

PSHCE Progression Framework



Year	Keeping myself safe	My healthy lifestyle	Me and future	Becoming an active citizen
YR	<p>I can say when I do and do not need help</p> <p>I can name people who look after me and who keeps me safe</p> <p>I recognise the need for safety rules</p> <p>I know that people you don't know are strangers, on and offline</p>	<p>I know the importance for good physical and mental health, a healthy diet and talk about ways to keep healthy and safe</p> <p>I can manage my own hygiene and personal needs</p> <p>I know how to wash my hands properly</p> <p>I know what makes me happy</p> <p>I can talk about my emotions</p>	<p>I can use everyday language to talk about money and time</p> <p>I can set myself simple goals</p> <p>I can talk about things I do well</p>	<p>I know similarities and differences between myself and others and families, communities, and traditions</p> <p>I can agree and follow the rules within the classroom</p>
Y1	<p>I know the role of medicines in protecting health, why people use them and the rules for safe use</p> <p>I know some substances can help or harm the body including household substances</p> <p>I know I have a responsibility to keep myself and others safe</p> <p>I know the internet has benefits but also, I need to balance my time spent on and offline</p> <p>I know that when people I don't know ask me for private info I don't share it online or in person</p> <p>I understand some websites, game and social media sites have age restrictions and I know how to get help if I am unhappy</p>	<p>I can make choices that improve my physical and emotional health choices</p> <p>I know how to keep by body healthy; being active, eating healthy, enough rest, dental health, sun protection, emotional wellbeing</p> <p>I understand what being resilient means and I have strategies I can use</p> <p>I know why change can feel uncomfortable and know some ways to manage the associated feelings</p>	<p>I can recognise the coins and notes we use, choose the correct value, and calculate change when paying for what we buy</p> <p>I know how to keep money safe, and we don't have to use it but can save it to use later</p> <p>I can say what I enjoy in and outside of school</p> <p>**</p>	<p>I can express an opinion and dis/agreement</p> <p>I can respectfully ask questions and listen to the answers</p> <p>I play a full part of in the lifestyle of my classroom</p>
Y2	<p>I use simple skills which maintain my personal safety both on and offline. Recognising what is right and wrong</p> <p>I understand that all drugs can be harmful if not used properly, and know simple rules about medicines and substances</p> <p>I know how to call 999 in an emergency</p> <p>I know the difference between secrets and surprises both on/offline, understanding what is not a good secret to keep and the pressure to behave in an unsafe way</p> <p>I understand what a healthy online friendship is, and an awareness of the risks associated with people I have not met</p> <p>I can demonstrate ways of reducing the risks to ensure I am safe online</p> <p>I know I need to adhere to the age rating of computer games</p>	<p>I can give examples and make simple choices of what I do on a regular basis to keep myself healthy (physically and emotionally)</p> <p>I know how diseases are spread and how they can be controlled and my responsibilities for my own and others health.</p> <p>I can recognise and name a range of feelings, understand we all experience emotions and have simple strategies to manage my own</p> <p>I understand what being resilient means and have strategies I can use</p> <p>I know that even changes we want can feel uncomfortable, but I have ways to manage these feelings.</p>	<p>I can understand the difference between needs and wants and that it may not be possible to have everything you want</p> <p>I know that we can use a variety of ways to pay for things and that money is always used, even when not cash</p> <p>I understand choices we make affect ourselves</p> <p>I can describe why learning is important and others</p> <p>I am aware of stereotypes and that everyone should have the same choice in learning, carers and work (genders, ethnicities, backgrounds etc)</p> <p>**</p>	<p>I can participate in discussions/simple debates with others about topical issues</p> <p>I know some ways to look after my environment</p> <p>I can contribute positively to the life of the class and the school</p> <p>I know that living things have needs, recognise my responsibility to meet those needs</p> <p>I know I belong to different groups and communities, ie, school, family</p>
