

Paxton Academy: PSHCE – Progression of Skills

Y	Families and Relationships	Health and Wellbeing	Safety and the changing body	Economic Wellbeing	Citizenship	Transition + any lessons not covered previously.
R	- I can discuss my immediate family - I can name and describe people who are familiar to me - I can work and play co-operatively, taking turns with others - I can show sensitivity to mine needs and the needs of others - I can hold conversations with others, expressing my ideas and feelings - I can look at things from the perspective of others - I can build constructive and respectful relationships	- I know I am a valuable individual - I can discuss the importance of healthy eating - I can discuss the importance of oral hygiene - I can discuss why it's important to have regular physical activity - I can show how to manage my own basic hygiene and personal needs (going to the toilet, dressing and undressing) - I can discuss my own feelings and the feelings of others - I can begin to regulate my	- I can discuss how to be a safe pedestrian - I can explain why it's important to limit screen time - I can negotiate space and obstacles safely, showing consideration from myself and others	- I can use money during different role play scenarios - I can identify some notes and coins in role play situations	- I can follow the school rules - I can follow the school routines - I can talk about the lives of people around me and their roles in society - I can discuss different beliefs and celebrations	- I can discuss positive and negative changes - I can talk to an adult if I am worried

		behaviour accordingly - I can explain why it is important to be resilient - I can work towards a simple goal				
1	- L1 I can explore how families are different to each other - L2 I can explain what I like about my friends. - L3 - I can recognise how other people show their feelings and I can offer advice. - L4 – I can work with different people and can talk about how I felt about this. - L5 – I can explain ways to overcome problems with my friends. - L6 – I can explain the difference between a friend and friendly behaviour. - L7 – I can explain why stereotypes about girls and boys are wrong.	- L1 I can recognise what causes me to feel a certain way and I can respond appropriately. - L2 - I can identify personal strengths and qualities and set a small, achievable goal. - L3 – I can name different ways to get ready for sleep. - L4 – I can tense and relax different parts of my body and I can use laughter when I have a lot on my mind. - L5 - I can wash my hands properly - L6 – I can explain the things I need to do to keep myself safe in the sun. - L7 – I can explain what to do if I or one of my friends has an allergic reaction.	- L1 – I can say who I would talk to in school if I have a problem. - L1 – I can say what I would do if I was worried about something an adult did or said. - L2 – I can say the name of my school and the name of my mum/dad/carer. - L3 – I can say my address and postcode and I can say/dial the emergency number 999. - L4 – I can list some acceptable and unacceptable contact. - L5 – I can explain why some things should never go into our bodies. - L6 – I can list hazards in the home and can explain how to keep the house safe. - L7 – I can talk about how people keep me	- L1 – I can explain what to do if I find money. - L2 – I can explain why we need to keep cash safe and can list different ways to do this. - L3 – I can explain why a savings account helps me save and I can talk about online accounts. - L4 – I can explain what might influence the choices that we make about what we do with our money. - L5 – I can ask appropriate questions to find out more about different people.	- L1 – I can list our school values and I can explain the consequence of not showing our values. - L2 – I can explain how to look after a pet. - L3 – I can talk about how to look after a baby/younger child. - L4 – I can list things that are the same about people and things that are different about people. - L5 – I can identify some groups that I belong to. - L6 – I can explain that voting is a fair way to decide something that effects a lot of people.	- I can talk about the different strengths of people in my class. - I can list some of the skills I have developed in Year 1 - I can list the positives and challenges of moving to a new class

