


Wheatcroft School Progression in PSHE

	EYFS	Key Stage 1	Lower KS2	Upper KS2
Being me in the Wider World	<ul style="list-style-type: none"> • I know how I am special and I belong • I can recognise how happiness and sadness can be expressed • I understand that hands can be used kindly and unkindly • I can play cooperatively with other children and consider the feelings of others • I am responsible in the setting 	<ul style="list-style-type: none"> • I understand that I have rights and responsibilities in my class/ Wheatcroft school (houses) • I know that my views are valued and important (school council, pupil voice meetings) • I understand that my choices have consequences • I know my rights and responsibilities within my classroom • I can feel proud and safe, knowing which behaviours keep me and others safe • I can identify hope and fears for the year ahead • I can show good listening skills • I can recognise a range of feelings and 	<ul style="list-style-type: none"> • I understand what a personal goal is and how to set a challenge • I understand why we need rules and that my actions have consequences • I know that others have different views and feelings • I know that school has a shared set of values • I know about the different roles in the school community • I understand what democracy is, how groups work together • I know that having a voice and democracy benefits the school community 	<ul style="list-style-type: none"> • I can face new challenges and set personal goals • I understand my rights and my responsibilities as a citizen and in the wider world • I understand that democracy and having a voice benefits the school community • I understand how to contribute to the democratic process • I understand what fears and worries are • I know about children's universal right and how my actions can affect others globally and locally

		know where and when to get help.		
Celebrating Differences	<ul style="list-style-type: none"> • To understand what proud means and that people can be proud of different things • To identify feelings associated with being proud • I know that people are unique and be good at difference things • I understand that families can be different and why they are important to them • I can name a range of emotions e.g happy, sad, frightened, angry • I know why having friends is important and the qualities of a positive friendship 	<ul style="list-style-type: none"> • I know that people have similarities and differences, it is ok to be different • I know what bullying means and who to tell if they or someone else is being bullied or is feeling unhappy • I know skills to make friendships • I know that there are stereotypes about boys and girls, it is ok not to conform to this • I know not to judge people if they are different, everyone's differences make them special and unique. 	<ul style="list-style-type: none"> • I know why families are important and that everyone's families are different • I know that sometimes family members don't get along and there are reasons for this, conflict is normal • I understand what bullying is and how my actions can affect this • I know that words can be hurtful and can have consequences • I understand that people make assumptions due to the way you act or look • I know that there are influences that can affect how we judge a person or a situation • I know that some forms of bullying are harder to identify 	<ul style="list-style-type: none"> • I know what culture means and it can be a source of conflict • I know what racism is and that it is unacceptable • I know that bullying can be online, offline, direct and indirect and where to get external support e.g. childline • I know that my life is different to children around the world • I understand the term 'normal' and how perceptions may be different • I know that difference can be a cause of celebration as well as conflict • I know that people with disabilities can lead amazing lives

			<ul style="list-style-type: none"> • I know what to do if bullying might be taking place • I know why witnesses sometimes join in with bullying • I know that first impressions can change 	
Dreams and goals	<ul style="list-style-type: none"> • I understand what a challenge is and they can be difficult • I understand what it means to be resilient and ambitious • I know which words are kind and how they can encourage people • I understand that working hard now helps to achieve the job that I want when I am older • I can celebrate success when I have achieved a set goal 	<ul style="list-style-type: none"> • I know how to set and achieve goals. • I know when I have achieved my goal. • I know that it is important to persevere. • I know how to work as a group and what a good working group looks like. • I know how to share success with others. 	<ul style="list-style-type: none"> • I know about specific people that have overcome difficulties to achieve success • I know what my hopes and dreams are • I understand how to overcome my own challenges to succeed • I know my strengths and how to evaluate my learning process • I know that keeping positive and happy helps to counteract disappointment • I know how to work as part of a group and share the successes 	<ul style="list-style-type: none"> • I know that I will need money to help achieve some of my dreams • I understand that there are different jobs and some pay more than others • I know the types of job that I might like to do when I am older • I know that different children from different backgrounds might have different aspirations • I understand that I can learn from different cultures • I understand a variety of problems that the world is facing

