

St Anne's PSHE Skills Progression Document

Both British Values and the protected characteristic are embedded in the PSHE curriculum at St Anne's – these links are shown in the left hand column of each PSHE unit below.

PSHE Unit	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Myself and My Relationships							
<p>Beginning and Belonging</p> <p>British Values Individual liberty Mutual respect and tolerance of other faiths and beliefs</p> <p>Protected Characteristics Gender Disability Race Nationality Religious belief Marriage/ civil partnership Sex</p>	<p>How am I special and what is special about other people in my class?</p> <ul style="list-style-type: none"> • What have I learnt to do and what would I like to learn next? • How do we welcome new people to our class? • What can I do to help everyone in our classroom feel safer and happier? • How can I play and work well with others? • How can I show I am listening to an adult? • What can help me to follow instructions? 	<p>Do I understand simple ways to help my school feel like a safe, happy place?</p> <ul style="list-style-type: none"> • How can I get to know the people in my class? • How do I feel when I am doing something new? • How can I help someone feel welcome in class? • What helps me manage in new situations? • Who can help me at home and at school? 		<p>What is my role in helping my school be a place where we can learn happily and safely?</p> <ul style="list-style-type: none"> • How can we build relationships in our class and how does this benefit me? • What does it feel like to be new or to start something new? • How can I help children and adults feel welcome in school? • What helps me manage a new situation or learn something new? • Who are the different people in my network who I can ask for help? 		<p>What are my responsibilities for helping others in school feel happy and safe?</p> <ul style="list-style-type: none"> • How can I take responsibility for building relationships in my school and how does this benefit us all? • How might different people feel when starting something new and how can I help? • How do we help people feel welcome and valued in and out of school? • What helps me to be resilient in a range of new situations? • Are there more ways I can get help now and how do I seek support? 	
<p>My Emotions</p> <p>British Values Individual liberty</p> <p>Protected Characteristics Gender Disability Race Nationality Religion or belief</p>	<p>Can I recognise and talk about my feelings?</p> <ul style="list-style-type: none"> • Can I recognise emotions in other people and say how they might be feeling? • Do I know what might cause different emotions in myself and other people? • How might I and others feel when things change? • What are some simple ways to help myself feel better? • How can I help other people feel better? • What could I do when things are difficult for me? 	<ul style="list-style-type: none"> • What am I good at and what is special about me? • How can I stand up for myself? • Can I name some different feelings? • Can I describe situations in which I might feel happy, sad, cross etc? • How do my feelings and actions affect others? • How do I manage some of my emotions and associated behaviours? • What are the different ways people might relax and what helps me to feel relaxed? • Who do I share my feelings with? 		<ul style="list-style-type: none"> • Why is it important to accept and feel proud of who we are? • What does the word 'unique' mean and what do I feel proud of about myself? • Why is mental wellbeing as important as physical wellbeing? • How can I communicate my emotions? • Can I recognise some simple ways to manage difficult emotions? • What does it mean when someone says I am "over reacting" and how do I show understanding towards myself and others? • How do my actions and feelings affect the way I and others feel? • How do I care for other people's feelings? • Who can I talk to about the way I feel? • How can I disagree without being disagreeable? 		<p>How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing?</p> <ul style="list-style-type: none"> • What does it mean to have a 'strong sense of identity' & 'self-respect'? • What can I do to boost my self-respect? • How do I manage strong emotions? • How can I judge if my own feelings and behaviours are appropriate & proportionate? • How do I recognise how other people feel and respond to them? • What is loneliness and how can we manage feelings of isolation? • How common is mental ill health and what self-care techniques can I use? • How and from whom do I get support when things are difficult? 	
