



PSHE Progression of Skills

Skill	Year 3 and Year 4		Year 5 and Year 6	
1. Developing good relationships and respecting the differences between people.	<ul style="list-style-type: none"> To know what makes a family To recognise different features of family life. To recognise and respect personal boundaries. To safely respond to others. To understand the impact of hurtful behaviour. To recognise respectful behaviour. To know the importance of self-respect. To know ways of showing courtesy and being polite. 	<ul style="list-style-type: none"> To understand what makes a positive friendship, including online. To know how to respond to hurtful behaviour. To know ways to manage confidentiality. To recognise risks online. To respect differences and similarities, discussing difference sensitively. 	<ul style="list-style-type: none"> To manage friendships and peer influence. To know what is appropriate physical contact and understand the feeling of being safe. To respond respectfully to a wide range of people. To recognise prejudice and discrimination. 	<ul style="list-style-type: none"> To understand attraction to others. To know that relationships can take many forms: ; romantic relation- ships; civil partner- ship and marriage. To recognise and manage pressure and know about consent in different situations. To express opinions and respect other points of view, including discussing topical issues.
2. Living in the wider world and being a responsible person.	<ul style="list-style-type: none"> To know the value of rules and laws. To understand rights, freedoms and responsibilities. To understand how the internet is used including assessing information online for it's reliability. To know about different jobs and skills. To recognise job stereotypes. 	<ul style="list-style-type: none"> To know what makes a community. To understand shared responsibilities. To know how data is shared and used. To make decisions about money including using and keeping money safe. 	<ul style="list-style-type: none"> To know ways of protecting the environment. To know ways of showing compassion towards others. To know how information online is targeted. To know different media types, their role and impact. To identify job interests and aspirations. To understand what influences career choices. To understand workplace 	<ul style="list-style-type: none"> To value diversity. To know about challenging discrimination and stereo- types. To evaluate media sources. To know how to safely share things online. To understand influences and attitudes to money. To recognise financial risks.

	<ul style="list-style-type: none"> To set personal goals. 		stereo- types.	
3.Developing a healthy, safer lifestyle.	<ul style="list-style-type: none"> To make positive health choices and develop good habits. To know what affects feelings and ways of expressing feelings. To recognise personal strengths and achievements. To know ways of managing and re- framing setbacks. To recognise risks and hazards including safety in the local environment and unfamiliar places. 	<ul style="list-style-type: none"> To know ways of maintaining a balanced lifestyle. To consider oral hygiene and dental care. To understand physical and emotional changes in puberty. To know terms for external genitalia. To know personal hygiene routines. To understand the process of puberty. To understand medicines and household products and the difference to drugs common to everyday life. 	<ul style="list-style-type: none"> To know ways of keeping healthy such as healthy sleep habits, sun safety, medicines, vaccinations, immunisations and allergies. To understand personal identity including recognising individuality and different qualities. To know how to take care of mental wellbeing. To know ways of keeping safe in different situations, including responding in emergencies, first aid and FGM. 	<ul style="list-style-type: none"> To know what affects mental health and ways to take care of it. To know ways of managing change, loss and bereavement. To manage time online. To understand the process of human reproduction and birth. To understand about increasing independence including managing transition. To understand the importance of keeping personal information safe. To be familiar with regulations and choices. To understand drug use and the law including drug use and the media.

