-type: none"> <li>Desire to make healthy lifestyle choices</li> <li>Identify when a feeling is weak and when a feeling is strong</li> <li>Feel positive about caring for their bodies and keeping it healthy</li> <li>Have a healthy relationship with food</li> <li>Express how it feels to share healthy food with their friends</li> </ul>
Relationships	Knowledge			
		<ul style="list-style-type: none"> <li>I can identify some of the jobs I do in my family and how I feel like I belong.</li> <li>I know how to make friends to stop myself from feeling lonely.</li> <li>I am starting to understand the impact of unkind words.</li> <li>I can use calm me time and strategies to manage my feelings.</li> <li>I know how to be a good friend.</li> </ul>	<ul style="list-style-type: none"> <li>I can identify the members of my family and understand that there are lots of different types of families.</li> <li>I can identify what being a good friend means to me.</li> <li>I know appropriate ways of physical contact to greet my friends and know which ways I prefer.</li> <li>I know who can help me in my school community.</li> <li>I can tell you why I appreciate someone who is special to me.</li> </ul>	<ul style="list-style-type: none"> <li>I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and co-operate.</li> <li>I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.</li> <li>I can identify some of the things that cause conflict with my friends.</li> <li>I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.</li> <li>I can recognise and appreciate people who can help me in my family, my school and my community.</li> <li>I can express my appreciation for people in my special relationships.</li> </ul>
	Social and Emotional Skills			
		<ul style="list-style-type: none"> <li>Can identify what jobs they do in their family and those carried out by parents/carers and siblings</li> <li>Can suggest ways to make a friend or help someone who is lonely</li> <li>Can use different ways to mend a friendship</li> <li>Can recognise what being angry feels like</li> <li>Can use Calm Me when angry or upset</li> </ul>	<ul style="list-style-type: none"> <li>Can express how it feels to be part of a family and to care for family members</li> <li>Can say what being a good friend means</li> <li>Can show skills of friendship</li> <li>Can identify forms of physical contact they prefer</li> <li>Can say no when they receive a touch they don't like</li> <li>Can praise themselves and others</li> <li>Can recognise some of their personal qualities</li> <li>Can say why they appreciate a special relationship</li> </ul>	<ul style="list-style-type: none"> <li>Can identify the different roles and responsibilities in their family</li> <li>Can recognise the value that families can bring</li> <li>Can recognise and talk about the types of physical contact that is acceptable or unacceptable</li> <li>Can use positive problem-solving techniques (Mending Friendships or Solve-it-together) to resolve a friendship conflict</li> <li>Can identify the negative feelings associated with keeping a worry secret</li> <li>Can identify the feelings associated with trust</li> </ul>

				<ul style="list-style-type: none"> <li>• Can identify who they trust in their own relationships</li> <li>• Can give and receive compliments</li> <li>• Can say who they would go to for help if they were worried or scared</li> </ul>
Changing Me	Knowledge	<ul style="list-style-type: none"> <li>• I can name parts of the body.</li> <li>• I can tell you some things I can do and foods I can eat to be healthy.</li> <li>• I understand that we all grow from babies to adults.</li> <li>• I can express how I am feeling about moving to year 1.</li> <li>• I can talk about my worries and / or the things I am looking forward to.</li> <li>• I can share my memories.</li> </ul>	<ul style="list-style-type: none"> <li>• I am starting to understand the life cycles of animals and humans.</li> <li>• I can tell you some things about me that have changed and some things about me that have stayed the same.</li> <li>• I can tell you how my body has changed since I was a baby.</li> <li>• I can identify the parts of the body that make boys different to girls and can use the correct names for these.</li> <li>• I understand that every time I learn something new I change a little bit.</li> <li>• I can tell you about changes that have happened in my life.</li> <li>• I know which parts of the body are private and that they belong to that person and nobody has the right to hurt these.</li> <li>• I know who to ask for help if I am worried or frightened.</li> </ul>	<ul style="list-style-type: none"> <li>• I can recognise cycles of life in nature.</li> <li>• I can tell you about the natural process of growing from young to old and understand that this is not in my control.</li> <li>• I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.</li> <li>• I can recognise the physical differences between girls and boys, use the correct names for parts of the body.</li> <li>• I understand there are different types of touch and can tell you which ones I like and don't like.</li> <li>• I can identify what I am looking forward to when I move to my next class.</li> </ul>
	Social and Emotional Skills			
		<ul style="list-style-type: none"> <li>• Can identify how they have changed from a baby</li> <li>• Can say what might change for them they get older</li> <li>• Recognise that changing class can illicit happy and/or sad emotions</li> <li>• Can say how they feel about changing class/ growing up</li> <li>• Can identify positive memories from the past year in school/ home</li> </ul>	<ul style="list-style-type: none"> <li>• Understand and accepts that change is a natural part of getting older</li> <li>• Can identify some things that have changed and some things that have stayed the same since being a baby (including the body)</li> <li>• Can express why they enjoy learning</li> <li>• Can suggest ways to manage change e.g. moving to a new class</li> </ul>	<ul style="list-style-type: none"> <li>• Can appreciate that changes will happen and that some can be controlled and others not</li> <li>• Be able to express how they feel about changes</li> <li>• Show appreciation for people who are older</li> <li>• Can recognise the independence and responsibilities they have now compared to being a baby or toddler</li> <li>• Can say what greater responsibilities and freedoms they may have in the future</li> <li>• Can say who they would go to for help if worried or scared</li> <li>• Can say what types of touch they find comfortable/ uncomfortable</li> <li>• Be able to confidently ask someone to stop if they are being hurt or frightened</li> <li>• Can say what they are looking forward to in the next year</li> </ul>