<p>Anti-Bullying</p> <p>Individual liberty</p> <p>Protected Characteristics Gender Disability</p>		<p>Why might people fall out with their friends?</p> <ul style="list-style-type: none"> • Can I describe what bullying is? • Do I understand some of the reasons people bully others? 	<ul style="list-style-type: none"> • Can I describe what bullying is? • Do I understand some of the reasons people bully others? • How might people feel if they are being bullied? 	<p>How are falling out and bullying different?</p> <ul style="list-style-type: none"> • How do people use power when they bully others? • What are the key characteristics of 	<p>How are falling out and bullying different?</p> <ul style="list-style-type: none"> • How do people use power when they bully others? • What are the key characteristics of 	<p>Can I explain the differences between friendship difficulties and bullying?</p> <ul style="list-style-type: none"> • Can I define the characteristics and different forms of bullying? 	<p>Can I explain the differences between friendship difficulties and bullying?</p> <ul style="list-style-type: none"> • Can I define the characteristics and

<p>Race Nationality Religion or belief</p>		<ul style="list-style-type: none"> • Why is bullying never acceptable or respectful? • How might people feel if they are being bullied? • Who can I talk to if I have worries about friendship difficulties or bullying? • Do I know what to do if I think someone is being bullied? • What does my school do to stop bullying? 	<ul style="list-style-type: none"> • Who can I talk to if I have worries about friendship difficulties or bullying? • How can I be assertive? • Do I know what to do if I think someone is being bullied? • How do people help me to build positive and safe relationships? • What does my school do to stop bullying? 	<p>different types of bullying?</p> <ul style="list-style-type: none"> • What is the difference between direct and indirect forms of bullying? • What are bystanders and followers and how might they feel? • Do I understand that bullying might affect how people feel for a long time? • How can I support people I know who are being bullied by being assertive? • How does my school prevent bullying and support people involved? 	<p>different types of bullying?</p> <ul style="list-style-type: none"> • How can lack of respect and empathy towards others lead to bullying? • What is the difference between direct and indirect forms of bullying? • What are bystanders and followers and how might they feel? • Do I understand that bullying might affect how people feel for a long time? • How can I support people I know who are being bullied by being assertive? • How does my school prevent bullying and support people involved? 	<ul style="list-style-type: none"> • How do people use technology & social media to bully others and how can I help others to prevent and manage this? • What do all types of bullying have in common? • Might different groups experience bullying in different ways? • How can people's personal circumstances affect their experiences? • How does prejudice sometimes lead people to bully others? • Can I respond assertively to bullying, online and offline? • How might bullying affect people's mental wellbeing and behaviour? • How and why might peers become colluders or supporters in bullying situations? • Can I identify ways of preventing bullying in school and the wider community? 	<p>different forms of bullying?</p> <ul style="list-style-type: none"> • How do people use technology & social media to bully others and how can I help others to prevent and manage this? • What do all types of bullying have in common? • Might different groups experience bullying in different ways? • How can people's personal circumstances affect their experiences? • How does prejudice sometimes lead people to bully others? • Can I respond assertively to bullying, online and offline? • How might bullying affect people's mental wellbeing and behaviour? • How and why might peers become colluders or supporters in bullying situations? • Can I identify ways of preventing bullying in school and the wider community?
<p>Family and Friends</p> <p>British Values Mutual respect and tolerance of other faiths and beliefs Individual liberty</p>	<p>Who are my special people and why are they special to me?</p> <ul style="list-style-type: none"> • Who is in my family and how do we care for each other? • What is a friend and how can I be a good one? • How do I make new friends? • How can I respect my own needs and the needs of others? • How can I make up with friends when I 	<p>Can I describe what a good friend is and does and how it feels to be friends?</p> <ul style="list-style-type: none"> • Why is telling the truth important? • What skills do I need to choose, make and develop friendships? • How might friendships go wrong, and how does it feel? • How can I try to mend friendships if they have become difficult? • What is my personal space and how do I talk to people about it? • Who is in my family and how do we care for each other? • Who are my special people, why are they special and how do they support me? 	<p>How do good friends behave on and offline and how do I feel as a result?</p> <ul style="list-style-type: none"> • What is a healthy friendship and how does trust play an essential part? • What skills do I need for choosing, making and developing friendships and how effective are they? • How can I help to resolve disagreements positively by listening and compromising? • Can I empathise with other people in a disagreement? • How can I check with my friends that their personal boundaries have not been crossed? • How do my family members help each other to feel safe and secure even when things are tough? 	<ul style="list-style-type: none"> • What are the characteristics of healthy friendships on and offline and how do they benefit me? • How do trust and loyalty feature in my relationships on and offline? • What are the benefits and risks of making new friends, including those I only know online? • Can I always balance the needs of family & friends & how do I manage this? • Can I communicate, empathise & compromise when resolving friendship issues? • How can I check that my friends give consent on and offline? • How do people in my family continue to support each other as things change? 			

