

PSHE skills progression map

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
AUTUMN 1	<ul style="list-style-type: none"> • Self-regulation : My feelings 	<ul style="list-style-type: none"> • Family and relationships 	<ul style="list-style-type: none"> • Family and relationships 	<ul style="list-style-type: none"> • Family and relationships 	<ul style="list-style-type: none"> • Family and relationships • Health and wellbeing 	<ul style="list-style-type: none"> • Family and relationships 	<ul style="list-style-type: none"> • Family and relationships
Session 1 No Outsiders	You Choose by Nick Sharratt & Pippa Goodheart I can make simple choices between activities	Elmer By David Mckee I can recognise ways in which I am unique and understand that there has never been another me	Can I join your Club? By John Kelly and Steph Laberis I can respect similarities and differences in others,	This is our House By Michael Rosen I can recognise discrimination, teasing, bullying and aggressive behaviours	Along came a Different By Toby McLaughlin I can appreciate difference and diversity in school, community, UK and around the world.	Kenny Lives with Erica and Martina By Olly Pike I can recognise how their actions affect themselves and others and begin to consider my actions as a result	King of the Sky By Nicola Davis I can understand that discrimination and prejudice is unacceptable.
Session 2	I can identify different feelings and emotions. L1	I can understand that families look after us L1	I can begin to understand the range of families they may encounter now	I can understand that families love and support each other but	I can develop understanding of courtesy and manners in a	I can explore the ups and downs of friendships L2	I can understand what we mean by respect and

		• Health & Wellbeing	• Health & Wellbeing		• Health & Wellbeing		• Health and Wellbeing
Session 1 No Outsiders	Red Rockets and Rainbow Jelly by Sue Heap and Nick Sharratt I can appreciate that others might think differently to them or believe in different things.	Going to the Volcano By Andy Stanton I can explain the ways in which we are the same as all other people and what we have in common with everyone else	How to be a Lion By Ed Vere I can recognise what I am good at	We're All Wonders By R.J. Palacio I can get help if they experience or witness teasing or bullying	Dogs Don't Do Ballet By Anna Kemp Sarah Oglivie I can recognise what they are good at and strive to reach set goals	The Suitcase By Chris Naylor Ballesteros I can understand human rights and children's rights	The Only Way is Badger By Stella J Jones & Carmen Saldana I can understand and appreciate the viewpoints of others
Session 2	I can explore the different adjectives that can be used to describe feelings. L4	I can begin to understand that being friendly to others makes them feel welcome and included L6	I can begin to understand how loss and change can affect us L6	I can understand why trust is an important part of positive relationships L5	I can recognise that stereotypes can relate to a number of factors L6	I can begin to understand that family relationships can sometimes make children feel unhappy and what they can do if this happens	I can resolve disputes and conflict through negotiation and compromise L5

						L5	
Session 3	I can explore different facial expressions and what they mean. L5	I can begin to understand what is meant by a stereotype L7	I can develop an understanding of stereotypes and how these might affect job/career choices L7	I can begin to understand the differences between people and why it is important to respect these differences L6	I can explore how we can help following a bereavement L8	I can understand more about bullying and how to get help L6	I can begin to understand the process and emotions relating to grief L6
Session 4		I can describe and understand my feelings L1	I can describe a range of feelings and develop simple strategies for managing them L1	I can recognise that stereotypes are present in everyday life L7	I can understand how we can look after our teeth L1	I can explore the impact of stereotypes and how they can lead to discrimination L8	I can understand and plan for a healthy lifestyle L3

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
SPRING 1	<ul style="list-style-type: none"> Building relationships : special relationships 	<ul style="list-style-type: none"> Health and wellbeing 	<ul style="list-style-type: none"> Health and wellbeing Safety and the changing body 	<ul style="list-style-type: none"> Health and wellbeing 	<ul style="list-style-type: none"> Health and wellbeing 	<ul style="list-style-type: none"> Health and wellbeing 	<ul style="list-style-type: none"> Health and wellbeing Safety and the changing body