			safe and how I can help them to keep me safe.			
2	- L1 – I can explain how families care for children. - L1 – I can show respect for different types of families. - L2 – I can describe what someone else might be thinking and/or feeling. - L3 – I can explain what I can do if a friendship is making me unhappy. - L4 – I can show good manners in different situations. - L5 – I can talk about memories and how objects can help us remember people or events. - L6 – I can begin to challenge a gender stereotype using examples.	- L1 – I can describe a range of feelings and develop simple strategies for managing them. - L2 – I can describe how my body feels during/after exercise. - L3 – I can describe suitable times and places for using breathing techniques to relax. - L4 – I can say what I am good at and what I want to get better at. - L4 – I can break down goals into small, achievable steps. - L5 – I can describe how I feel when I find something difficult. - L5 – I can name strategies to manage difficult emotions. - L6 – I can describe the consequences of a poor diet. - L7 – I can explain what I do to keep my teeth healthy.	- L1 – I can explain how websites work. - L1 – I can talk about ways to keep safe when using the internet. - L2 – I can explain what a secret is and I can explain what a surprise is. - L3 – I can name parts of the body and I can name the private parts of my body correctly. - L3 – I can tell you the PANTS rule and I can name someone I can talk to if I am worried about something. - L4 – I can explain the rules of the road and how to cross a road safely. - L5 – I can explain how I feel if I am unwell and can explain things that make me feel better.	- L1 – I can explain where adults get money from and I can explain why some sources of money might be better than others. - L2 – I can identify some things I need and can identify some of the things that I own that are 'wants.' - L3 – I can explain why people have to prioritise needs over wants. - L4 – I can explain some of the things I should think about when choosing a bank account. - L5 – I can explain how earning money might be a factor in choosing a job.	- L1 – I can name different places where there are rules. - L1 – I can explain who makes the rules and why. - L2 – I can say what I like about the school environment and what I think could be improved and how I could make a difference. - L3 – I can name people in school who look after the environment. - L3 – I can name some jobs that people do in the local areas to look after the environment. - L4 – I can explain what might happen if these people who help us in the community didn't do those jobs. - L5 – I can explain how different people contribute to our community. - L6 – I can identify things that I would like to make better in school.	I can identify people who can help us when we are worried about changes.

3	- L1 – I can talk about how families and different and how they support each other. - L1 – I can name people who can help me if I am worried about my family. - L2 – I can list some steps that I can take to resolve problems with my friends. - L3 – I can explain some of the possible effects of bullying. - L4 – I can communicate my meaning without talking. - L4 – I can listen and show that I am listening. - L5 – I can list people I trust and say why. - L5 – I can explain what I can do if I don't trust someone or they break my trust. - L6 – I can identify similarities and differences between people. - L7 – I can identify how stereotypes about age and gender can be challenged and why they are unfair.	- L1 – I can plan for a healthy lifestyle including physical activity, rest and diet. - L2 – I can perform a range of relaxation stretches to ease muscle tension and relax. - L3 – I can say what I am good at. - L3 – I can talk about similarities and differences between people. - L4 – I can identify my own strengths and know how I could use these positively to support others. - L5 – I can break down a problem into smaller goals. - L6 – I can describe the benefits of a healthy diet, the importance of good oral hygiene and the importance of keeping well hydrated.	- L1 – I can assist in an emergency by correctly calling for help. - L2 – I can identify an allergic reaction to a bite or sting. - L2 – I can comfort and reassure a casualty who has been bitten or stung. - L3 – I can identify when digital behaviour is unkind. - L3 – I can offer advice to support other people who are victims of cyberbullying. - L4 – I can recognise when an email/message might be fake. - L5 – I can explain who might make choices for me. - L6 – I can explain how someone's influence might not be good for me. - L7 – I can explain rules for keeping safe outside.	- L1 – I can explain why people might choose certain ways to pay. - L2 – I can put together a budget. - L2 – I can explain that people spend and save in different ways. - L3 – I can explain what different emotions people might feel in different situations related to money. - L4 – I can identify positive choices people can make when spending money and why these are positive. - L5 – I can identify jobs that I might want to do and explain why I might be able to do a particular job. - L6 – I can explain why stereotypes might exist and why they should not be a factor in choosing a job.	- L1 – I can explain how some of these rights of the child benefit me. - L2 – I can explain how adults have responsibilities to maintain children's rights. - L3 – I can identify things that can be recycled. - L3 – I can explain what I can do to increase/improve recycling at home/school. - L4 – I can explain what a community is and can explain groups that exist in the community. - L4 – I can explain the links between groups. - L5 – I can explain some of the work that charities in my community do. - L5 – I can explain some ways that we can support charities. - L6 – I can explain some of the things that the council does. - L7 – I can explain some of the consequences of breaking rules and can identify whether a consequence is fair or not.	I can learn strategies to deal with changes.
4	L1 – I can explain what manners might be appropriate in a given situation.	L1 – I can explain how to keep my teeth healthy and can share this	L1 – I can assess a casualty's condition calmly.	L1 – I can explain why people see value for money differently.	L1 – I can explain why human rights are important.	- I can recognise my own achievements. - I can set goals.