Y3	<p>I can demonstrate basic safety procedures</p> <p>I know school rules for health and safety basic first aid procedures and where to get help</p> <p>I can make judgements and decisions for resting</p> <p>negative peer pressure on and offline</p> <p>I can manage risks</p> <p>I can explain how my behaviour may have consequences for myself and others</p> <p>I know how to report concerns and get support with issues online</p> <p>I have a growing understanding of a range of risks when communicating online and can demonstrate ways to reduce risks, ensuring myself and others are safe online.</p>	<p>I can make choices about my lifestyle to improve my health and wellbeing, recognising my choices can have not so/good consequences</p> <p>I know what good habits for looking after my growing body</p> <p>I know physical benefits of physical exercise and time outdoors</p> <p>I know how to look after my mental wellbeing</p> <p>I can communicate my feelings to others and recognise and respond appropriately to others</p> <p>I can understand why other people may behave differently through change</p>	<p>I can begin to understand why we have charities</p> <p>I can make simple financial decisions and consider how to spend and look after my money</p> <p>I can explain why people work and do different jobs, and can challenge work stereotypes</p> <p>I am aware that the learning choices I make will affect my future options</p> <p>**</p>	<p>I can participate in making and changing rules and why different rules are needed in different situations</p> <p>I know that choices we make impact on local, national, and global communities</p> <p>I understand the media can be biased, and can find impartial advice to inform decision making</p> <p>I can empathise with others and situations</p>

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Y4	<p>I can describe what risk means to me, on and offline, taking responsibility for my own behaviour and safety</p> <p>I can recognise, predict and assess risk, for myself and others and identify how to get help</p> <p>I have some effective strategies to cope with peer influence and pressure, on/ offline</p> <p>I know not everything on the internet is true</p> <p>I understand the need to keep info private to protect myself, and can implement strategies to do so</p> <p>I know how to recognise and display respectful behaviour online</p> <p>I recognise online communications might be used for manipulation/persuasion; I have strategies to manage this</p>	<p>I can identify factors (positive and negative) that affect physical, mental and emotional health and am developing ways to counteract negative factors</p> <p>I understand healthy diet (calories and nutritional content)</p> <p>I understand un/safe exposure to sun and how to reduce sun damage</p> <p>I understand a range of feelings and how they make my feel emotionally and physically</p> <p>I have a range of strategies for managing and controlling my feelings and emotions, and respond appropriately to others</p> <p>I recognise my own and other people's worth</p> <p>I can make some changes quickly and easily, but understand that some are hard /lengthy</p>	<p>I can demonstrate how to look after and save money</p> <p>I understand that people have different financial circumstances and different attitudes have surrounding money</p> <p>I can explain how I will develop skills for work and how my learning choices will affect my future options</p> <p>**</p>	<p>I acknowledge that others have different viewpoints on/offline</p> <p>I know why and how rules and law are enforced and why we need different rules in different situations</p> <p>I can recognise aggressive, anti-social behaviours on/offline and the effects on individuals and communities</p> <p>I begin to respond/challenge negative behaviour on/offline</p> <p>I understand to resolve differences I need to respect other's viewpoint and decisions, but to be able to explain mine</p> <p>I can describe British Values and give examples</p>
Y5	<p>I can identify and use strategies to keep myself physically and emotionally safe</p> <p>I know which commonly available substances are il/legal, their risks and effects</p> <p>I know a variety of sources could cause pressure to behave in an unhealthy/unacceptable/risky way on/offline</p> <p>I understand how some people use online technology to bully</p> <p>I know how to be safe online, can protect my personal info (passwords, addresses, images of myself/others) and understand risks of providing too much personal info.</p> <p>I understand a person might not be who they say they are</p> <p>I recognise not all info is accurate and I have strategies for identifying the origin of a website</p>	<p>I know where families/groups can get support on/offline</p> <p>I understand importance of good oral hygiene</p> <p>I know what makes a healthy lifestyle, exercise benefits, healthy eating, positive and negative factors that affect mental health, including having a positive self-image</p> <p>I can positively deal with my feelings, recognise a rang of emotions, in others explaining the intensity of my feelings</p> <p>I understand and can develop my own resilience</p> <p>I can resolve differences</p> <p>I know how to deal with feelings that arise with change</p>	<p>I can differentiate between essentials and desires and make decisions about saving, spending, and giving.