



	Foundation	Year 1	Year 2	Year 3	Year 4
<b>Being in My World</b>	<p>I understand how it feels to belong and that we are similar and different.</p> <p>I can start to recognise and manage my feelings.</p> <p>I enjoy working with others to make school a good place to be.</p> <p>I understand why it is good to be kind and use gentle hands.</p> <p>I am starting to understand children's rights and this means we should all be allowed to learn and play.</p> <p>I am learning what being responsible means.</p>	<p>I understand how it feels to feel special and safe in my class.</p> <p>I understand the rights and responsibilities as a member of my class.</p> <p>I know that I belong to my class.</p> <p>I know how to make my class a safe place for everybody to learn.</p> <p>I know my views are valued. I recognise how it feels to be proud of an achievement.</p> <p>I understand the choices I make and understand the consequences.</p> <p>I recognise the range of feelings when I face certain consequences.</p> <p>I understand my rights and responsibilities within school. I understand my choices in following the Learning Charter.</p>	<p>I can identify some of my hopes and fears for this year.</p> <p>I recognise when I feel worried and know who to ask for help.</p> <p>I understand the rights and responsibilities for being a member of my class and school.</p> <p>I recognise when I feel worried and know who to ask for help.</p> <p>I understand the rights and responsibilities for being a member of my class.</p> <p>I can help to make my class a safe and fair place.</p> <p>I can listen to other people and contribute my own ideas about rewards and consequences.</p> <p>I can help make my class a safe and fair place.</p> <p>I understand how following the Learning Charter will help me and others learn.</p> <p>I can work cooperatively.</p>	<p>I recognise my worth and can identify positive things about myself and my achievements.</p> <p>I can set myself personal goals.</p> <p>I value myself and know how to make someone feel valued and welcomed.</p> <p>I am learning to face new challenges positively, make responsible choices and ask for help when I need it. I recognise how it feels to be happy, sad or scared and to be able to identify if others people are feeling these emotions.</p> <p>I understand why rules are needed and how they relate to rights and responsibilities.</p> <p>I know how to make others feel valued.</p> <p>I understand that my actions affect myself and others and I care about other peoples feelings.</p> <p>I understand that my behaviour brings rewards and consequences.</p>	<p>I know my attitudes and actions make a difference to the class team.</p> <p>I know how good it feels to be included in a group and understand how it feels to be excluded. I try to make people feel welcomed and valued.</p> <p>I understand who is in my school community, the roles they play and how I fit in.</p> <p>I can take on a role in a group and contribute to the overall outcome.</p> <p>I understand how democracy works through the school council.</p> <p>I understand that my actions affect myself and others.</p> <p>I care about other people's feelings and try to empathise with them.</p> <p>I understand how rewards and consequences motivate people's behaviour.</p>



			<p>I understand how following the Learning Charter will help me and others learn.</p> <p>I am choosing to follow the Learning Charter.</p>	<p>I am learning to make responsible choices and take action.</p> <p>I am learning to work cooperatively in a group.</p> <p>I understand my actions affect others and try to see things from their points of view.</p> <p>I choose to follow the school rules.</p>	<p>I understand how groups come together to make decisions.</p> <p>I can take on a role in a group and contribute to the overall outcome.</p> <p>I understand how democracy and having a voice benefits the school community.</p> <p>I understand why our school community benefits from rules and can help others follow them.</p>
<p><b>Celebrating Differences</b></p>	<p>I can identify something I am good at.</p> <p>I understand that everyone is good at different things.</p> <p>I understand that being different makes us all special.</p> <p>I know that we are all different but the same in some ways.</p> <p>I can tell you why I think my home is special to me.</p> <p>I can tell you how to be a kind friend.</p> <p>I know which words to use to stand up for myself when someone says or does something unkind.</p>	<p>I can identify similarities between people in my class.</p> <p>I can tell you some ways in which I am the same as my friends.</p> <p>I can identify differences between people in my class.</p> <p>I can talk about one thing that makes me different from my friends</p> <p>I can tell you what bullying is.</p> <p>I understand how being bullied might feel.</p>	<p>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) I understand some ways in which boys and girls are similar and feel good about this.</p> <p>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) I understand some ways in which boys and girls are different and accept that this is ok.</p> <p>I understand that bullying is sometimes about difference I can tell you how someone who is bullied feels I can be</p>	<p>I understand that everybody's family is different and important to them I appreciate my family/the people who care for me.</p> <p>I understand that differences and conflicts sometimes happen among family members I know how to calm myself down and can use the 'Solve it together' technique.</p> <p>I know what it means to be a witness to bullying I know some ways of helping to make someone who is bullied feel better.</p> <p>I know that witnesses can make the situation better or</p>	<p>I understand that, sometimes, we make assumptions based on what people look like.</p> <p>I understand that we need to accept people for who they are.</p> <p>I understand what influences me to make assumptions based on how people look.</p> <p>I am learning to question why I think what I do about other people.</p> <p>I know that bullying is hard to spot and to know what to</p>