	<p>have fallen out with them?</p> <ul style="list-style-type: none"> • How does what I do affect others? • Do I know what to do if someone is unkind to me? 		<ul style="list-style-type: none"> • Who is in my network of special people now and how do we affect and support each other? 	<ul style="list-style-type: none"> • Who are in my networks, on & offline, and how have these, changed and how do we support each other?
Managing Change		<p>How are my achievements, skills and responsibilities changing and what else might change?</p> <ul style="list-style-type: none"> • How might people feel during times of loss and change? • How do friendships change? • What helps me to feel calmer when I am experiencing strong emotions linked to loss and change? • How might people feel when they lose a special possession? • When can I make choices about changes? 	<p>What changes have I and my peers already experienced and what might happen in the future?</p> <ul style="list-style-type: none"> • What helps me when I'm experiencing strong emotions due to loss or change? • What strategies help me to thrive when my friendships change? • How might I behave when I feel strong emotions linked to loss and change? • How might people feel when loved ones or pets die, or they are separated from them for other reasons? • What changes might people welcome and how can they plan for these? 	<p>What positive and negative changes might people experience?</p> <ul style="list-style-type: none"> • How do people's emotions evolve over time as they experience loss and change? • How can I manage the changing influences and pressures on my friendships and relationships? • What different strategies do people use to manage feelings linked to loss and change and how can I help? • How might people whose families change feel? • When might change lead to positive outcomes for people? • What positive and negative changes have I experienced and how have these experiences affected me? • What strategies will help me to thrive when I move to my next school?
Citizenship				
<p>Rights, Rules and Responsibilities</p> <p>British Values Individual liberty Democracy Rule of law Mutual respect and tolerance of other faiths and beliefs</p> <p>Protected Characteristics Gender Disability Race Nationality Religious belief Marriage/ civil partnership Sex</p>		<ul style="list-style-type: none"> • How do rules and conventions help me to feel happy & safe? • How do I take part in making rules? • Who looks after me and what are their responsibilities? • What jobs and responsibilities do I have in school and at home? • Can I listen to other people, share my views and take turns? • Can I take part in discussions and decisions in class? 	<ul style="list-style-type: none"> • What does it mean to be treated and to treat others with respect? • Who are those in positions of authority within our school and communities and how can we show respect? • Why do we need rules and conventions at home and at school? • What part can I play in making and changing rules? • What do we mean by rights and responsibilities? • What are my responsibilities at home and at school? • How do we make democratic decisions in school? • What is a representative and how do we elect them? 	<p>What are the conventions of courtesy & manners and how do these vary?</p> <ul style="list-style-type: none"> • How does my behaviour online affect others and how can I show respect? • Why is it important to keep my personal information private, especially online? • How can I contribute to making and changing rules in school? • How else can I make a difference in school? • What are the basic rights of children and adults? • Why do we have laws in our country? • How does democracy work in our community and in our country? • What do councils, councillors, parliament and MPs do? • How do I take part in debate, respectfully listening to other people's views?
Diversity and Communities	<p>Who are the people in my class and how are we similar to and different from each other?</p>	<p>What makes me 'me', what makes you 'you'?</p> <ul style="list-style-type: none"> • Do all boys and all girls like the same things? • What is my family like and how are other families different? • What different groups do we belong to? 	<p>What have we got in common and how are we different?</p> <ul style="list-style-type: none"> • How might others' expectations of girls and boys affect people's feelings and choices? 	<ul style="list-style-type: none"> • How do other people's perceptions, views and stereotypes influence my sense of identity? • How do views of gender affect my identity, friendships, behaviour & choices?

