



Progression of Skills

PSHE & Jigsaw

PSHE- Jigsaw Progression of Skills Overview Map – Key skills – Social and emotional skills Taught knowledge

TERM	1	2,3 or 4	2, 3 or 4	2, 3 or 4	5	6
Unit/Puzzle	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
EYFS	<p>I can identify feelings associated with belonging</p> <p>I can develop skills to play co-operatively with others</p> <p>I can consider others' feelings</p> <p>Know that they have a right to learn and play safely and happily</p> <p>Know that some people are different from themselves</p> <p>Know that hands can be used kindly and unkindly.</p>	<p>I can recognise when I or someone else is upset, angry or frightened.</p> <p>I can use skills to make a friend.</p> <p>I can identify some ways I can be different and the same as others.</p> <p>I can identify and use skills to stand up for myself.</p> <p>Know what being unique means.</p> <p>Know the names of some emotions such as happy, sad, frightened and angry.</p> <p>Know why having friends is important.</p>	<p>I can understand that changes can be difficult.</p> <p>I can demonstrate resilience.</p> <p>I can recognise some of the feelings linked to perseverance.</p> <p>I can recognise how kind words can encourage people.</p> <p>Know what a challenge is.</p> <p>Know that it is important to keep trying.</p> <p>Know what a goal is.</p>	<p>I can explain what I need to do to stay healthy</p> <p>I can recognise how exercise make me feel</p> <p>I can give examples of healthy food</p> <p>I can explain what to so if a stranger approaches them.</p> <p>Know what the word healthy means</p> <p>Know some things that they need to do to keep healthy</p> <p>Know the names for some parts of their body.</p> <p>Know when and how to wash their hands properly</p>	<p>I can identify what jobs I do in my family home and jobs that are carried out by my parents/siblings/carers.</p> <p>I can suggest ways to make a friend or help someone who is lonely.</p> <p>Know what a family is</p> <p>Know some of the characteristics of healthy and safe friendships</p> <p>Know some ways to mend a friendship</p> <p>Know that unkind words can never be taken back and they hurt.</p>	<p>I can recognise that changing class can make me feel both happy and sad.</p> <p>I can say how I feel about changing class and growing up.</p> <p>I can identify how I have changed from a baby.</p> <p>Know the names and functions of some parts of the body.</p> <p>Know that we grow from baby to adult.</p> <p>Know who to talk to if they are feeling worried.</p>

		Know that they don't have to be 'the same as' to be a friend.		Know how to say no to strangers.		
Year 1	<p>I can identify helpful behaviours to make the class a safe place.</p> <p>I can understand that I am safe in my class.</p> <p>I can understand that I have choices.</p> <p>Understand their own rights and responsibilities within their classroom.</p> <p>Understand that their choices have consequences.</p> <p>Understand that their views are important.</p>	<p>I can identify what bullying is and what isn't.</p> <p>I can understand how being bullied might feel.</p> <p>I can tell some ways in which I am the same as my friends and way I am different to them.</p> <p>Know what bullying means.</p> <p>Know who to tell if they or someone else is being bullied or is feeling unhappy.</p> <p>Know that people are unique that it is okay to be different.</p>	<p>I can recognise things that I do well.</p> <p>I can explain how I learn best.</p> <p>I can recognise my own feelings when I am faced with a challenge or obstacle.</p> <p>I can recognise how I feel when I overcome a challenge or obstacle.</p> <p>Know how to set simple goals.</p> <p>Know how to achieve a goal.</p> <p>Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them.</p>	<p>I can keep myself safe.</p> <p>I can recognise how being healthy helps me feel happy</p> <p>I can tell you ways to look after myself if I feel poorly</p> <p>I can recognise when they feel frightened and know how to ask for help</p> <p>Know the difference between being healthy and unhealthy</p> <p>Know how to make healthy lifestyle choices.</p> <p>Know that all household products,</p>	<p>I can express how it feels to be part of a family and to care for family members.</p> <p>I can say what being a good friend means.</p> <p>I can identify forms of physical contact that I prefer.</p> <p>I can say 'no' if I receive a touch I don't like.</p> <p>Know that everyone's family is different</p> <p>Know that families are founded on belonging, love and care.</p> <p>Know that physical contact can be used as a greeting</p> <p>Know how to make a friend.</p>	<p>I can understand and accept that change is a natural part of getting older.</p> <p>I can suggest ways to manage change.</p> <p>I can identify some things that have changed and some things that have stayed the same since being a baby.</p> <p>Know the names of female and male private body parts.</p> <p>Know that there are correct names for private body parts and nicknames and when to use them.</p> <p>Know which parts of the body are private and that</p>