	<p>I know some people who I could talk to if I was feeling unhappy or being bullied. I know I should be kind to children who are bullied.</p> <p>I know how to make new friends. I know how it feels to make a new friend.</p> <p>I can tell you some ways I am different from my friends.</p> <p>I understand these differences make us all special and unique.</p>	<p>kind to children who are bullied.</p> <p>I can recognise what is right and wrong and know how to look after myself I know when and how to stand up for myself and others I know how to get help if I am being bullied.</p> <p>I know some ways to make new friends I know how it feels to be a friend and have a friend.</p> <p>I can tell you some ways I am different from my friends I understand these differences make us all special and unique.</p>	<p>worse by what they do I can problem-solve a bullying situation with others.</p> <p>I recognise that some words are used in hurtful ways I try hard not to use hurtful words (e.g. gay, fat).</p> <p>I can tell you about a time when my words affected someone's feelings and what the consequences were.</p> <p>I can give and receive compliments and know how this feels.</p>	<p>do if I think bullying is going on but I'm not sure.</p> <p>I know how it might feel to be a witness to and a target of bullying.</p> <p>I am learning why some witnesses sometimes join in with bullying and sometimes don't tell.</p> <p>I am learning to problem-solve a bully situation with others.</p> <p>I am learning to identify what is special about me and to value the ways in which I am unique.</p> <p>I am learning to like and respect the unique features of my physical appearance.</p> <p>I can tell you a time when my first impression of someone changed as I got to know them.</p> <p>I can explain why it is good to accept people for who they are .</p>
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<p><b>Dreams and Goals</b></p>	<p>I understand that if I persevere I can tackle challenges.</p> <p>I can tell you about a time I didn't give up until I achieved my goal.</p> <p>I can set a goal and work towards it. I can use kind words and encourage people.</p> <p>I understand the link between what I learn now and the jobs I might like to do when I am older.</p> <p>I can say how I feel when I achieve a goal and know what it means to feel proud.</p>	<p>I can set simple goals. I can identify my successes and achievements.</p> <p>I can set a goal and work out how to achieve it.</p> <p>I can tell you how I learn best.</p> <p>I understand how to work well with a partner. I can celebrate my achievements with a partner.</p> <p>I can tackle a new challenge and understand that this might stretch my learning. I can identify how I feel when I am faced with a new challenge.</p> <p>I can identify obstacles which make it more difficult to achieve my new challenge and I can work out how to overcome them. I know how I feel when I see obstacles and how I feel when I overcome them.</p> <p>can tell you how I felt when I succeeded in a new challenge and how I celebrated it</p> <p>I know how to store the feelings of success in my internal treasure chest.</p>	<p>I can choose a realistic goal and think about how to achieve it I can identify my successes and achievements and know how this makes me feel (proud).</p> <p>I can persevere even when I find tasks difficult I can tell you some of my strengths as a learner.</p> <p>I can recognise who it is easy for me to work with and who it is more difficult for me to work with I understand how working with other people can help me to learn.</p> <p>I can work cooperatively in a group to create an end product I can work with other people to solve problems.</p> <p>I can explain some of the ways I worked cooperatively in my group to create the end product I can express how it felt to be working as part of this group.</p> <p>I know how to share success with other people I know how contributing to the success of a group feels and I can store those</p>	<p>I can tell you about a person who has faced difficult challenges and achieved success I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability).</p> <p>I can identify a dream/ambition that is important to me I can imagine how I will feel when I achieve my dream/ambition.</p> <p>I enjoy facing new learning challenges and working out the best ways for me to achieve them I can break down a goal into a number of steps and know how others could help me to achieve it.</p> <p>I am motivated and enthusiastic about achieving our new challenge I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge.</p> <p>I can recognise obstacles which might hinder my achievement and can take steps to overcome them I can manage the feelings of</p>	<p>I can tell you about some of my hopes and dreams I know how it feels to have hopes and dreams.</p> <p>I understand that sometimes hopes and dreams do not come true and that this can hurt I know how disappointment feels and can identify when I have felt that way.</p> <p>I know that reflecting on positive and happy experiences can help me to counteract disappointment I know how to cope with disappointment and how to help others cope with theirs.</p> <p>I know how to make a new plan and set new goals even if I have been disappointed I know what it means to be resilient and to have a positive attitude.</p> <p>I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group I can enjoy being part of a group challenge.</p> <p>I can identify the contributions made by myself and others to the group's achievement I</p>
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			<p>feelings in my internal treasure chest (proud).</p>	<p>frustration that may arise when obstacles occur.</p> <p>I can evaluate my own learning process and identify how it can be better next time I am confident in sharing my success with others and can store my feelings in my internal treasure chest.</p>	<p>know how to share in the success of a group and how to store this success experience in my internal treasure chest.</p>
<p><b>Healthy Me</b></p>	<p>I understand that I need to exercise to keep my body healthy.</p> <p>I know which foods are healthy and not so healthy and can make healthy eating choices.</p> <p>I know what the word 'healthy' means and that some foods are healthier than others.</p> <p>I know how to help myself go to sleep and understand why sleep is good for me.</p> <p>I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.</p> <p>I know what a stranger is and how to stay safe if a stranger approaches me.</p>	<p>I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.</p> <p>I feel good about myself when I make healthy choices.</p> <p>I know how to make healthy lifestyle choices I feel good about myself when I make healthy choices.</p> <p>I know how to keep myself clean and healthy, and understand how germs cause disease/ illness.</p> <p>I know that all household products including medicines can be harmful if not used properly.</p> <p>I am special so I keep myself safe.</p> <p>I understand that medicines can help me if I feel poorly</p>	<p>I know what I need to keep my body healthy I am motivated to make healthy lifestyle choices.</p> <p>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 I can tell you when a feeling is weak and when a feeling is strong.</p> <p>I understand how medicines work in my body and how important it is to use them safely I feel positive about caring for my body and keeping it healthy.</p> <p>I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy I have a healthy relationship with food and know which foods I enjoy the most.</p>	<p>I understand how exercise affects my body and know why my heart and lungs are such important organs I can set myself a fitness challenge.</p> <p>I understand how exercise affects my body and know why my heart and lungs are such important organs I can set myself a fitness challenge.</p> <p>I can tell you my knowledge and attitude towards drugs I can identify how I feel towards drugs.</p> <p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help I can express how being anxious or scared feels.</p> <p>I understand that, like medicines, some</p>	<p>I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most.</p> <p>I recognise when other people's actions make me feel embarrassed, hurt or inadequate and I can help myself to manage these emotions.</p> <p>I can recognise the changing dynamics between people in different groups, see who takes on which role, e.g. leader, follower, and understand the roles I take on in different situations I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with.</p> <p>I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke I can</p>