<p>Session 1 No Outsiders</p>	<p>Hello Hello By Brendan Wenzel</p> <p>I can understand that I have lots of similarities and difference.</p>	<p>Want to play trucks? By Ann Stott and Bob Graham</p> <p>I can explain the ways in which we are the same as all other people and what we have in common with everyone else</p>	<p>The Great Big Book of Families By Mary Hoffman & Ros Asquith</p> <p>I can understand the heritage of others</p>	<p>Beegu By Alexis Deacon</p> <p>I can recognise feelings in others and respond to how others are feeling</p>	<p>Red: A crayon's Story By Michael Hall</p> <p>I can recognise what they are good at</p>	<p>Mixed By Arree Chung</p> <p>I can recognise and care about other people's feelings and respond to them appropriately</p>	<p>Leaf By Sandra Dieckmann</p> <p>I can tolerate and understand different cultural traditions</p>
<p>Session 2</p>	<p>I can talk about people that hold a special place in my life. L2</p>	<p>I can understand the benefits of physical activity and rest L3</p>	<p>I can identify strategies to help overcome barriers or manage difficult emotions L5</p>	<p>I can understand and plan for a healthy lifestyle including physical activity, rest and diet L1</p>	<p>I can develop a growth mindset and understand that mistakes are useful L3</p>	<p>I can understand the benefits of sleep L2</p>	<p>I can understand the potential impact of technology on physical and mental health L4</p>
<p>Session 3</p>	<p>I can understand why it is important to share and</p>	<p>I can begin to understand how germs are spread and how</p>	<p>I can understand what it means</p>	<p>I can understand the different</p>	<p>I can identify what's important to me and to take</p>	<p>I can use vocabulary to describe their feelings and</p>	<p>I can reflect on skills they have developed to identify and</p>

<p>Session 1 No Outsiders</p>	<p>The Family Book By Todd Parr I can recognise that I am unique</p>	<p>Max The Champion By Sean Stockdale, Alexandra Strick & Ros Asquith I can explore similarities and difference between my friends and me</p>	<p>Amazing By Steve Antony I can listen to other people and play and work cooperatively</p>	<p>The Truth about Old People By Elina Ellis I can recognise that there are many different types of family and that at Gainsborough we value all types of family equally</p>	<p>Aalfred and Aalbert By Morag Hood I can recognise and care about other people's feeling and respect and constructively challenge if necessary, their point of view.</p>	<p>How to Heal a Broken Wing By Bob Graham I can resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices.</p>	<p>The Island By Armin Greder I can further tolerate and understanding of different cultural</p>
<p>Session 2</p>	<p>I can understand that we all have different beliefs and celebrate special times in different ways L1</p>	<p>I can respond to adults in a safe and familiar context. L1</p>	<p>I can begin to understand the difference between secrets and surprises L3</p>	<p>I can understand the role I can take in and emergency situation. L1</p>	<p>I can understand that age restrictions are designed to protect us L1</p>	<p>I can understand some issues related to online friendships including the impact of their actions L1</p>	<p>I can understand the risks of alcohol L1</p>

Session 3	I can understand why sharing is important L2	I can understand how to respond to adults in a range of situations L2	I can begin to understand the concept of privacy and the correct vocabulary for body parts L4	I can understand that cyberbullying involves being unkind online. L4	I can understand the benefits and risks of sharing material online L2	I can learn about staying safe online L2	I can understand that online relationships should be treated in the same way as face to face relationships L2
Session 4	I can understand the characteristics that make a good friend. L3	I can recognise an emergency is and how to make a phone call if needed L4	I can understand safe and unsafe touches L5	I can begin to recognise who and what can influence our decisions. L7	I can develop understanding of privacy and the difference between secrets and surprises L4	I can understand physical changes during puberty L3	I can understand the changes that happen during puberty. L4
Session 5	I can consider why it is important to support each other by being kind. L4	I can begin to understand the difference between acceptable and unacceptable physical contact L5	I can understand ways to keep safe on and near roads L8	I can develop an understanding of safety on or near roads. L8	I can recognise the physical differences between children and adults L7	I can understand the menstrual cycle L4	I can understand the biology of conception. L5

