

**Skills and Knowledge
Progression:
Personal, Social, Health
and Emotional**



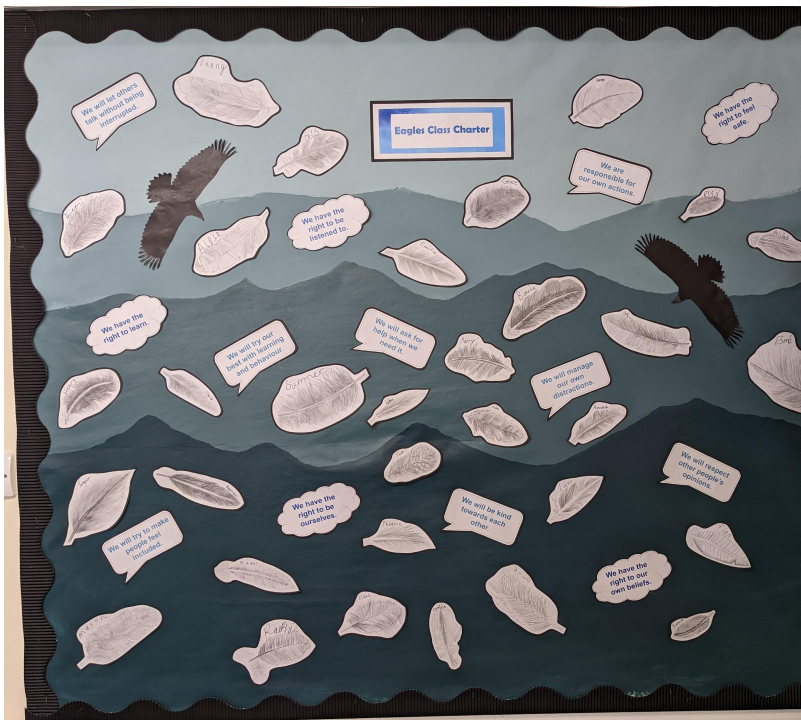
We're All Wonders!

<p>National Curriculum aims & purpose:</p>	<p>School aims – skills, attitudes and knowledge that we would like all children to develop on their journey through the school</p>
<p>Personal, Social, Health and Economic (PSHE) education gives pupils the knowledge, skills, and attributes they need to keep themselves healthy and safe and to prepare them for life in modern Britain. It contributes to personal development by helping pupils to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions... Developing an understanding of themselves, empathy and the ability to work with others will help pupils to form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives.</p> <p>Aims Secure accurate and relevant knowledge, and have opportunities to turn that knowledge into personal understanding Have opportunities to explore, clarify and if necessary challenge, own and others' values, attitudes, beliefs and responsibilities Develop the skills, language and strategies needed in order to live healthy, safe, fulfilling, responsible and balanced lives.</p>	<p>We want our children to develop the skills and understanding needed to become open, principled and engaged citizens in contemporary society. We want them to know how to stay safe and make good decisions; how to protect their own rights and stand up for the rights of others; how to live a healthy lifestyle; and how to be ready for life and work beyond school. Moreover, they need to leave our school understanding and embracing the values of liberty, equality, democracy, the rule of law and a sense of right and wrong.</p> <p>To that end, we have built on both guidance from the PSHE Association and the Jigsaw PSHE programme of study to provide an education that reflects the needs of our community.</p> <p>We further support our pupils with a whole school ethos of positivity around mental health, which is echoed in the Jigsaw planning. We offer many opportunities for extra responsibility at school especially for our Year 6 pupils who each support and guide a younger Reception age 'buddy'. Peer mediation training is also delivered to help work through any issues arising with classmates or between younger children.</p> <p>Finally, we want our children to be engaged and active members of society, keen to share their ideas, become leaders in their community and pursue ambitious goals. To support this, we encourage open discussions in lessons, learn about money and the world of work and offer children opportunities to take on leadership roles.</p>

Links to learning in EYFS:	Links to other subjects / curriculum areas:	Experiences every child should have:
<p><u>Communication and Language</u> Listening, Attention and Understanding - Hold conversation when engaged in back-and-forth exchanges with their teachers and peers.</p> <p>Speaking - Express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses and making use of conjunctions, with modelling and support from their teacher.</p> <p><u>Personal, Social and Emotional Development</u> Self regulation - • Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate • Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>Managing Self</p>	<p>Geography & history - learning about values, public services, jobs, relationships and issues of equality in other countries and other times. Science - learning about food groups, healthy living, digestion, the heart and lungs, the impact of substances on our body and how bodies change and grow. PE - keeping healthy and the importance of fitness for general health. Celebrating body positivity and how we feel after exercise. Computing - eSafety is taught in both subject areas and needs to be considered whenever working</p>	<p>Have opportunities to develop their skills and knowledge in safe, real-life contexts. Take on positions of responsibility and leadership within school (Rights Rangers, Librarians, Buddies, Gardeners, House Captains and Vice Captains). Participate in democracy, through voting for class representation by Rights Rangers and class reward choices. Meet local leaders in a range of fields (councillors, faith leaders, business people etc.) and learn about their role and the skills they</p>

Personal, Social, Health and Emotional education Knowledge Progression

	Yr 1/2	Yr 3/4	Yr 5/6
Cycle A	<p>Autumn - Being in Me my World Celebrating Differences</p> <p>Spring - Dreams and Goals Healthy Me</p> <p>Summer - Relationships Changing Me</p>	<p>Autumn - Being in Me my World Celebrating Differences</p> <p>Spring - Dreams and Goals Healthy Me</p> <p>Summer - Dreams and Goals Healthy Me</p>	<p>Autumn - Being in Me my World Celebrating Differences Y6 Phase workshop - Positive Transition to secondary</p> <p>Spring - Dreams and Goals Healthy Me Y6 Phase workshop - Positive Transition to secondary</p> <p>Summer - Dreams and Goals Healthy Me Y6 Phase workshop - Positive Transition to secondary</p>
Cycle B	<p>Autumn - Being in Me my World Celebrating Differences</p> <p>Spring - Dreams and Goals Healthy Me</p> <p>Summer - Relationships Changing Me</p>	<p>Autumn - Being in Me my World Celebrating Differences</p> <p>Spring - Dreams and Goals Healthy Me</p> <p>Summer - Dreams and Goals Healthy Me</p>	<p>Autumn - Being in Me my World Celebrating Differences Y6 Phase workshop - Positive Transition to secondary Peer mediation training</p> <p>Spring - Dreams and Goals Healthy Me Y6 Phase workshop - Positive Transition to secondary Watford FC Positive Minds programme</p> <p>Summer - Dreams and Goals Healthy Me Y6 Phase workshop - Positive Transition to secondary</p>



Class Charters

Skills Progression in Personal, Social, Health and Emotional education

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Me in My World	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling
Celebrating Difference	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy
Dreams and Goals	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments

Healthy Me	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress
Relationships	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use
Changing Me	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition