

Progression of Skills in Life Skills at Mile Cross Primary School

Term	Purple – Jigsaw lessons teach approximately 6 lessons per term. Green – RSE Solutions lessons. Teach one lesson per term. This must be taught by a teacher. This is a spiral curriculum, and each year group will build upon the last years groups learning and skills.							
Year	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	Being Me In My World Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Being Me In My World My Feelings Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities Pupils can identify a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings.	Being Me In My World My Feelings Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owing the Learning Charter Pupils are able to communicate about feelings, to recognise how others show feelings and know how to respond.	Being Me In My World My Feelings Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings Pupils can recognise and celebrate their strengths and achievements, and set simple but challenging goals.	Being Me In My World My Feelings Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' Perspectives Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to high self-esteem.	Being Me In My World My Feelings Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour Pupils can recognise and respond to a wide range of emotions in themselves and others, and ways to respond	Being Me In My World My Feelings Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, Participating Pupils can anticipate how their emotions may change as they approach and move through puberty.	Being Me In My World My Feelings Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling Pupils can recognise how images in the media, including online do not always reflect reality, and can affect how people feel about themselves.
	Celebrating Differences	Celebrating Differences My body	Celebrating Differences My body	Celebrating Differences My body	Celebrating Differences My body	Celebrating Differences My body	Celebrating Differences My body	Celebrating Differences My body
	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Identifying talents Being special Families Where we live Making friends Standing up for yourself Pupils know the importance of basic personal hygiene and understand how to maintain basic personal hygiene.	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone Pupils can correctly name the main parts of the body, including external genitalia using scientific terms.	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends Pupils can recognise how they grow and will change as they become older.	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures Pupils can anticipate how their body may change as they approach and move through puberty.	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy Pupils can explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs.

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	Dreams and Goals	Dreams and Goals	Dreams and Goals	Dreams and Goals	Dreams and Goals	Dreams and Goals	Dreams and Goals	Dreams and Goals
	My relationships	My relationships	My relationships	My relationships	My relationships	My relationships	My relationships	My relationships
	<p>Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals</p>	<p>Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals</p> <p>Pupils understand that there are similarities and differences between everyone and can celebrate this.</p>	<p>Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success</p> <p>Pupils understand the importance of listening to other people, to play and work cooperatively including strategies to resolve simple arguments through negotiation.</p>	<p>Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success</p> <p>Pupils can recognise different types of teasing and bullying, understanding that these are wrong and unacceptable.</p>	<p>Difficult challenges and achieving success New challenges Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting</p> <p>Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.</p>	<p>Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p> <p>Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable, and ways to respond.</p>	<p>Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p> <p>Pupils can identify healthy relationships and recognise the skills to manage and maintain healthy relationships.</p>	<p>Personal learning goals, in and out of school Emotions Making a difference in the world Motivation Recognising achievements Compliments</p> <p>Pupils realise the nature and consequences of discrimination, including the use of prejudice based language.</p>
Spring	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me	Healthy Me
	My beliefs	My beliefs	My beliefs	My beliefs	My beliefs	My beliefs	My beliefs	My beliefs
	<p>Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p>	<p>Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p> <p>Pupils can recognise what they like, dislike and feel empowered to make real, informed choices.</p>	<p>Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness</p> <p>Pupils can identify and respect the differences and similarities between people.</p>	<p>Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food</p> <p>Pupils can identify the ways in which people and families are unique, understanding there has never been and will never be another them.</p>	<p>Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices</p> <p>Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy, or one way to be a girl.</p>	<p>Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength</p> <p>Pupils recognise differences and similarities between people arise from a number of factors including family and personal identity.</p>	<p>Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p> <p>Pupils know the correct terms associated with gender identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying.</p>	<p>Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress</p> <p>Pupils know some cultural practices are against British law and universal human rights, including female genital mutilation (FGM).</p>

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	Relationships	Relationships My rights and responsibilities	Relationships My rights and responsibilities	Relationships My rights and responsibilities	Relationships My rights and responsibilities	Relationships My rights and responsibilities	Relationships My rights and responsibilities	Relationships My rights and responsibilities	
Summer	<p>Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p>	<p>Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p> <p>Pupils understand the concept of privacy, including the right to keep things private and the right another person has to privacy.</p>	<p>Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships</p> <p>Pupils understand how some diseases are spread, including the right to be protected from diseases and the responsibility to protect others.</p>	<p>Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p> <p>Pupils can judge what kind of physical contact is acceptable, comfortable, and uncomfortable and how to respond.</p>	<p>Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends</p> <p>Pupils understand the right to protect their body from unwanted touch.</p>	<p>Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and Animals</p> <p>Pupils know marriage is a commitment freely entered into by both people, and that no one should marry if they don't absolutely want to or are not making the decision freely for themselves.</p>	<p>Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules</p> <p>Pupils have strategies for keeping safe online; knowing personal information including images of themselves and others can be shared without their permission.</p>	<p>Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology</p> <p>Pupils have an awareness that infections can be shared during sexual intercourse, and that a condom can help prevent this.</p>	
	<p>Changing Me Asking for help</p>	<p>Changing Me Asking for help</p>	<p>Changing Me Asking for help</p>	<p>Changing Me Asking for help</p>	<p>Changing Me Asking for help</p>	<p>Changing Me Asking for help</p>	<p>Changing Me Asking for help</p>	<p>Changing Me Asking for help</p>	<p>Changing Me Asking for help</p>
	<p>Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p>	<p>Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p> <p>Pupils can identify the special people in their lives, what makes them special and how special people care for one another.</p>	<p>Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition</p> <p>Pupils can identify the people who look after them, who to go to if they are worried and how to attract their attention.</p>	<p>Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition</p> <p>Pupils know the difference between secrets and surprises including the importance of not keeping a secret that makes them feel uncomfortable, worried or afraid.</p>	<p>How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition</p> <p>Pupils can identify the difference between secrets and surprise, knowing when it is right to break confidence and share a secret.</p>	<p>Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change</p> <p>Pupils can recognise when they may need help to manage a situation and have developed the skills to ask for help.</p>	<p>Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition</p> <p>Pupils have considered how to manage accidental exposure to explicit images, and upsetting online material, including who to talk about what they have seen.</p>	<p>Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p> <p>Pupils develop the confidence and skills to know when, who and how to ask for help independently, or with support.</p>	