



Ashby Hastings Primary School

“Inspiring minds to foster confidence”

Skills Progression

PSHE

	FS	Y1	Y2	Y3	Y4	Y5	Y6
Myself and My Relationships	<p>To understand who I am and how I fit in with others</p> <p>To value difference and diversity in my friends and family</p> <p>To identify and manage emotions</p>	<p>To understand simple ways to make sure my school is a safe, happy place</p> <p>To understand what am I good at and what is special about me</p>	<p>To describe what a good friend is and does and how it feels to be friends</p> <p>To understand why people might fall out with their friends</p> <p>To identify and manage change in myself and others</p>	<p>To identify my role in making school a safe place to learn</p> <p>To understand the need for acceptance as I am and the role mental health has to play</p>	<p>To understand what is a healthy friendship</p> <p>To understand the difference between falling out and bullying</p> <p>To manage change and emotions</p>	<p>To understand my responsibility in building relationships throughout the school</p> <p>To make mental well-being a normal part of daily life</p>	<p>To identify the characteristics of healthy friendships on and offline</p> <p>To explain the differences between friendship difficulties and bullying</p> <p>To identify positive and negative changes might people experience</p>
Citizenship	<p>To identify similarities, difference and</p>	<p>To recognise strengths in working together</p>	<p>To recognise diversities in</p>	<p>To recognise the importance of working together</p>	<p>To identify commonalities and differences</p>	<p>To recognise personal strengths and</p>	<p>To understand the conventions of courtesy,</p>

	<p>diversity</p> <p>To identify my role in my world</p>	<p>To understand rights, rules and responsibilities</p>	<p>other communities</p>		<p>between my communities</p>	<p>skills and how are they seen by others</p> <p>To identify how people's perceptions, views and stereotypes influence my sense of identity</p>	<p>respect and manners and how these vary</p>
<p>Healthy and Safer Lifestyles (including RSE)</p>	<p>To value my body</p> <p>To identify what is safe and unsafe</p>	<p>To understand safety and risk</p> <p>To identify safe use of digital technology</p> <p>(RSE) To identify the main parts of my body and how to keep well</p>	<p>To identify what substances might enter our bodies (drug education)</p> <p>To identify different feelings and tell others how I feel in regards to personal safety</p> <p>(RSE) To understand how babies change and grow.</p>	<p>To manage emotions in risky situations</p> <p>To identify how an online identity affects communication</p> <p>To understand a healthy and balanced diet and how it impacts on mental health</p> <p>(RSE) To identify differences between male and female bodies and the importance of keeping clean</p>	<p>To understand medical and legal drugs</p> <p>To identify early warning symptoms of feeling unsafe</p> <p>To know the main stages of the human life cycle</p>	<p>To take personal responsibility for mental, physical and emotional health</p> <p>To identify the principles for conduct and safety online</p> <p>(RSE) To identify male and female sexual parts and their Functions</p> <p>(RSE) To understand what happens to the body during puberty</p> <p>To understand the benefits of physical activity and the risks of not engaging in it</p>	<p>To explain medicines, alcohol, smoking, solvents and illegal drugs and why people use them</p> <p>To recognise my own feelings and how my actions may affect the feelings of others</p> <p>(RSE) To understand about how babies are conceived and born (non-statutory)</p>

Economic Well-Being			To understand money in different and familiar contexts		To develop an awareness of financial capability		To know different ways to gain money and personal budgeting
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