		<p>and I know how to use them safely.</p> <p>I know some ways to help myself when I feel poorly.</p> <p>I know how to keep safe when crossing the road, and about people who can help me to stay safe.</p> <p>I can recognise when I feel frightened and know who to ask for help.</p> <p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</p> <p>I can recognise how being healthy helps me to feel happy.</p>	<p>I can decide which foods to eat to give my body energy I have a healthy relationship with food and I know which foods are most nutritious for my body.</p> <p>I can make some healthy snacks and explain why they are good for my body I can express how it feels to share healthy food with my friends.</p>	<p>household substances can be harmful if not used correctly I can take responsibility for keeping myself and others safe at home.</p> <p>I understand how complex my body is and how important it is to take care of it I respect my body and appreciate what it does for me.</p>	<p>relate to feelings of shame and guilt and know how to act assertively to resist pressure from myself and others.</p> <p>I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol I can relate to the feelings of shame and guilt and know how to act assertively to resist pressure from myself and others.</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want I can identify feelings of anxiety and fear associated with peer pressure.</p> <p>I know myself well enough to have a clear picture of what I believe is right and wrong I can tap into my inner strength and know how to be assertive.</p>
<p><b>Relationships</b></p>	<p>I can identify some of the jobs I do in my family.</p> <p>I know how to make friends and stop myself from feeling lonely.</p>	<p>I can identify the members of my family and understand that there are lots of different types of families.</p>	<p>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 cooperate I accept that everyone's family is different and</p>	<p>I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females I can describe how taking some responsibility</p>	<p>I can identify the web of relationships that I am part of, starting from those closest to me and including those more distant I know how it feels to belong to a range of different relationships and can</p>