	• L2 – I can explain some boundaries in friendships. • L2 – I can explain what consent it. • L3 – I can think of ways to make other people happy and how this makes me feel. • L4 – I can explain the reasons that some people might bully others. • L5 – I can talk about people who do not conform to stereotypes about gender or disability. • L6 – I can identify differences and similarities in families in other countries. • L7 – I can explain some things that might help someone who has experienced a bereavement.	• L2 – I can describe what makes me feel calm and relaxed. • L2 – I can visualise and describe a place that makes me feel calm. • L3 – I can describe how it feels to fail. • L3 – I can learn from mistakes or failures. • L4 – I can describe my strengths. • L4 – I can explain how some skills are useful in a range of jobs and roles. • L5 – I can take actions to affect my own happiness. • L6 – I can identify a range of emotions felt in different situations. • L7 – I can explain who I can talk to if I am worried about my own or someone else's mental health.	• L1 – I can comfort and reassure someone who is having an asthma attack. • L2 – I can explain what the law states about buying tobacco. • L3 – I can identify some physical changes that I will go through before I become an adult and can name some things I will be able to do when I am an adult that I cannot do now. • L4 – I can identify some physical differences between child and adult bodies. • L4 – I can explain ways to look after my personal hygiene. • L5 – I can give reasons to support a point of view about age restrictions in the digital world. • L6 – I can explain some of the risks of sharing images online. • L7 – I can understand if information after a search will be useful to me or not.	• L1 – I can explain other factors which might affect a decision to buy something. • L2 – I can track how much money has been spent and can work out how much money is left. • L3 – I can explain some feelings associated with losing money. • L3 – I can explain some ways to keep money safe. • L4 – I can identify positive and negative influences and how someone might overcome negative influences. • L5 – I can explain some of the reasons why people might change their job.	• L2 – I can explain why reusing is better for the environment that recycling. • L2 – I can identify a range of ways that items can be reused. • L3 – I can explain why someone might set up or join a community group. • L4 – I can explain what someone might think about before setting up a group and I can explain how a group helps a community. • L5 – I can explain why differences benefit a community. • L6 – I can explain how local residents can share ideas with their local counsellor. • L6 – I can identify some issues that a local counsellor might be able to help with.	
5	• L1 – I can explain why people might decide to get married.	• L1 – I can describe what has caused	• L1 – I can explain the steps I should take	• L1 – I can explain why people make different	• L1 – I can explain the process of a trial.	• I can recognise my own skills and