<p>British Values Individual liberty Mutual respect and tolerance of other faiths and beliefs Protected Characteristics Gender Disability Race Nationality Religious belief Marriage/ civil partnership</p>	<ul style="list-style-type: none"> • Who are the people in my family, and who are the people in other families? • What is especially important to my family and me? • What are some of the similarities and differences in the way people live their lives? • What is life like in other countries? • How can we value different types of people including what they believe in and how they live their lives? • How do we celebrate what we believe in and how is this different for different people? 	<ul style="list-style-type: none"> • What is a stereotype and can I give some examples? • Who helps people in my locality and what help do they need? • What does 'my community' mean and how does it feel to be part of it? • How do people find out about what is happening in my community? How do we care for animals and plants? • How can I help look after my school? 	<ul style="list-style-type: none"> • How are our families the same and how are they different? • Do people who live in my locality have different traditions, cultures and beliefs? • How does valuing diversity benefit everyone? • Why are stereotypes unfair and how can I challenge them? • How do people in my locality benefit from being part of different groups? • What are the roles of people who support others with different needs in my community? • How does the media work in my community? • How can we care for the local environment and what are the benefits? • What do animals need, and what are our responsibilities? 	<ul style="list-style-type: none"> • What are people's different identities, locally and in the UK? • How can I show respect to those with different lifestyles, beliefs & traditions? • What are the negative effects of stereotyping? • Which wider communities & groups am I part of & how does this benefit me? • What are voluntary organisations and how do they make a difference? • What is the role of the media and how does it influence me and my community? • Who cares for the wider environment and what is my contribution?
<p>Working Together</p>		<ul style="list-style-type: none"> • What am I and other people good at? • What new skills would I like to develop? • How can I listen well to other people? • How can I work well in a group? • Why is it important to take turns? • How can I negotiate to sort out disagreements? • How are my skills useful in a group? • What is a useful evaluation? 	<p>What am I good at and what are others good at?</p> <ul style="list-style-type: none"> • What new skills would I like or need to develop? • How well can I listen to other people? • How do I ask open questions? • How can I share my views and opinions effectively? • How can different people contribute to a group task? • How can I persevere and overcome obstacles to my learning? • How can I work well in a group? • What is useful evaluation? • How do I give constructive feedback and receive it from others? 	<p>What are my strengths and skills and how are they seen by others?</p> <ul style="list-style-type: none"> • What helps me learn new skills effectively? • What would I like to improve and how can I achieve this? • How could my skills and strengths be used in future employment? • What are some of the jobs that people do? • How can I be a good listener to other people? • How can I share my views effectively and negotiate with others to reach agreement? • How can I persevere and help others to do so? • How can I give, receive and act on sensitive and constructive feedback?
<p>Healthy and Safer Lifestyles</p>				
<p>Personal Safety</p>	<p>What are some situations where I need to think about how to keep myself safer?</p> <ul style="list-style-type: none"> • Do I understand simple safety rules for when I am at home, at school and when I am out and about? • What are the clues my body gives me if I am feeling unsafe? • Can I say 'No!' if I feel unsafe or unsure about something? • Can I ask for help and tell people who care for me if I 	<ul style="list-style-type: none"> • Can I identify different feelings and tell others how I feel? • Which school/classroom rules are about helping people to feel safe? • Can I name my own Early Warning Signs? • How do I know which adults and friends I can trust? • Who could I talk with if I have a worry or need to ask for help? • What could I do if a friend or someone in my family isn't kind to me? • Can I identify private body parts and say 'no' to unwanted touch? • What could I do if I feel worried about a secret? • What could I do if something worries or upsets me when I am online? 	<ul style="list-style-type: none"> • How do I recognise my own feelings and communicate them to others? • Which school/classroom rules are about helping people to feel safe? • Can I recognise when my Early Warning Signs are telling me I don't feel safe? • What qualities do trusted adults and trusted friends have? • Who is on my network of support and how can I ask them for help? • What could I do if I feel worried about a friendship or family relationship? • What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted? 	<ul style="list-style-type: none"> • How do I recognise my own feelings and consider how my actions may affect the feelings of others? • Can I use my Early Warning Signs to judge how safe I am feeling? • How do I judge who is a trusted adult or trusted friend? • How can I seek help or advice from someone on my network of support and when should I review my network? • How could I report concerns of abuse or neglect? • Can I identify appropriate & inappropriate or unsafe physical contact? • How do I judge when it is not right to keep a secret and what action could I take? • How can I recognise risks online and report concerns? • What strategies can I use to assess risk and help me feel safer when I am feeling unsafe?