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SUMMER 1	<ul style="list-style-type: none"> Managing self : taking on challenges 	<ul style="list-style-type: none"> Safety and the changing body Citizenship 	<ul style="list-style-type: none"> Citizenship 	<ul style="list-style-type: none"> Citizenship 	<ul style="list-style-type: none"> Safety and the changing body Citizenship 	<ul style="list-style-type: none"> Safety and the changing body Citizenship 	<ul style="list-style-type: none"> Safety and the changing body Citizenship
Session 1 No Outsiders	Mommy, Mama and Me by Leslea Newman & Carol Thompson I can recognise ways in which my family / carer is special	My World Your World By Melanie Walsh I can explain the ways in which we are the same as all other people and what we have in common with everyone else	What the Jackdaw Saw By Julia Donaldson & Nick Sharratt I can use a range of social skills	The Hueys in the New Jumper By Oliver Jeffers I can recognise that there are many different types of family and that at Gainsborough we value all types of family equally	When Sadness Comes To Call By Eva Eland I can make choices to make a balanced lifestyle	The Little Island By Smriti Prasadam-Hallis & Robert Starling I can solve disputes and conflict through negotiation and appropriate compromise	Introducing Teddy By Jessica Walkton & Dougal MacPherson I can develop an understanding and key terms related to sexual identity and gender identity
Session 2	I can understand why we have rules L1	I can begin to understand what is safe to put into or onto our bodies. L6	I can understand the importance of rules L1	I can begin to understand the UN convention on the rights of the child L1	I can begin to understand the risks of smoking and the benefits of being a non-smoker L8	I can understand how to help someone who is bleeding L6	I can understand how to help someone who is unresponsive L8

Session 3	I can develop confidence in my own ability to solve problems L2	I can begin to understand the importance of rules. L1	I can recognise similarities and differences between people in the local community L5	I can understand that charities care for others and how people can support them L5	I can begin to understand the Human Rights convention L1	I can begin to understand the influence others have on us and how we can make our own decisions L7	I can understand human rights, including the right to education. L1
Session 4	I can understand the importance of perseverance in the face of challenge. L5	I can begin to recognise ways in which we are both the same as and different from other people L4	I can understand ways to share an opinion L7	I can begin to understand how democracy works in the local area L6	I can understand the value of diversity in a community L5		I can recognise prejudice and discrimination and learn how this can be challenged L4
SUMMER 2	<ul style="list-style-type: none"> Managing self : my wellbeing 	<ul style="list-style-type: none"> Economic Wellbeing 	<ul style="list-style-type: none"> Economic Wellbeing 	<ul style="list-style-type: none"> Economic Wellbeing 	<ul style="list-style-type: none"> Economic Wellbeing 	<ul style="list-style-type: none"> Citizenship Economic Wellbeing 	<ul style="list-style-type: none"> Economic wellbeing Identity Dealing with change
Session 1 No Outsiders	Blue Chameleon By Emily Gravet	Errol's Garden By Gillian Hibbs I can ask for help if they are	All are Welcome By Alexandra Penfold &	Planet Omar: Accidental Trouble Magnet By Zanib Mian	Julian is a Mermaid By Jessica Love	And Tango Makes Three By Justin	A Day in the Life of Marlon Bundo By

	I can express my likes, dislikes and preferences.	worried about something.	Suzanne Kaufman I can understand that there are many different types of family and that at Gainsborough we value all types of family equally	I can understand and appreciate a range of different cultures	I can listen and respond respectfully to a wide range of people	Richardson & Peter Parnell I can give rich and constructive feedback and support to benefit others as well as themselves	Marlon Bundo & Jill Twiss I can understand democracy and how laws can change
Session 2	I can understand how exercise affects different parts of the body and why it is important L1	I can understand what money is and where it comes from L1	I can understand where money comes from L1	I can understand the different ways to pay for things and why people might choose them L1	I can begin to understand the importance of keeping track of money L2	I can understand how parliament works L6	I can begin to understand how government works L6
Session 3	I can understand what it means to be a safe pedestrian.	I can begin to understand that people make different choices about	I can understand that banks look after money and the	I can understand that there are a range of jobs available and to	I can understand that people's decisions about their careers	I can understand some risks associated with money	I can understand the range of jobs people might do L4

	L4	spending and saving money L4	benefits of bank accounts L4	think about what job they might want to do L5	can be influenced by a variety of things L4	L3	
Session 4	I can understand what it means to eat healthily L5						I can understand that the media manipulates images L2