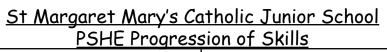




Skill	Year 3	Year 4	Year 5	Year 6
	By the end of KS1: Children will understand healthy lifestyles,celebrate their strengths, feelings, how we grow old, refollow rules. To understand different emotions. To recognise right and wrong.			
Health and wellbeing	linked to topic "Be yourself" in relationships	Think Positive - understands what mental health and happiness is. Creates happiness poems and understands the science of happiness - can describe positive and negative emotions that they have. Can sort and understand the differences. Creates positive thoughts - understands the inevitability of change and the emotions that this can cause - both positively and negatively. Works through ways to cope with change - uses mindfulness techniques shown - understands and recognises worry,		Think Positive develops a knowledge of the cognitive triangle showing how thoughts, feelings and behaviours are all linked. Learn how to control behaviours trying to turn negative into positive. - understands the impact of thinking positively. Look at ways to deal with negativity, ways to become positive. Is exposed to positive affirmations look at decisions that children have to make. Learn the importance of informed choices. Analyses how to make decision is exposed to the purpose of mindfulness, what it is and how to use it in life. Practices techniques - understands the terms growth mindset and fixed mindset and the positive values of having a growth mindset - creates a challenge and showcases ways to meet the







		grief and anger and how to deal with these. - understands the importance of a healthy body in well-being - recognising illness, the importance of sleep and hygiene to feel well. - understands what to do if they feel ill or have problems with their body such as with sight, weight loss (clothes feeling slack etc) - creates a positivity poster and presentation to showcase in a circle		challenge so that it is successfully completed using learning from the unit
Relationships	We Are a Team - understands new beginnings and talks about the feelings changes bring. Discussed feelings - learns how to work cooperatively with others - role plays this	time to all VIPs - Recognises that others as well as themselves have feelings in life. Knows how to make friends and how to keep them. demonstrates	Let's work together -discusses how our actions affect us making new relationships. Creates attributes for what makes a good team -recognises that people have different opinions and how we can agree and disagree with respect and courtesy. Discusses	







- understands the importance of teamwork practices team work games
- pays attention to others - understands the term considerate and learns how to read emotions. Plays games to identify emotions
- works on understanding what conflict and disputes can be, what it can mean and how to overcome it with compromises

Be Yourself

- Reflects upon own achievements and sets goals and aspirations
- Identifies feelings and learns what causes positive and negative feelings. Shows understanding of different facial expressions

- friendship qualities they have
- plans for how to be an effective friend knowing skills and qualities this needs
- recognises unhealthy relationships and how to combat these
- identifies and describes who their support networks are and why on a sheet
- demonstrates strategies to resolve conflicts through role play
- learns what bullying is and how it is different to teasing.
 Decides which scenarios are bullying
- creates a poster to demonstrate how to treat others. understands what bullying is and what to do if someone is being bullied

statements with respect and shares positive statements.

- develops understanding of the importance of collaborative working. Discusses scenarios
- Continuing the same lesson (merging 2)Discusses compromise. Works in groups to identify problems with scenarios -develops skills to care for others working in small groups to identify how to be sensitive creates a news-story to be live on television telling others in pairs how to work as a team. Watches ideas on bbc/sky news for ideas

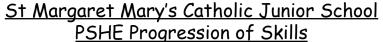






		PSHE Progres	SION OF SKIIIS	Y
	- Learns ways to cope with uncomfortable feelings and emotions - Learns to manage peer pressure and how to be assertive - Knows it's okay to make mistakes and suggests and learns way to make amends - Creates a feelings poster identifying different emotions learned in the unit. Internet safety - covered in spring term ICT lessons - who to share information with online			
Living in the wider world	Money - understands where money comes from - knows that there are a range of jobs that require a range of skills Understands the need to budget - knows that there are responsibilities	Respecting Rights -knows what human rights are and understands that all people share the same rights -knows the purpose of rules and how they help us to live in society. Creates rules to link to children's human rights -understands that human rights also have	Aiming High -reflects on their achievements and learns what type of learner they are sorts statements into positives and negatives. Shares their own successes and barriers and creates a motivation poster to keep going - explores opportunities available now. explores why it is important to seize these and discovers why.	Safety first - children will identify safe and unsafe situations, work on consequences of wrong decisions and learn that now is the time for them to take responsibility for actions - explore risky situations, identify the risk. Acknowledge what can be done to get out of risky situations







- involved with managing money
- knows and learns that there are different ways to pay for items that we buy and how we can buy different items.
- Presents

 understanding of
 money to others using
 correct vocabulary.
- understands that different jobs pay different amounts of money

Internet safety - covered in summer ICT lessons - safe searching on the internet responsibilities and can define the differences creates rules and a banner

-learns how to develop empathy to others - uses caring sharing circles effectively -understands what a stereotype is and how it is wrong to stereotype and discriminate against people -demonstrates understanding in a final circle time - caring and sharing. Children create a display to share in the circle of their own pledges that they will make to be a respectful, responsible citizen of the world they have and a responsibility.