				<ul style="list-style-type: none"> • I know how to work with others to make a better world • I know what my classmates know and admire about me
Healthy Me	<ul style="list-style-type: none"> • I can name the parts of my body • I recognise that exercise, different foods and sleep can keep me healthy • I know when and how to wash my hands • I know who keeps me safe and what to do if I get lost 	<ul style="list-style-type: none"> • I know the differences between being healthy and unhealthy • I know how to keep healthy and clean • I know that household products and medicines can be harmful if not used properly and are helpful when used appropriately • I know how to cross the road safely • I can name the people that keep me safe • I know how to make healthy snacks • I know which foods are healthy and which give me energy 	<ul style="list-style-type: none"> • I know how exercise affects my body • I know why my heart and lungs are important, the amount of calories I need to keep healthy • I know about different drugs and some things are safe and others are not • I know a range of strategies to keep myself safe • I know about friendships and friends that I value the most • I know about smoking and the effects it has on a body, the reasons why people smoke • I know about alcohol and the effects it has on a body, the 	<ul style="list-style-type: none"> • I know the risks of smoking and drinking alcohol • I know emergency first aid • I understand that social media can promote certain body types • I know what role food can play in people's lives and what a healthy diet looks like • I can be responsible for my own healthy choices • I understand about the role of medicines and drugs, the effects on our bodies • I know that people can be exploited and made to do things against the law • I know that stress can be triggered by a variety of things and

			<p>reasons why people drink alcohol</p> <ul style="list-style-type: none"> • I know what I think is right and wrong and how to resist peer pressure 	<p>some people choose to use drugs or alcohol to cope</p>
Relationships	<ul style="list-style-type: none"> • I know what a family is and different people in the family have different roles • I understand what a healthy friendship is and that friends can sometimes fall out • I know some ways to mend a friendship • I understand why others get angry 	<ul style="list-style-type: none"> • I know that everyone families are different and there are lots of different types of families • I know families help us belong, love and care • I know how to make a friend and what healthy and safe friendships look like • I know that physical contact can be a greeting • I know who can help me at school • I know that families function well when there is trust, respect, care, love and cooperation • I know that there is lots of physical contact within a family 	<ul style="list-style-type: none"> • I know that different family members carry out different roles • I know that gender stereotypes can be unfair • I know some friendship skills, online and offline • I know that all children have rights • I understand the lives of children around the world differ from their own • I understand the emotion of jealousy • I know that loss is a normal part of relationships, this can feel negative • I know that special memories can help to support us when we feel loss • I know that it is better for a relationship to 	<ul style="list-style-type: none"> • I know that personalities are made up of unique attributes • I know that belonging to an online community can be positive and negative, we have rights and responsibilities • I know that too much screen time isn't healthy and we need to keep safe • I know that it is important to take care of my mental health and I have some strategies • I know that people can sometimes have power to control me • I know how to keep safe online.

		<ul style="list-style-type: none"> • I can say stop if someone is hurting me • I understand that friends can have ups and downs and can change over time • I understand that there are good secrets and worry secrets, I need to share them • I understand what trust means 	<p>end if it is making us feel unsafe or have negative feelings</p>	
Changing Me	<ul style="list-style-type: none"> • I know the names and functions of some parts of the body • I know that we grow from a baby to an adult, how have we changed • I know who to talk to if we are worried • I know that happy times help us to move on • I can identify positive memories from the past year at home/school 	<ul style="list-style-type: none"> • I know that all animals (including humans) have a lifecycle • I know that changes happen as we grow • I know that people grow at different rates • I know the name of female and male body parts • I know which parts of the body are private and that they belong to the person and nobody has a right to hurt them • I know who to ask for help if I am worried or frightened 	<ul style="list-style-type: none"> • I know the basics of the human/animal lifecycle • In nature the female carries the baby • I know that changes need to happen to the body to make babies when they are adults • I know some of the changes that happen in puberty in boys and girls • I know that we inherit personal characteristics from our parents • I know that babies are made by a sperm joining an ovum 	<ul style="list-style-type: none"> • I understand what a perception is and that they can be right or wrong • I know that boys and girls bodies can change and it is important to look after themselves physically and emotionally • I know that sex can lead to conception • I know that being a teenager means that I have some responsibilities • I know that a baby develops from conception through

		<ul style="list-style-type: none"> • I know how a body changes from being a baby and that they will continue to change as they age • I know the physical differences between a male and a female and can name the private parts • I know that there are different types of touch and that some are acceptable and some are not 	<ul style="list-style-type: none"> • I understand that personal hygiene is important • I understand that change is important and can bring mixed emotions. 	<p>the nine months of pregnancy and how it is born</p> <ul style="list-style-type: none"> • I understand that being physically attracted to some changes to nature of the relationship • I understand the importance of a positive self esteem • I am able to discuss what I am looking forward to and what I am worried about in transition to secondary school.
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