			<p>Know when a goal is achieved.</p>	<p>including medicines can be harmful if not used properly.</p> <p>Know how to keep safe when crossing the road.</p>	<p>Know who to ask for help in the school community.</p>	<p>they belong to the person and that nobody has the right to hurt these.</p> <p>Know who to ask for help if they are worried or frightened.</p>
Year 2	<p>I can make my class a safe and fair place.</p> <p>I can show good listening skills</p> <p>I can work co-operatively.</p> <p>Understand the rights and responsibilities of class members.</p> <p>Know about rewards and consequences and that these stem from choices.</p> <p>Know that it is important to listen to other people.</p> <p>Understand that</p>	<p>I can explain how being bullied can make someone feel.</p> <p>I know how to stand up for myself when I need to.</p> <p>I can explain how everyone's differences make them special and unique.</p> <p>Know the difference between a one-off incident and bullying.</p> <p>Know that sometimes people get bullied because of</p>	<p>I can recognise how working with others can be helpful.</p> <p>I can work effectively with a partner.</p> <p>I can choose a partner with whom I work well</p> <p>I can work as part of a group.</p> <p>Know how to choose a realistic goal and think about how to achieve it.</p> <p>Know that it is important to persevere.</p>	<p>I can express positive feelings about caring for my body and keeping it healthy.</p> <p>I can tell what it means to have a healthy relationship with food.</p> <p>I can show desire to make healthy lifestyle choices.</p> <p>Know what their body needs to stay healthy.</p> <p>Know what relaxed means.</p> <p>Know why healthy snacks are good</p>	<p>I can recognise and talk about types of physical contact that are acceptable or unacceptable.</p> <p>I can identify negative feelings associated with keeping a worry secret.</p> <p>I can identify who I trust in my relationships.</p> <p>Know that there are lots of forms of physical contact within a family.</p> <p>Know how to say stop if someone is hurting them.</p> <p>Know that there are</p>	<p>I can say who I would go to for help if I am scared or worried.</p> <p>I can say what types of touch I find uncomfortable/ Comfortable.</p> <p>I can confidently ask someone to stop if I am feeling frightened or being hurt.</p> <p>Know the physical differences between male and female bodies.</p> <p>Know that private body parts are special and that on one has the right to hurt these.</p>

	<p>their own view is valuable.</p>	<p>difference.</p> <p>Know that friends can be different and still be friends.</p>	<p>Know how to recognise what working together well looks like.</p>	<p>for their bodies.</p> <p>Know which foods give their bodies energy.</p>	<p>good secrets and worry secrets and why it is important to share worry secrets</p> <p>Know what trust is</p>	<p>Know that there are different types of touch and that some are acceptable and some are unacceptable.</p>
Year 3	<p>I can make other people feel valued.</p> <p>I can develop compassion and empathy for others.</p> <p>I can work collaboratively.</p> <p>Know that the school has a shared set of values.</p> <p>Know why rules are needed and how these related to choices and consequences.</p> <p>Know that actions can affect others' feelings</p> <p>Know that others many hold</p>	<p>I can use the 'solve it together' technique to calm and resolve conflicts with friends and family.</p> <p>I can 'problem-solve' a bullying situation and use support if necessary.</p> <p>I can show appreciation to my family, parents and carers.</p> <p>Know what it means to be a witness to bullying and that a witness can make the situation worse or between by what they do.</p>	<p>I can break down a goal into small steps.</p> <p>I can manage feelings of frustration linked to facing obstacles.</p> <p>I can imagine how I will feel when I achieve my dream or ambition.</p> <p>Know that they are responsible for their own learning.</p> <p>Know what an obstacle is and how they can hinder achievement.</p> <p>Know how to take steps to overcome obstacles.</p>	<p>I can appreciate what my body can do.</p> <p>I can take responsibility for keeping myself and others safe</p> <p>I can identify how I feel about drugs</p> <p>I can express how being anxious or scared feels.</p> <p>Know how exercise affects their bodies.</p> <p>Know that there are different types of drugs.</p> <p>Know that there are things, places and people that can be dangerous.</p>	<p>I can give examples of where to get help if I am concerned about anything on social media or the internet.</p> <p>I can identify my own needs and wants and know how these are similar or different to other children in school and the global community.</p> <p>Know that different family members carry out different roles or have different responsibilities within the family.</p> <p>Know some of the skills of friendship,e.g. taking turns, being a good listener.</p> <p>Know some strategies</p>	<p>I can express how I feel about puberty.</p> <p>I can say who I can talk to about puberty if I have any worries.</p> <p>I can suggest ways to manage feelings during changes I am anxious about.</p> <p>I can identify stereotypical family roles and challenge these ideas.</p> <p>Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults.</p>

