

# Grange View C of E First School

## PSHE Skills Progression

	EYFS	Year 1	Year 2	Year 3	Year 4
<b>SRE</b>	<p>Children can understand who is in their family.</p> <p>They understand what a good friend does.</p> <p>They understand how to be a good friend.</p>	<p>Children understand that all families are unique and special.</p> <p>Children understand how they are cared for.</p> <p>Children understand how to be polite and respectful.</p>	<p>Children understand that all families are unique and special.</p> <p>Children understand and respect the differences and similarities between people.</p> <p>Children can name body parts.</p> <p>Children understand that there are male and female animals and their role in life cycles.</p> <p>Children learn about growing from young to old.</p>	<p>Children understand that all families are unique and special.</p> <p>They learn about features of family life.</p> <p>Children learn about respectful behaviour and personal boundaries.</p>	<p>Children learn about how humans grow and change.</p> <p>Children learn about the biological differences between males and females.</p> <p>Children learn about physical changes in puberty including menstruation and wet dreams. They learn about physical hygiene. They learn about emotional changes associated with puberty. They learn to seek advice when needed.</p>
<b>Drug, alcohol and tobacco education (DATE)</b>		<p>Children learn about what can go into bodies and how it can make people feel</p>	<p>Children learn why medicines are taken</p> <p>Children learn where medicines come from</p> <p>Children learn about keeping themselves safe around medicines</p>	<p>Children learn the definition of a drug and that drugs (including medicines) can be harmful to people</p> <p>Children learn about the effects and risks of smoking tobacco and second hand smoke</p> <p>Children learn about the help available for people to remain smoke free or stop smoking</p>	<p>Children learn that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them. They learn about patterns of behaviour linked to drug use.</p> <p>Children learn about the effects and risks of drinking alcohol</p> <p>Children learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</p>
<b>Keeping safe and managing risk</b>	<p>Children learn how to keep themselves safe</p>	<p>Children understand about safety in familiar places.</p> <p>Children learn about personal safety.</p> <p>Children know who keep them safe outside and at home.</p> <p>Children understand rules that keep them safe.</p> <p>Children learn basic first aid.</p>	<p>Children understand how to keep safe in their home, including fire safety.</p> <p>Children understand how to keep safe outside.</p> <p>Children understand road safety.</p> <p>Children understand emergencies and who can help them.</p> <p>Children learn basic first aid.</p>	<p>Children understand what bullying is. They understand the different types of bullying and what to do if they see bullying.</p> <p>Children understand risks and hazards in the local environment and unfamiliar places</p> <p>Children learn basic first aid.</p>	<p>Children understand about staying safe around roads, rails, water, building sites and fireworks.</p> <p>Children understand what to do in an emergency and who can help them.</p> <p>Children learn basic first aid.</p>

Mental health and wellbeing	Children learn about how to keep themselves healthy.	<p>Children understand about different types of feelings and how to manage them.</p> <p>Children learn about change or loss and how it can feel.</p>	Children understand friendship and who can help friendships. They learn how to solve problems that can arise in friendships.	<p>Children learn about celebrating achievements and setting personal goals</p> <p>Children learn about dealing with put-downs. They learn about positive ways to deal with set-backs.</p> <p>Children understand what affects feelings and how to express feelings.</p>	Children understand emotional changes with puberty.
Physical health and wellbeing	Children learn about how to keep themselves healthy.	<p>Children understand that food is associated with special times, in different cultures</p> <p>Children understand the importance of sun-safety.</p> <p>Children understand how to keep healthy with food, exercise and hygiene.</p>	<p>Children learn about eating well.</p> <p>Children understand the importance of physical activity, sleep and rest.</p> <p>Children understand how to keep healthy with food, exercise and hygiene.</p>	<p>Children understand what healthy choices for food and drinks are.</p> <p>Children understand how branding can affect what people buy.</p> <p>Children understand about keeping active and some challenges of this.</p>	<p>Children understand why people may eat or avoid certain foods (religious, moral, cultural or health reasons)</p> <p>Children understand other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality)</p> <p>Children understand how to maintain a balanced lifestyle; oral hygiene and dental care; getting enough sleep</p>
Careers, financial capability and economic wellbeing	Children understand different occupations.	<p>Children understand where money comes from and making choices when spending money.</p> <p>Children understand how to save money and keep it safe.</p> <p>Children understand about different jobs.</p>	<p>Children understand how to look after money.</p> <p>Children understand the difference between needs and wants.</p>	<p>Children understand why people spend and save money.</p> <p>Children understand how people keep track of their money.</p> <p>Children understand the world of work.</p>	Children understand what decisions people make about money and keeping money safe.

Identity, society and equality	<p>Children understand there are different jobs and skills; job stereotypes and setting personal goals.</p>	<p>Children understand what makes themselves and others special.</p> <p>Children understand roles and responsibilities at home and school.</p> <p>Children understand being cooperative with others.</p> <p>Children understand we need to care for our environment.</p>	<p>Children understand what it is like to belong to a group.</p> <p>Children understand roles and responsibilities at home, school and in the community.</p>	<p>Children understand valuing the similarities and differences between themselves and others.</p> <p>Children understand what is meant by community.</p> <p>Children understand belonging to groups.</p> <p>Children understand the value of rules and laws; rights, freedoms and responsibilities.</p>	<p>Children understand that Britain is a democratic society.</p> <p>Children understand how laws are made.</p> <p>Children understand the local council.</p>
Online safety	<p>Children learn about basic online safety.</p>	<p>Children learn about basic online safety and communicating safely online.</p>	<p>Children learn about online safety and communicating safely online.</p>	<p>Children learn about online safety and assessing online information.</p>	<p>Children learn about online safety and assessing online information.</p> <p>Children learn how online data is shared.</p>