</p> <p>I understand value for money, and can assess 'best buys'</p> <p>I can understand and manage my feelings about money</p> <p>I know about a range of jobs, and earnings, some of the stereotypes surrounding some careers</p> <p>I understand a range of benefits from employment, not just financial</p> <p>I know the importance of making a good first impression</p> <p>I now rights and responsibilities when treating people fairly</p> <p>**</p>	<p>I know what democracy is and how it works</p> <p>I have taken part in democratic events</p> <p>I understand the consequence of breaking the law in the UK and how the criminal justice system works</p> <p>I understand why people choose to migrate to the UK, with circumstances and cultures that differ from our own</p> <p>I understand differences between economic migrant, asylum seeker and refugee</p> <p>Individual and community rights needs to be taken into account when making decisions (incl. Fair Trade)</p> <p>I understand that choices we make as individuals/community/nation impact internationally</p> <p>I am beginning to understand that poverty might have different meanings in different circumstances</p> <p>I can recognise and challenge stereotypes</p> <p>I know where to find impartial advice to inform my decision making and understand about media bias</p>
Y6	<p>I can take responsibility for my own safety</p> <p>I can respond to challenges, recognising, managing, and assessing risk on/offline</p> <p>I can make informed decisions about risk taking behaviour relating to different substances, including what is meant by the term 'habit'</p> <p>I know the pressure to behave in negative ways can come a variety of sources on/offline/media</p> <p>I can select appropriate tools to communicate with others</p> <p>I can recognise and risks/harmful content and contact how to report them (incl. via mobiles)</p> <p>I am aware of online abuse – trolling, bullying, harassment, and the negative impact it can have on mental health</p> <p>I understand how media may influence my opinions and choices</p> <p>I understand how my data is shared online</p> <p>I know who to talk to/report if I feel uncomfortable/concerned</p>	<p>I can manage my time to include self-care techniques</p> <p>I recognise opportunities to make my own choices about food, and a balanced diet and understand the risks associated with an unhealthy lifestyle (mentally/physically/emotionally)</p> <p>I understand the impact of growth and adolescence on my hygiene, quality of sleep, nutritional needs</p> <p>I understand early signs of physical illness</p> <p>I understand un/safe sun exposure</p> <p>I recognise I may experience conflicting emotions, and how to overcome</p> <p>I understand mental ill health, the importance of early support</p> <p>I understand media can have a positive and negative impact on mental health</p>	<p>I know people buy things online and have online bank accounts with passwords</p> <p>I can reflect on what I have learnt about careers, employability, and enterprise activities and experiences and how the learning relates to my choices</p> <p>I can describe and compare a range of local businesses</p> <p>I understand that employers must treat all employees equally and there are certain protected characteristics under the Equalities Act</p> <p>I know how to keep myself safe when working and what the law says to protect workers</p> <p>I am beginning to demonstrate key qualities and skills that employers are looking for</p> <p>I can talk about my worries for Year 7</p> <p>**</p>	<p>I understand how democracy works in the UK at a local/regional/national scale, that there are other forms of government</p> <p>I understand what being part of a community means</p> <p>I understand the mental health benefits of volunteering</p> <p>I demonstrate a sense SMSC</p> <p>I understand that everyone has human rights, that children have their own special rights set out in the UN Declarations of Rights of the Child</p> <p>I understand that resources can be allocated in different ways and that economic choices affect individuals, communities and the environment</p> <p>I can research, discuss and debate topical issues</p> <p>I appreciate the range of national, regional, religious and ethnic identities in the United Kingdom and the benefits of being a multi-cultural nation</p> <p>I can critique how the media present information</p> <p>I can discuss controversial migration and racism</p>