	different views.	<p>Know that conflict is a normal part of relationships.</p> <p>Know that some words are used in hurtful ways and that this can have consequences.</p>	<p>Know what dreams and ambitions are important to them.</p>	<p>Know when something feels safe or unsafe.</p>	<p>for keeping themselves safe online.</p> <p>Know that they and all children have rights.</p>	<p>Know some of the outside body changes that happen during puberty.</p> <p>Know some of the changes on the inside that happen during puberty.</p>
Year 4	<p>I can identify feelings associated with being included or excluded.</p> <p>I can take on a role in a group discussion/task and contribute to the overall outcome.</p> <p>I can tell how to regulate my emotions.</p> <p>Know their place in the school community</p> <p>Know what democracy is (applied to pupil voice/school council in school)</p>	<p>I can feel comfortable with the way I look.</p> <p>I can try to accept other people for who they are.</p> <p>I can be non-judgemental about others who are different.</p> <p>Know that some forms of bullying are harder to identity e.g. tactical ignoring, cyber-bullying.</p> <p>Know the reasons why witnesses sometimes join in with bullying and don't tell anyone.</p>	<p>I can demonstrate a positive attitude.</p> <p>I can identify the feeling of disappointment.</p> <p>I can cope with the feeling of disappointment.</p> <p>I can identify what resilience is.</p> <p>Know how to make a new plan and set new goals even if they have been disappointed.</p> <p>Know how to work as part of a successful group.</p> <p>Know how to</p>	<p>I can identify how I feel about my friends and friendship groups.</p> <p>I can recognise negative feelings in peer pressure situations.</p> <p>I can identify the feelings of anxiety and fear associated with peer pressure.</p> <p>Know that there are leaders and followers in groups.</p> <p>Know the facts about smoking and its effects on health.</p>	<p>I can identify the feelings and emotions that accompany loss.</p> <p>I can suggest strategies for managing loss.</p> <p>I can suggest ways to manage relationship changes including how to negotiate.</p> <p>Know some reasons why people feel jealous</p> <p>Know that loss is a normal part of relationships</p> <p>Know that negative feelings are a normal part of loss.</p>	<p>I can appreciate my own uniqueness and that of others.</p> <p>I can express any concerns I have about puberty.</p> <p>I have strategies for managing emotions relating to change.</p> <p>Know that personal characteristics are inherited from birth parents and that this is brought about by an ovum joining with a sperm.</p> <p>Know that babies are made by a</p>

	<p>Know how groups work together to reach a consensus.</p> <p>Know that having a democracy benefits the school community.</p>	<p>Know that sometimes people make assumptions about a person because of the way they look or act.</p>	<p>share in the success of a group.</p> <p>Know that hopes and dreams don't always come true.</p>	<p>Know the facts about alcohol and its effects on health, particularly the liver.</p> <p>Know ways to resist when people are putting pressure on them.</p> <p>Know what they think is right and wrong.</p>	<p>Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe</p>	<p>sperm joining with an ovum.</p> <p>Know the names of the different internal and external parts that are needed to make a baby.</p> <p>Know how the female and male body change at puberty.</p> <p>Know that change can be about a range of different emotions.</p>
Year 5	<p>I can understand empathy for people whose lives are different from my own,</p> <p>I can consider my own actions and the effect they have on myself and others.</p> <p>I can work as part of a group, listening and contributing effectively.</p>	<p>I can appreciate the value of happiness regardless of material wealth.</p> <p>I can identify my own culture and different cultures within my class and community.</p> <p>I can identify my own attitude about people from different faith and cultural backgrounds.</p>	<p>I can talk about what I would like my life to be like when I grow up.</p> <p>I can appreciate the contributions made by people in different jobs.</p> <p>I can reflect on the differences between my own learning goals and those of someone from a different culture.</p>	<p>I can respect and value my body.</p> <p>I can reflect on my own body image and know how important it is that this is positive.</p> <p>I can recognise strategies for resisting pressure.</p> <p>I can identify ways to keep calm in an emergency.</p> <p>Know basic</p>	<p>I can identify when an online community/social media group feels risky, uncomfortable or unsafe.</p> <p>I can say how to report unsafe online/social network activity.</p> <p>I can identify when an online game is safe or unsafe.</p> <p>I can suggest strategies for managing unhelpful</p>	<p>I can celebrate what I like about my self-image and body-image.</p> <p>I can suggest ways to boost self-esteem and the esteem of others.</p> <p>I can recognise that puberty is a natural process that happens to everybody</p> <p>I can ask questions about</p>