• L2 – I can explain why keeping secrets is not a good thing to do if we are worried about our family. • L3 – I can identify positive attributes in myself and in my peers. • L4 – I can set myself a friendship themed goal. • L5 – I can provide possible solutions to friendship problems. • L6 – I can explain how someone who is being bullied might feel. • L7 – I can explain why gender equality is important. • L7 – I can explain how stereotypes can lead to discrimination.	• me to stress or worry. • L1 – I can perform yoga stretches and describe how these stretches make me feel. • L2 – I can describe why sleep is beneficial. • L3 – I can describe how feeling makes me feel but how failure is helpful. • L4 – I can identify what I want to learn or be better at, say what I need to do to get better and how much time I need to achieve it. • L5 – I can describe a range of feelings and can use different strategies to manage my feelings. • L6 – I can plan a healthy meal, following the NHS recommended daily intake allowances. • L7 – I can explain the things I need to do to keep safe in the sun.	• before sending a message online. • L1 – I can explain what it is safe to share online and what is not safe to share. • L2 – I can identify possible dangers online and suggest ways to keep safe. • L2 – I can use the web to find information about staying safe online. • L3 – I can accurately label sexual external parts of the body. • L3 – I can accurately label internal reproductive organs. • L4 – I can explain some changes boys will go through during puberty and I can explain what a period is for a girl. • L5 – I can explain who I can talk to if I am worried about puberty. • L6 – I can list some strategies that I can use to overcome pressure from others. • L7 – I can assess a casualty's condition and seek medical help if needed.	• choices about money. • L2 – I can track income and expenditure. • L3 – I can explain how risky certain spending is. • L4 – I can devise a budget. • L5 – I can explain how stereotypes might affect people and how stereotypes can be overcome in the workplace.	• L2- I can explain what freedom of expression means and what limitations there are. • L3 – I can explain some of the things that individuals can do to reduce the use of materials and energy. • L3 – I can explain how individuals can influence government and business. • L4 – I can explain how some individuals have contributed to society. • L5 – I can explain how pressure groups can bring about change. • L6 – I can explain what the parts of parliament are. • L6 – I can identify some qualities needed to be an MP.	how these can be developed.
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6	- L1 - I can explain how I can earn respect from my peers and from adults. - L1 - I can explain when respect might be lost. - L2 - I can explain how I want to be respected. - L3 - I can explore my opinions on a subject and listen to and respect other people's opinions. - L3 - I can explain how people my age can make changes happen. - L4 - I can identify key information on a topic and share this information effectively. - L5 - I can describe what conflict, negotiation and compromise mean. - L5 - I can name strategies to manage conflict. - L6 - I can explain what grief means and the process and emotions relating to this.	- L1 - I can describe qualities that I want to have, plan how to get better at something and create achievable goals. - L2 - I can use mindfulness to manage my emotions. - L2 - I can explain when I would use different relaxation strategies. - L3 - I can explain the pressures the use of technology can bring. - L3 - I can explain strategies that reduce the negative impact of technology on health. - L4 - I can explain why resilience is important and can list a range of resilience strategies. - L5 - I can explain the consequence of a good or bad habit. - L6 - I can explain some things that I can do for myself if I am ill and who I can talk to if I am worried.	- L1 - I can explain some ways that I can check if something is true and I can explain some signs that a news story is fake. - L2 - I can explain how nasty comments online can affect people. - L3 - I can name the parts of the body and use my knowledge to answer other people's problems. - L4 - I can explain the biology of conceptions (parental consent needed) - L5 - I can identify some of the things that a baby needs (parental consent needed) - L6 - I can explain why some adults do drink alcohol and why others do not. - L7 - I can explain how to give first aid to a casualty that is choking including back blow and tummy thrust. - L8 - I can place a casualty who is unresponsive and breathing normally into the recovery position.	- L1 - I can identify feelings associated with money. - L2 - I can explain rules for keeping money safe in a bank account and can explain what to do if I am worried about my bank account. - L3 - I can explain some of the risks associated with gambling. - L3 - I can describe what might influence someone to gamble. - L4 - I can explain what I have already learnt about jobs and careers and I can explain some key things about specific jobs. - L5 - I can explain the reasons why some people might change their career. - L5 - I can explain the options available for a job that I want to do.	- L1 - I can explain what people can do to overcome environmental issues with food. - L1 - I can explain some possible consequences to changing behaviour and food choices. - L2 - I can explain why education is important and why it is included as a human right. - L3 - I can identify some roles in Government. - L3 - I can explain some ideas I have for the Government. - L4 - I can explain about the things, issues and causes that I care about. - L5 - I can explain how I might challenge prejudice and discrimination. - L6 - I can identify a range of role models with different characteristics. - L6 - I can explain how knowing more about people can overcome prejudice.	I can explore a greater range of strategies to deal with feelings associated with change.
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		L7 – I can explain how vaccines work and some benefits of immunisation.				
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