

## PSHE progression of skills



We aspire for all at Parsonage Farm to feel valued and cared for, to have a continued excitement for learning, ensuring success as they journey onwards.



Year group ↓	Subject area →	Me and my Relationships	Valuing Difference	Keeping myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing
<b>Nursery</b>		<p>Share their feelings with others.</p> <p>Identify the important people in their life.</p> <p>Talk about what their strengths are (e.g. what I'm good at) and what they enjoy.</p>	<p>Talk about how they are the same or different to their friend.</p> <p>Discuss why being the same and different to our friends can be a good thing.</p> <p>Be kind and help their friends.</p>	<p>Identify who they can ask for help.</p> <p>Talk about some dangers and how to keep themselves safe from them.</p> <p>Identify and follow the rules of what is safe and unsafe for to touch and use.</p>	<p>Makes some healthy choices.</p> <p>Helps family and friends.</p> <p>Makes caring choices for their world.</p>	<p>Choose a healthy snack and activity.</p> <p>Keeps on trying.</p> <p>Listens to their friends and take turns.</p>	<p>Describe the different seasons.</p>
<b>Reception</b>		<p>Recognise and be sensitive to the differences of others.</p> <p>Describe ways to help others.</p> <p>Identify which trusted adults they can ask for help.</p> <p>Help a friend if they are sad or worried.</p>	<p>Celebrate our differences.</p> <p>Talk about their family life.</p> <p>Listen and be polite to what others tell us about their lives.</p> <p>Be kind, caring and helpful to others.</p> <p>Demonstrate good listening</p>	<p>Make safe decisions around medicines and things they don't know.</p> <p>Talk about what is safe to play online.</p> <p>Name the adults who keep them safe and recognise when they might need their help.</p>	<p>Help their family.</p> <p>Help to clean and tidy their home and classroom.</p> <p>Be kind to friends and others.</p>	<p>Keep trying if the way they choose doesn't work.</p> <p>Have a go at something new.</p> <p>Make their own healthy food choices.</p> <p>Make healthy sleep and</p>	<p>Use the scientific names for their body parts.</p> <p>Understands the NSPCC PANTS rule.</p>

					exercise choices.	
Year 1	<p>Describe how different feelings might make them behave.</p> <p>Suggest ways of dealing with 'not so good' feelings and how to help others.</p> <p>Recognise when they need help and who to ask.</p> <p>Listen to others and wait their turn to speak.</p>	<p>Say ways in which people are similar as well as different.</p> <p>Say why things sometimes seem unfair, even if they are not to them.</p> <p>Recognise ways to show kindness towards others.</p>	<p>Describe what they can do if they have strong, but not so good feelings, to help them stay safe.</p> <p>Say 'no' to unwanted touch and ask for help from a trusted adult.</p> <p>Say when medicines can be helpful or might be harmful.</p> <p>Is able to stay safe around medicine.</p>	<p>Wash their hands correctly.</p> <p>Look after a special person or thing.</p> <p>Know how to get help if someone has hurt themselves.</p>	<p>Choose a healthy meal with different food groups.</p> <p>Be persistent when learning a new skill.</p> <p>Help their friends when they fall out.</p>	<p>Can identify when and who to talk to if they are worried about touches, safe or unsafe.</p>
Year 2	<p>Understand we have different ways to express our feelings.</p> <p>Express their feelings in a safe, controlled way.</p> <p>Identify some ways that they can get help, if they are being bullied and what they can do if someone teases them.</p> <p>Tell someone how they are making them feel.</p> <p>Tries to be a good friend using what they have learnt about friendships.</p>	<p>Be respectful of those who are different to them.</p> <p>Describe how someone can change someone's feelings.</p> <p>Suggest strategies to help someone who feels left out.</p> <p>Be kind and use kind words to their friends.</p>	<p>Confident to say what they do and don't like and who to ask for help.</p> <p>Is confident identify a safe person to tell if they felt 'not OK' about something and tell them how they are feeling.</p>	<p>Make choices that help them play and work well with others.</p> <p>Use some strategies when they feel upset or angry.</p> <p>Confident to ask for help from a trusted adult.</p> <p>Makes sensible choices with money.</p>	<p>Makes choices that demonstrates their understanding of hand hygiene and how to stop viruses and germs from spreading.</p>	<p>Give support to a friend.</p> <p>Models how to keep their private parts private.</p>