	<p>I can think of ways to solve problems and stay friends.</p> <p>I am starting to understand the impact of unkind words.</p> <p>I can use calm me time to manage my feelings.</p> <p>I know how to be a good friend.</p>	<p>I know how it feels to belong to a family and care about the people who are important to me.</p> <p>I can identify what being a good friend means to me. I know how to make a new friend.</p> <p>I know appropriate ways of physical contact to greet my friends and know which ways I prefer.</p> <p>I can recognise which forms of physical contact are acceptable and unacceptable to me.</p> <p>I know who can help me in my school community. I know when I need help and know how to ask for it.</p> <p>I can recognise my qualities as person and a friend I know ways to praise myself.</p> <p>I can tell you why I appreciate someone who is special to me I can express how I feel about them.</p>	<p>understand that most people value their family.</p> <p>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 I know which types of physical contact I like and don't like and can talk about this.</p> <p>I can identify some of the things that cause conflict with my friends I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends.</p> <p>I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this.</p> <p>I recognise and appreciate people who can help me in my family, my school and my community I understand how it feels to trust someone.</p> <p>I can express my appreciation for the people in my special relationships I</p>	<p>in my family makes me feel.</p> <p>I can identify and put into practice some of the skills of friendship eg. Taking turns, being a good listener I know how to negotiate in conflict situations to try to find a win-win solution.</p> <p>I know and can use some strategies for keeping myself safe I know who to ask for help if I am worried or concerned.</p> <p>I can explain how some of the actions and work of people around the world help and influence my life I can show an awareness of how this could affect my choices.</p> <p>I understand how my needs and rights are shared by children around the world and can identify how our lives may be different. I can empathise with children whose lives are different to mine and appreciate what I may learn from them.</p> <p>I know how to express my appreciation to my friends and family I enjoy being part of a family and friendship groups.</p>	<p>identify what I contribute to each of them.</p> <p>I can identify someone I love and can express why they are special to me I know how most people feel when they lose someone or something they love.</p> <p>I can tell you about someone I know that I no longer see I understand that we can remember people even if we no longer see them.</p> <p>I can explain different points of view on an animal rights issue I can express my own opinion and feelings on this.</p> <p>I understand how people feel when they love a special pet I can understand that losing a special pet brings feelings that can be hard to cope with, but that it can be helpful to mark loss by celebrating special things about the pet.</p> <p>I know how to show love and appreciation to the people and animals who are special to me I can love and be loved.</p>
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			am comfortable accepting appreciation from others.		
<b>Changing Me</b>	<p>I can name parts of the body.</p> <p>I can tell you some of the things I can do and foods I can eat to stay healthy.</p> <p>I understand we all grow from babies to adults.</p> <p>I can express how I feel about moving to Year 1.</p> <p>I can talk about how I feel about my worries and/or the things I am looking forward to about being in Year 1.</p> <p>I can share my memories of the best bits of the year in Reception.Class.</p>	<p>I am starting to understand the life cycles of animals and humans I understand that changes happen as we grow and that this is OK.</p> <p>I can tell you some things about me that have changed and some things about me that have stayed the same I know that changes are OK and that sometimes they will happen whether I want them to or not.</p> <p>I can tell you how my body has changed since I was a baby I understand that growing up is natural and that everybody grows at different rates.</p> <p>I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina I respect my body</p>	<p>I can recognise cycles of life in nature I understand there are some changes that are outside my control and can recognise how I feel about this.</p> <p>I can tell you about the natural process of growing from young to old and understand that this is not in my control I can identify people I respect who are older than me.</p> <p>I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old I feel proud about becoming more independent.</p> <p>I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private I</p>	<p>I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby I can express how I feel when I see babies or baby animals.</p> <p>I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow I can express how I might feel if I had a new baby in my family.</p> <p>I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process I recognise how I feel about these changes happening to me and know</p>	<p>I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm I appreciate that I am a truly unique human being.</p> <p>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult.</p> <p>I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation ( having periods) is a natural part of this I have strategies to help me cope with the physical and emotional</p>



		<p>and understand which parts are private.</p> <p>I understand that every time I learn something new I change a little bit I enjoy learning new things.</p> <p>I can tell you about changes that have happened in my life I know some ways to cope with changes.</p>	<p>can tell you what I like/don't like about being a boy/girl.</p> <p>I understand there are different types of touch and can tell you which ones I like and don't like I am confident to say what I like and don't like and can ask for help.</p> <p>I can identify what I am looking forward to when I am in Year 3 I can start to think about changes I will make when I am in Year 3 and know how to go about this.</p>	<p>how to cope with those feelings.</p> <p>I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up I recognise how I feel about these changes happening to me and know how to cope with these feelings.</p> <p>I can start to recognise stereotypical ideas I might have about parenting and family roles I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes.</p> <p>I can identify what I am looking forward to when I am in Year 4 I can start to think about changes I will make when I am in Year 4 and know how to go about this.</p>	<p>changes I will experience during puberty</p> <p>.I know how the circle of change works and can apply it to changes I want to make in my life I am confident enough to try to make changes when I think they will benefit me.</p> <p>I can identify changes that have been and may continue to be outside of my control that I learnt to accept I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively.</p> <p>I can identify what I am looking forward to when I am in Year 5 I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this.</p>

# PSHE Learning Progression



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