



*'Let your light shine as you grow'*

**Subject Leader Skills Progression**

**Subject: PSHE**

**Subject Leader: Emma North**

## An EYFS Citizen

### **Building relationships**

**Children at the expected level of development will:**

- Work and play cooperatively and take turns with others.
- Form positive attachments to adults and friendships with peers.
- Show sensitivity to their own and to others' needs.

### **Managing self**

**Children at the expected level of development will:**

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

### **Self-regulation**

**Children at the expected level of development will:**

- 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.



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A Year 1 Citizen	A Year 2 Citizen	A Year 3 Citizen
<p><b><u>Myself and my Relationships</u></b></p> <ul style="list-style-type: none"> <li>• How can I get to know the children in my class?</li> <li>• Can I name some different feelings?</li> <li>• How can I control my behaviour?</li> <li>• Who do I share my feelings with?</li> <li>• How can I listen well to others?</li> <li>• How can I work well in a group?</li> <li>• Why is it important to take turns?</li> <li>• What are some of the differences and similarities between others and myself?</li> </ul> <p><b><u>Citizenship</u></b></p> <ul style="list-style-type: none"> <li>• What can I do to make the school and classroom a safer and fair place?</li> <li>• How can I make someone feel welcome?</li> <li>• How can I make other people feel better?</li> <li>• Who are people that help me and what do they do?</li> <li>• What does 'my community' mean and what do people do there?</li> <li>• How can we care for animals and plants?</li> </ul> <p><b><u>Healthy and Safer Lifestyles</u></b></p> <ul style="list-style-type: none"> <li>• What are risky situations and how can I keep myself safe?</li> <li>• What is my name, address, phone number and when might I need to give them?</li> <li>• What is an emergency, who helps and what action should I take?</li> <li>• What are the safe places that I can play?</li> <li>• What are the risks for me to use the roads and how can I stay safe?</li> </ul>	<p><b><u>Myself and my Relationships</u></b></p> <ul style="list-style-type: none"> <li>• Can I name some different feelings?</li> <li>• How do my feelings and actions affect others?</li> <li>• How can I control my behaviour?</li> <li>• How can I work well in a group?</li> <li>• How can I change my behaviour when something goes wrong?</li> </ul> <p><b><u>Citizenship</u></b></p> <ul style="list-style-type: none"> <li>• What can I do to make the school and classroom a safer and fair place?</li> <li>• Can I listen to other people, share my views and take turns?</li> <li>• What makes me 'me' and you 'you'?</li> </ul> <p><b><u>Healthy and Safer Lifestyles</u></b></p> <ul style="list-style-type: none"> <li>• What are risky situations and how can I keep myself safe?</li> <li>• What are the risks for me to use the roads and how can I stay safe?</li> <li>• What are the risks for me in the sun and how can I stay safe?</li> <li>• What are the risks for me near water and how can I stay safe?</li> <li>• What are the risks for me if I get lost and how can I stay safe?</li> <li>• Do I know what to do if I am being bullied?</li> <li>• How do my choices affect me, my family and others?</li> </ul>	<p><b><u>Myself and my Relationships</u></b></p> <ul style="list-style-type: none"> <li>• How can I manage my feelings and calm them down if I need to?</li> <li>• How can I communicate my feelings?</li> <li>• How do I cope with difficult emotions?</li> <li>• How can I deal with fears and worries?</li> <li>• Who can I talk to about how I feel?</li> </ul> <p><b><u>Citizenship</u></b></p> <ul style="list-style-type: none"> <li>• How well can I listen to other people?</li> <li>• How can I share my views and opinions effectively?</li> <li>• How can I work well in a group?</li> <li>• How do I give constructive feedback and receive it from others?</li> <li>• How are we different from others?</li> <li>• What are some of the different lifestyles and beliefs that people have?</li> <li>• What are stereotypes and how can I challenge them?</li> <li>• What are the roles of people in my community?</li> </ul> <p><b><u>Healthy and Safer Lifestyles</u></b></p> <ul style="list-style-type: none"> <li>• How can I persevere and overcome obstacles to my learning?</li> <li>• How can we care for the environment?</li> <li>• How are the roads risky and how can I reduce the risks?</li> <li>• How is fire risky and how can I reduce the risks?</li> <li>• How is water risky and how can I reduce the risks?</li> </ul>