	<p>feel unsafe, worried or upset?</p> <ul style="list-style-type: none"> • Who are the people who help to keep me safe? • What goes on to and into my body and who puts it there? • Why do people use medicines? • What are the safety rules relating to medicines and who helps me with these? 		<ul style="list-style-type: none"> • How can I decide if a secret is safe or unsafe? • How can I keep safe online? 	
<p>Healthy Lifestyles</p> <p>British Values Rule of law Individual liberty</p>	<p>What things can I do when I feel good and healthy?</p> <ul style="list-style-type: none"> • What can't I do when I am feeling ill or not so healthy? • What can I do to help keep my body healthy? • Why are food and drink are good for us? • How can I make healthier choices about food? • What is exercise is and why is it good for us? • Why are rest and sleep good for us? 	<p>How can I stay as healthy as possible?</p> <ul style="list-style-type: none"> • What does it feel like to be healthy? • What does healthy eating mean and why is it important? • Why is it important to be active & what are the opportunities for physical activity? • What foods do I like and dislike and why? • What can help us eat healthily? • Why do we need food? • What healthy choices can I make? 	<p>What does healthy eating and a balanced diet mean?</p> <ul style="list-style-type: none"> • What is an active lifestyle and how does it help me to be healthier? • What is mental wellbeing and how is it affected by my physical health? • How much sleep do I need & what happens if I don't have enough? • How do nutrition and physical activity work together? • How can I plan and prepare simple, healthy meals safely? • How can I look after my teeth and why is it important? • Who is responsible for my lifestyle choices and how are these choices influenced? 	<p>How does physical activity help me & what might be the risks of not engaging in it?</p> <ul style="list-style-type: none"> • What could characterise a balanced or unbalanced diet and what are the associated benefits and risks? • What are the different aspects of a healthy lifestyle and how could I become healthier? • What are the factors influencing me when I'm making lifestyle choices and how might these change over time? • What might be the signs of physical illness and how might I respond? • What are the benefits and risks of spending time online/on electronic devices, in terms of my physical and mental health? • Why are online apps and games age restricted?
<p>Managing Risk</p> <p>British Values Rule of law Individual liberty</p>		<ul style="list-style-type: none"> • What are risky situations and how might I feel? • What is my name, address and phone number and when might I need to give them? • What is an emergency and who can help? • What makes a place or activity safe for me? • What are the benefits and risks for me when walking near the road, and how can I stay safer? • What are the benefits and risks for me in the sun and how can I stay safer? • What do I enjoy when I'm near water and how can I stay safer? • What are the risks for me if I am lost and how can I get help? • How can I help to stop simple accidents from happening and how can I help if there is an accident? 	<p>How do I feel in risky situations and how might my body react?</p> <ul style="list-style-type: none"> • Can I make decisions in risky situations and might my friends affect these decisions? • When might I meet adults I don't know & how can I respond safely? • What actions could I take in an emergency or accident and how can I call the emergency services? • What are the benefits of using the roads and being near water and how can I reduce the risks? • How is fire risky and how can I reduce the risks? • How do I keep myself safe during activities and visits? • How can I stop accidents happening at home and when I'm out? 	<p>When might it be good for my mental health for me to take a risk?</p> <ul style="list-style-type: none"> • What are the possible benefits and consequences of taking physical, emotional and social risks? • When am I responsible for my own safety as I get older and how can I keep others safer? • How can I safely get the attention of a known or unknown adult in an emergency? • Can I carry out basic first aid in common situations, including head injuries? • What are the benefits of cycling and walking on my own and how can I stay safer? • How can being outside support my wellbeing & how do I keep myself safe in the sun? • What are the benefits of using public transport and how can I stay safe near railways? • How can I prevent accidents at school and at home, now that I can take more responsibility?
