



Whitley Lodge First School – Progression Skills in PSHCE

	Physical Health and Well-being	Mental health and emotional well-being	Keeping safe and managing risk	Drug, alcohol and tobacco education	Relationships	Careers & economic well-being
EYFS	<ul style="list-style-type: none"> - Children know the importance for good health of physical exercise, and a healthy diet. - I can talk about ways to keep healthy. - I can manage my own basic hygiene and personal needs, including dressing and going to the toilet independently. 	<ul style="list-style-type: none"> - Confident to speak to others about my needs. - Can describe myself in positive terms. - I can talk about how I and others show feelings. 	<ul style="list-style-type: none"> - I can talk about ways to keep my safe in the classroom, at home and when out. 		<ul style="list-style-type: none"> - I can talk about my own and others behaviour and know that some behaviour is unacceptable. 	<ul style="list-style-type: none"> - I can work as part of a group. - I can follow classroom rules and adjust my behaviour to different situations. - I can name some different jobs. - I know about similarities and differences between myself and others. - I can talk about features of my environment.
Key Vocab	Physical exercise, healthy, diet, safe, hygiene.	Feelings, special, happy, sad, cross, angry, upset.	Safe		Behaviour, good/bad, acceptable/unacceptable	Job, job names, rules, working together, environment, similarity, difference.
Y1	<ul style="list-style-type: none"> - I know what a 'healthy lifestyle' is, including the benefits of physical activity, rest, healthy eating and dental health. - I know the importance of personal hygiene. - I can show an understanding of growing and changing. 	<ul style="list-style-type: none"> - I can talk about my feelings. - I can talk about how to manage my feelings. - I can recognise how others feel and how to respond. - I know that I am unique. 	<ul style="list-style-type: none"> - I can think about how to keep myself safe at home, school and when out. - I can think about people who keep me safe outside of the home. 		<ul style="list-style-type: none"> - I know my behaviour can affect others. - I know what makes myself and others special. - I can recognise when people are being unkind and know to respond. - I know what kind of physical contact is acceptable. 	<ul style="list-style-type: none"> - I can contribute to classroom life and follow group/class rules. - I know that I belong to different groups. - I know about where money comes from. - I can think about saving money and how to keep it safe.
Key Vocab	Healthy lifestyle, exercise/ physical activity, food, diet, dental health, dentist.	Feelings, calm, respect, unique, individual.	Safe, police, fire service, ambulance, coast guard		Family, friends, carers, teachers.	Money, pound, saving, jobs, rules.
Y2	<ul style="list-style-type: none"> - I can talk about my likes and dislikes and how to make an informed choice to improve my health. - I know diseases can be spread and controlled by good personal hygiene. - I understand the process of growth, from young to old. 	<ul style="list-style-type: none"> - I can celebrate my strengths and set challenging goals. - I can talk about change and loss. - I can share my opinions on things that matter to me. 	<ul style="list-style-type: none"> - I know how to keep myself physically and emotionally – including ICT use, road safety, cycle safety, water safety, safety in the environment. - I know what privacy and safe mean – respecting others' privacy. 	<ul style="list-style-type: none"> - I know why medicines are taken. - I know how to keep myself safe around medicines. 	<ul style="list-style-type: none"> - I can listen to others and play/work co-operatively. - I can respect and identify differences between people and families. - I know what kind of physical contact is acceptable. 	<ul style="list-style-type: none"> - I can show an understanding that people/living things have needs and that we have responsibilities to help look after them. - I know I am the same and different to others. - I know that money comes from different

			<ul style="list-style-type: none"> - I know there are different types of teasing/bullying. 		<ul style="list-style-type: none"> - I know that people's bodies and feelings can be hurt. 	<p>sources and the role it plays.</p> <ul style="list-style-type: none"> - I know some ways we can improve/harm local, natural and built environments.
Key Vocab	Health, disease, personal hygiene, growth, baby, toddler, child, teenager, adult, elderly person.	Strengths, weakness, challenge, goals, change, loss	Physical, emotional, privacy, internet, bullying, social media.	Medicines	Co-operatively, respect, difference, physical contact, acceptable.	Needs, responsibilities, money/currency, recycle, environment, graffiti,
Y3	<ul style="list-style-type: none"> - I can talk about my health choices and the benefits of eating a balanced diet. - I know about the importance of keeping active and some of the challenges of this. - I know about change including, transitions, loss, separation, divorce and bereavement. - I understand bacteria and viruses can affect health and how to reduce the spread of them 	<ul style="list-style-type: none"> - I can talk about celebrating achievements and setting personal goals. - I can talk about positive ways to deal with setbacks. - I have a deeper understanding of good and not-so good feelings and can explain the intensity of my feelings to others. 	<ul style="list-style-type: none"> - I can talk about the difference between 'risk', 'danger' and 'hazard'. - I can recognise bullying and how it might make people feel. - I can talk about types of bullying. - I know what to do/who to tell if someone is being bullied. 	<ul style="list-style-type: none"> - I know the definition of a drug and that they can be harmful. - I know about the effects and risk of smoking (including second hand smoke). - 	<ul style="list-style-type: none"> - I can recognise and challenge stereotypes. - I can work collaboratively towards shared goals. - I know what kind of physical contact is un/acceptable and how to respond. - I am aware of different types of relationships. - I can describe a positive, healthy relationship and develop skills to form and maintain them. 	<ul style="list-style-type: none"> - I understand the role of money in my own and other people's lives. - I can think about how to save and manage money. - I can consider the lives of people living in other places, including different values/customs. - I can talk about different types of responsibilities. - I understand what being part of a community means.
Key Vocab	Balanced diet, branding, transition, loss, separation, divorce and bereavement, bacteria.	Achievements, personal goals, setbacks, positivity, strategy, feelings	Risk, danger, hazard, bullying, witness, cyber bullying, cyber security.	Drug, substance, alcohol, smoking, cigarette, second hand smoke.	Stereotypes, shared goals, collaboratively, friend, acquaintance, relative, family, healthy relationship.	Savings, bank, values, customs, community.
Y4	<ul style="list-style-type: none"> - I know how to make informed choices and begin to understand the concept of a balanced diet. - I know the importance of getting enough sleep. 	<ul style="list-style-type: none"> - I can reflect on and celebrate my achievements, identify areas for improvement and set high aspirations and goals. - I have a deeper understanding of not-so good feelings. 	<ul style="list-style-type: none"> - I have a range of strategies for keeping myself safe, including safety online. - I know the importance of protecting personal information/photographs - I know what to do and who to tell if someone is being bullied. 	<ul style="list-style-type: none"> - I know which, why and how commonly used substances (alcohol/drugs) could damage my immediate and future health. 	<ul style="list-style-type: none"> - I have developed strategies to resolve conflicts through negotiation/compromise. - I can raise concerns I have about others. - I can judge what kind of physical contact is acceptable. - I recognise what a healthy, positive relationship is. - 	<ul style="list-style-type: none"> - I understand what being part of a community means and about different communities locally and nationally. - I know the role money plays in my own and other people's lives. - I understand about enterprise and the skills that makes someone 'enterprising'.
Key Vocab	Balanced diet, informed choice	Aspirations, goals, reflect,	E-safety, cyber security, social media, password, address	Drug, substance, legal, restricted	Negotiation, compromise, healthy relationship, positive relationship.	National, tax, enterprise, enterprising.