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<ul style="list-style-type: none"> <li>• What are the risks for me in the sun and how can I stay safe?</li> <li>• What are the risks for me near water and how can I stay safe?</li> </ul> <p><b>RSE</b></p> <ul style="list-style-type: none"> <li>• What are the names of the main parts of my body?</li> <li>• What can my body do?</li> <li>• Which body parts are private?</li> <li>• How can I keep myself clean?</li> </ul> <p><b>Economic Wellbeing</b></p> <ul style="list-style-type: none"> <li>• How do we pay for things?</li> <li>• How might I get money and what can I do with it?</li> </ul>	<ul style="list-style-type: none"> <li>• What are the potentially risky substances at home and at school?</li> <li>• Who can I talk to if I feel unsafe or unsure?</li> <li>• Do I understand what good and bad secrets might be?</li> <li>• How can I get the attention of an adult if I need to?</li> <li>• What do babies and children need?</li> </ul> <p><b>RSE</b></p> <ul style="list-style-type: none"> <li>• What are the names of the main parts of my body?</li> <li>• When am I in charge of my own actions and body?</li> <li>• How can I keep my body clean?</li> <li>• How am I similar to and different from other people?</li> </ul> <p><b>Economic Wellbeing</b></p> <ul style="list-style-type: none"> <li>• What is a charity?</li> <li>• How do I feel about money?</li> <li>• What does it mean to have more or less money than you need?</li> </ul>	<p><b>RSE</b></p> <ul style="list-style-type: none"> <li>• Who can I talk to when I need help?</li> <li>• How are males and females different and what are the different parts called?</li> <li>• What can my body do and how is it special?</li> <li>• Why is it important to keep clean?</li> <li>• What can I do to stay clean and how will this change in the future?</li> <li>• How do different illnesses and disease spread and what can I do to prevent this?</li> </ul> <p><b>Economic Wellbeing</b></p> <ul style="list-style-type: none"> <li>• What different ways are there to earn and spend money?</li> <li>• What does saving, spending and budgeting mean to me?</li> </ul>
<p>A Year 4 Citizen</p>	<p>A Year 5 Citizen</p>	<p>A Year 6 Citizen</p>
<p><b><u>Myself and my Relationships</u></b></p> <ul style="list-style-type: none"> <li>• How can I manage my feelings and calm them down if I need to?</li> <li>• Who can I talk to when I need help?</li> <li>• Do I know how to listen and to support my friends?</li> <li>• How do I cope when relationships change?</li> <li>• What is it like to be separated from a special person?</li> </ul>	<p><b><u>Myself and my Relationships</u></b></p> <ul style="list-style-type: none"> <li>• How do we build good relationships in our class?</li> <li>• Which ways to calm down work for me?</li> <li>• How do I solve problems?</li> <li>• Who can I talk to when I need help?</li> <li>• How can I help and support other people?</li> <li>• What am I good at?</li> <li>• What do I find difficult?</li> <li>• How do I recognise how other people feel and respond to them?</li> </ul>	<p><b><u>Myself and my Relationships</u></b></p> <ul style="list-style-type: none"> <li>• Who can I talk to when I need help?</li> <li>• What are my strengths and skills and how are they seen by others?</li> <li>• How will I feel if I lose someone or something or if things change?</li> <li>• How might I feel when I move to another school?</li> <li>• How are my friendships and relationships changing?</li> <li>• In what different ways do people grieve?</li> </ul>



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- How do people feel when things change or pets or people die?
- What emotions might I feel at times of loss and change?
- How might I behave when I feel these emotions? What can I do to make the best of new situations?

### Citizenship

- What do we mean by rights and responsibilities?
- What are my responsibilities at home and at school?
- How do my choices affect my family, the community, the world and me?

### Healthy and Safer Lifestyles

- What medical and legal drugs do I know about, and what are their effects?
- Who uses and misuses legal drugs?
- Why do some people use medicine and who administers it?
- What are the safety rules for storing medicine and other risky substances?
- What do I understand about how friends and the media influence me?
- I know some causes of accidents. I know how to prevent them and offer ways to help.

### RSE

- What are the main stages of human life and what are the body parts called?
- What does it mean to be 'grown up'?
- How do parents and carers care for babies?

- What would I like to improve and how can I achieve this?
- How can I express my feelings positively as I grow up?
- How will I feel if I lose someone or something or if things change?
- How might I feel when I move to another school?
- How can I develop new friendships and maintain existing ones?