<p>Drug Education</p> <p>British Values Rule of law Individual liberty</p>		<ul style="list-style-type: none"> • Which substances might enter our bodies, how do they get there and what do they do? • What are medicines and why and when do some people use them? • When and why do people have an injection from a doctor or a nurse? • Who is in charge of what medicine I take? 	<p>What medical & legal drugs do I know about, and what are their effects?</p> <ul style="list-style-type: none"> • Who uses and misuses legal drugs? • Why do some people need medicine and who prescribes it? 	<p>What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them?</p> <ul style="list-style-type: none"> • How does drug use affect the way a body or brain works? • How do medicines help people with different illnesses?

		<ul style="list-style-type: none"> • What different things can help me feel better if I feel poorly? • How can I keep safe with medicines and substances at home and at school? • What is persuasion and how does it feel to be persuaded? 		<ul style="list-style-type: none"> • What are immunisations and have I had any? • What are the safety rules for storing medicine and other risky substances? • What should I do if I find something risky, like a syringe? • What do I understand about how friends and the media persuade and influence me? 	<ul style="list-style-type: none"> • What immunisations have I had or may I have in future and how do they keep me healthy? • What is drug misuse? • What are some of the laws about drugs? • How can I assess risk, recognise peer influence & respond assertively? • When and how should I check information about drugs? 		
<p>Relationship and Sex Education</p> <p>British Values Rule of law Individual liberty Mutual respect and tolerance for other faiths and beliefs</p> <p>Protected Characteristics Gender Marriage/ civil partnership Sex</p>	<ul style="list-style-type: none"> • What does my body look like? • How has my body changed as it has grown? • What can my body do? • What differences and similarities are there between our bodies? • How can I look after my body and keep it clean? • How am I learning to take care of myself and what do I still need help with? • Who are the members of my family and trusted people who look after me? • How do I feel about growing up? 	<ul style="list-style-type: none"> • What are the names of the main parts of the body? • What can my amazing body do? • When am I in charge of my actions and my body? • How can I keep my body clean? • How can I avoid spreading common illnesses and diseases? 	<p>How do babies change and grow?</p> <ul style="list-style-type: none"> • How have I changed since I was a baby? • What's growing in that bump? • What do babies and children need from their families? • Which stable, caring relationships are at the heart of families I know? • What are my responsibilities now I'm growing up? 	<ul style="list-style-type: none"> • How are male and female bodies different and what are the different parts called? • When do we talk about our bodies, how they change, and who do we talk to? • What can my body do and how is it special? • Why is it important to keep myself clean? • What can I do for myself to stay clean and how will this change in the future? • How do different illnesses and diseases spread and what can I do to prevent this? 	<p>What are the main stages of the human life cycle?</p> <ul style="list-style-type: none"> • How did I begin? • What does it mean to be 'grown up'? • What am I responsible for now and how will this change? • How do different caring, stable, adult relationships create a secure environment for children to grow up? 	<ul style="list-style-type: none"> • What are male and female sexual parts called and what are their functions? • How can I talk about bodies confidently and appropriately? • What happens to different bodies at puberty? • What might influence my view of my body? • How can I keep my growing and changing body clean? • How can I reduce the spread of viruses and bacteria? 	<p>What are different ways babies are conceived and born?</p> <ul style="list-style-type: none"> • What effect might puberty have on people's feelings and emotions? • How can my words or actions affect how others feel, and what are my responsibilities? • What should adults think about before they have children? • Why might people get married or become civil partners? • What are different families like?
<p>Financial Capability</p> <p>British Values Individual liberty Rule of law</p>		<p>Where does money come from and where does it go when we 'use' it?</p> <ul style="list-style-type: none"> • How might I get money and what can I do with it? • How do we pay for things? • What does it mean to have more or less money than you need? • How do I feel about money? • How do my choices affect me, my family, others? • What is a charity? 		<p>What different ways are there to earn and spend money?</p> <ul style="list-style-type: none"> • What do saving, spending and budgeting mean to me? • How can I decide what to spend my money on and choose the best way to pay? • What might my family have to spend money on? • What is 'value for money'? • How do my feelings about money change? • How do my choices affect my family, the community, the world and me? 	<p>What different ways are there to gain money?</p> <ul style="list-style-type: none"> • What sort of things do adults need to pay for? • How can I afford the things I want or need? • How can I make sure I get 'value for money'? • Why don't people get all the money they earn? • How is money used to benefit the community or the wider world? • What is poverty? 		