	<p>Understand how democracy and having a voice benefits the school community.</p> <p>Understand how to contribute towards the democratic process.</p> <p>Understand rights and responsibilities associated with being a citizen in the wider community and their country.</p>	<p>I can develop respect for cultures different from my own.</p> <p>Know external forms of support in regard to bullying e.g. Childline.</p> <p>Know that bullying can be direct and indirect.</p> <p>Know what racism is and why it is unacceptable.</p> <p>Know what culture means.</p>	<p>I can appreciate the difference between myself and someone from a different culture.</p> <p>Know about a range of jobs that are carried out by people I know.</p> <p>Know the types of job they might like to do when they are older.</p> <p>Know that young people from different cultures may have different dreams and goals.</p>	<p>emergency procedures, including the recovery position.</p> <p>Know how to get help in emergency situations.</p> <p>Know that the media, social media and celebrity culture promotes certain body types.</p> <p>Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body images pressure</p>	<p>pressures online or in social networks.</p> <p>Know that there are rights and responsibilities in an online community or social network.</p> <p>Know that there are rights and responsibilities when playing a game online.</p> <p>Know that too much screen time isn't healthy.</p> <p>Know how to stay safe when using technology to communicate with friends.</p>	<p>puberty to seek clarification.</p> <p>Know how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally.</p> <p>Know that becoming a teenager involves various changes and also brings growing responsibility.</p>
Year 6	<p>I can tell my own wants and needs.</p> <p>I can compare my life with the lives of those less fortunate.</p> <p>I can demonstrate empathy and understanding</p>	<p>I can empathise with people who are different and am aware of my own feelings towards them.</p> <p>I can identify feelings associated with being excluded.</p>	<p>I can understand why it is important to stretch the boundaries of my learning.</p> <p>I can give praise and compliments to other people when I recognise</p>	<p>I can express motivation to care for my own physical and emotional health.</p> <p>I can suggest strategies that someone could use to avoid being pressured.</p>	<p>I can recognise that people can get problems with their mental health and that it is nothing to be ashamed of.</p> <p>I can resist pressure to do something online that might hurt myself or others.</p>	<p>I can recognise ways that I can develop my self-esteem.</p> <p>I can express how I feel about changes that will happen to me during puberty.</p>

	<p>towards others.</p> <p>I can demonstrate attributes of a positive role-model.</p> <p>Know about children's universal rights (United Nations Convention on the Rights of the Child)</p> <p>Know about the lives of children in other parts of the world.</p> <p>Know that personal choices can affect others locally and globally.</p>	<p>I can recognise when someone is exerting power negatively in a relationship.</p> <p>I can vocalise my thoughts and feelings about prejudice and discrimination and why it happens.</p> <p>Know that people can hold power over others individually or in a group.</p> <p>Know that power can play a part in bullying or conflict situations.</p> <p>Know that there are different perceptions of 'being normal' and where these might come from.</p> <p>Know that difference can be a source or celebration as well as conflict.</p>	<p>their achievements.</p> <p>I can empathise with people who are suffering or living in difficult situations.</p> <p>Know they own learning strengths.</p> <p>Know what their classmates like and admire about them.</p> <p>Know a variety of problems the world is facing.</p> <p>Know some ways in which they could work with others to make the world a better place.</p>	<p>I can use different strategies to manage stress and pressure.</p> <p>Know how to take responsibility for their health.</p> <p>Know what it means to be emotionally well.</p> <p>Know how to make choices that benefit their own health and well-being.</p> <p>Know that some people can be exploited and made to do things that ate against the law</p> <p>Know why some people join gangs and the risk that this can involve</p>	<p>I can take responsibility for my own safety and well-being.</p> <p>Know that it is important to take care of their own mental health.</p> <p>Know ways that they can take care of their own mental health.</p> <p>Know the stages of grief and that there are different types of loss that cause people to grieve.</p>	<p>I can understand that mutual respect is essential in a relationship and I shouldn't feel pressured into doing something I don't want to.</p> <p>Know how a baby develops through the nine months of pregnancy.</p> <p>Know how being physically attracted to someone changes the nature of a relationship.</p> <p>Know the importance of self-esteem and what they can do to develop it.</p>
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