Internet Safety- children to explore this is computing Spring Term 1 ICT lessons -fake news - understanding that the media can give false news.

Chooses own personal opportunities to look out for Makes a promise to themselves about a new opportunity to seize -learns what equal opportunities are

- -explores negative stereotypes of men and women. Creates their "dream job"
- -explores attributes people want from employees. Matches these to jobs
- creates steps to success individually to consolidate learning to achieve what you want in the world link to dream job and to explain this to a partner. Revisit from year 3 that jobs are paid differently.

<u>Britain</u>

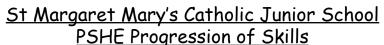
-learns that Britain is a diverse society built on democracy, Learns about the diversity. Creates respect poster -recaps on prior learning about community. Learn what community spirit is. Comments on images of it in action

- understands what peer pressure is. Learns why it is important to resist it. Creates a poster to work against it.
- knows what to do in an emergency and how to get help.
- knows basic first aid for head injuries and when to ascertian if a head injury is major or minor
- Discusses what to do in various emergencies by dialling 999 and what to say
- can talk about everyday risks in the home and outside the home and how to avoid them as best as possible.
- children will learn how to stay safe online - what to do and what not to do regarding privacy
- learns about social media age restrictions. Learns that unkind things can happen on the internet.

-Respecting Rights

- understands the declaration of human rights and the history behind it. Learns what human rights are and considers those that children have and what are pertinent to them







- learns about the importance of law to society. imagines life without law and discusses why we need law. - learns about the importance of law to society. imagines life creates a slogan to recognise that not all people's hold and	
- learns about what the government does, researches and presents to the class findings - discovers the purposes of charities and how they help. explores different charities and records - creates a charity and explains purpose Internet safety links - covered in ICT lessons - autumn term - being a you-tuber and the online safety issues and implications. Internet Safety links - covered in ICT lessons dimplications. Internet Safety links - covered in ICT lessons for autumn term - being a you-tuber and the online safety issues and implications. Internet Safety links - covered in ICT lessons for what they would like to in the world researches a human right's active interest to them and presents the information to others Internet Safety links Online Safety Dilemmas Covered in ICT lessons - Autumn The children will become online sa ambassadors. They will be given modern day dilemmas. Dilemmas to children face every day online and asked to produce a series of "whe	cognise this all people's human world and ay be the case which they 's rights and aces should occur which we can quences if we ays in which they ect the rights of w history has e rights to is and sets a would like to see right's activist of presents the nas s - Autumn Term me online safety ll be given Dilemmas that ay online and

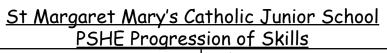


St Margaret Mary's Catholic Junior School PSHE Progression of Skills



			ession of Okins	do" videos to explain how to cope
				online.
Vocabulary	<u>Relationships</u>	Health and Wellbeing	<u>Relationships</u>	Health and Wellbeing
	Team work	change	team	cognitive triangle
	change	mindfulness	teamwork	thoughts
	Conflict	challenge	citizen	feelings
	resilience	emotions	togetherness	behaviours
	Resolution	positive	collaborative	avoid
	Empathy	negative	compromise	negative
	Responsibility	attitude	respect	positive
	rules	happiness	consequences	facts
	considerate	helpful	responsibility	affirmation
	facial expression	unhelpful	sensitive	growth mindset
	body language	cope	courtesy	fixed mindset
	, , ,	relax	opinions	challenge
	<u>Feelings</u>	anger	communication	difficulty
	Actions	grief		mindfulness
	Similarities	worry	Living in the wider world	decision
	Differences		opportunity	informed choice
	Bullying	<u>Relationships</u>	barrier	
	Amends	Feelings	positivity	living in the wider world
	Goals	friends/friendships	ambition	emergency
	Aspirations	positive	qualifications	online safety
	Peer pressure	relatives	gender	internet
	Emotions	family	stereotype	cyberbullying
	pride	acquaintances	challenge	responsible
	proud	negative	goal	consequence
	worried	maintain	enterprise	unsafe
	cross	conflict	motivation	bullying
	nervous	resolve	inspiration	brave
	excited	support network	equality	accountable
	scared	respect	visual	mature







comfortable	decisions	auditory	independent
uncomfortable	choices	kinesthetic	privacy
assertive	alternatives	motivation	actions
	bullying	perseverance	risk
Living in the wider world	teasing	diverse	danger
Money	common interests	democracy	hazard
Budget	discrimination	respect	diverse
Managing	conflict	community	respect
Credit card	right	law	rights
Debt	responsibility	consequence	democracy
Earn	democracy	anti-social behaviour	rules
job	diverse	society	responsibility
debit card	respect	human rights	discriminate
bank	prime minister	government	prejudice
cheque	responsibility	charity	universal
	pledge		emotional health
	stereotype		mental health
	prejudice		wellbeing