### Citizenship

- How can I share my views effectively and negotiate with others to reach agreement?
- How can I persevere and help others to do so?
- What makes up my 'identity' and that of other people?
- How can I show respect for different views, lifestyles and beliefs?
- What groups and communities am I part of?
- In what way is it positive to have differences between people?

### Healthy and Safer Lifestyles

- What are the different consequences of taking physical, emotional and social risks?
- How can I keep myself and others safe?
- I can carry out basic first aid in common situations, including head injuries.
- How can I stay safe on the roads as cyclist or pedestrian?
- How can I keep my growing and changing body clean?
- How can the spread of viruses and bacteria be stopped?

- How can bullying affect people's behaviour and wellbeing?

### Citizenship

- How can I show respect for different views, lifestyles and beliefs?
- What is the role of the media and how does it influence me and my community?
- Who cares for my environment and what is my contribution?
- What are the basic rights of adults and children?
- Why do we have laws in our county?
- What do councils, councillors, parliament and MP's do?
- Can I take part in a debate and listen to other people's views?
- Can I identify ways of preventing bullying in school and in the wider community?

### Healthy and Safer Lifestyles

- How can I get the attention of an adult if I need to?
- How can I stay safe on the roads as cyclist or pedestrian?
- How can I stay safe in my home?
- I can carry out basic first aid in common situations, including head injuries.
- What does being healthy mean and what are the benefits?
- How can I achieve a healthy energy balance?
- How am I responsible for a healthy lifestyle?
- Are there places or times to behave differently?



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<ul style="list-style-type: none"> <li>• What changes have I already experienced and what might I experience in the future?</li> <li>• What might other people be going through?</li> <li>• What am I responsible for now and how will this change?</li> <li>• Who are safe trustworthy adults?</li> </ul> <p><b><u>Economic Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>• What is 'value for money'?</li> <li>• How can I decide what to spend my money on and choose the best way to pay?</li> <li>• What might my family have to spend money on?</li> </ul>	<ul style="list-style-type: none"> <li>• Why is a varied and balanced diet important?</li> <li>• Are there places or times to behave differently?</li> <li>• What are the basic rights of adults and children?</li> <li>• Can I define bullying?</li> <li>• Can I respond to bullying and seek support where necessary?</li> <li>• How can bullying affect people's behaviour and wellbeing?</li> <li>• Can I identify ways of preventing bullying in school and in the wider community?</li> <li>• What can I do to keep myself safer?</li> <li>• What should I keep a secret for myself or a friend?</li> <li>• When and how should I ask for help?</li> <li>• What different kinds of families are there?</li> </ul> <p><b><u>RSE</u></b></p> <ul style="list-style-type: none"> <li>• What influences my view on my body?</li> <li>• What are male and female sexual parts called and what do they do?</li> <li>• What happens to the bodies of boys and girls when they reach puberty?</li> <li>• Where can I go to get help?</li> <li>• How are babies made?</li> <li>• How am I responsible for a healthy lifestyle?</li> </ul> <p><b><u>Economic Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>• What sorts of things do adults need to pay for?</li> <li>• How is money used to benefit the community or the wider world?</li> <li>• What is poverty?</li> </ul>	<ul style="list-style-type: none"> <li>• What do I know about medicines, alcohol, nicotine, solvents and illegal drugs and how they affect the people that use them and others?</li> <li>• How does drug use affect the way the body and brain works?</li> <li>• How do medicines help people with a range of illnesses?</li> <li>• What are some of the laws about drugs?</li> <li>• How do my friends influence my behaviour and decision making?</li> <li>• How and why do companies advertise drugs?</li> <li>• When and how should I check information I have been given?</li> <li>• What can I do to keep myself safer?</li> <li>• When and how should I ask for help?</li> </ul> <p><b><u>RSE</u></b></p> <ul style="list-style-type: none"> <li>• How are human babies conceived and born? (sex education)</li> <li>• How can I express my feelings positively as I grow up?</li> <li>• How can I give, receive and act on sensitive and constructive feedback?</li> <li>• What should adults think about before they have a baby?</li> <li>• What happens to the bodies of boys and girls when they reach puberty?</li> </ul> <p><b><u>Economic Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>• What is poverty?</li> <li>• Why don't people get all the money they earn?</li> <li>• What different ways are there to gain money?</li> <li>• How can I afford the things I need or want?</li> </ul>
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