



## Progression of Skills in Life Skills (PSHE & RSE) at Mile Cross Primary School

<p>Table Key</p>	<p><b>Purple</b> – Jigsaw lessons teach approximately 6 lessons per term  <b>Green</b> – RSE Solutions lessons. Teach one lesson per term. This must be taught by a teacher.</p> <p>This is a spiral curriculum, and each year group will build upon the last years groups learning and skills.</p> <p><b>Autumn – Red</b>  <b>Spring -Green</b>  <b>Summer -Blue</b></p>	
	<b><u>Nursery</u></b>	<b><u>Reception</u></b>
<p><b>Being Me In My World</b></p> <p><b>My Feelings</b></p>	<p>Self-identity          Understanding feelings          Being in a classroom          Being gentle          Rights and responsibilities  <b>Autumn 1</b></p> <p>N/A</p>	<p>Self-identity          Understanding feelings          Being in a classroom          Being gentle          Rights and responsibilities  <b>Autumn 1</b></p> <p>Pupils can identify a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings. <b>Autumn 1- 1 lesson</b></p>
<p><b>Celebrating Differences</b></p> <p><b>My body</b></p>	<p>Identifying talents          Being special Families          Where we live          Making friends          Standing up for yourself  <b>Autumn 2</b></p> <p>N/A</p>	<p>Identifying talents          Being special Families          Where we live          Making friends          Standing up for yourself  <b>Autumn 2</b></p> <p>Pupils know the importance of basic personal hygiene and understand how to maintain basic personal hygiene.  <b>Autumn 2</b></p>

<p><b>Dreams and Goals</b></p> <p><b>My relationships</b></p>	<p>Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals Spring 1 N/A</p>	<p>Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals Spring 1</p> <p>Pupils understand that there are similarities and differences between everyone and can celebrate this. Spring 1</p>
<p><b>Healthy Me</b></p> <p><b>My beliefs</b></p>	<p>Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety Spring 2  N/A</p>	<p>Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety Spring 2</p> <p>Pupils can recognise what they like, dislike and feel empowered to make real, informed choices. Spring 2</p>
<p><b>Relationships</b></p> <p><b>My rights and responsibilities</b></p>	<p>Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend  Summer 1  N/A</p>	<p>Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend  Summer 1</p> <p>Pupils understand the concept of privacy, including the right to keep things private and the right another person has to privacy. Summer 1</p>

<p><b>Changing Me</b></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><b>Asking for help</b></p>	<p>Summer 2</p> <p>N/A</p>	<p>Summer 2</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>Summer 2</p>

	<u>Year 1</u>	<u>Year 2</u>
<p><b>Being Me In My World</b></p> <p><b>My Feelings</b></p>	<p>Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter Autumn 1</p> <p>Pupils are able to communicate about feelings, to recognise how others show feelings and know how to respond. Autumn 1 – 1 lesson</p>	<p>Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings Autumn 1</p> <p>Pupils can recognise and celebrate their strengths and achievements, and set simple but challenging goals. Autumn 1 – 1 lesson</p>
<p><b>Celebrating Differences</b></p> <p><b>My body</b></p>	<p>Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone Autumn 2</p> <p>Pupils can correctly name the main parts of the body, including external genitalia using scientific terms. Autumn 2 – one lesson</p>	<p>Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends Autumn 2</p> <p>Pupils can recognise how they grow and will change as they become older. Autumn 2 – one lesson</p>
<p><b>Dreams and Goals</b></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 Spring 1</p>	<p>Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success Spring 1</p>

<p><b>My relationships</b></p>	<p>Pupils understand the importance of listening to other people, to play and work cooperatively including strategies to resolve simple arguments through negotiation. <b>Spring 1</b></p>	<p>Pupils can recognise different types of teasing and bullying, understanding that these are wrong and unacceptable. <b>Spring 1</b></p>
<p><b>Healthy Me</b></p> <p><b>My beliefs</b></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><b>Spring 2</b></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><b>Spring 2</b></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><b>Relationships</b></p> <p><b>My rights and responsibilities</b></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><b>Summer 1</b></p> <p>Pupils understand how some diseases are spread, including the right to be protected from diseases and the responsibility to protect others. <b>Summer 1</b></p>	<p>Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p> <p><b>Summer 1</b></p> <p>Pupils can judge what kind of physical contact is acceptable, comfortable, and uncomfortable and how to respond. <b>Summer 1</b></p>



	<u>Year 3</u>	<u>Year 4</u>
<b>Being Me In My World</b>	<p>Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' Perspectives</p> <p>Autumn 1</p>	<p>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</p> <p>Autumn 1</p>
<b>My Feelings</b>	<p>Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to high self-esteem.</p> <p>Autumn 1</p>	<p>Pupils can recognise and respond to a wide range of emotions in themselves and others, and ways to respond.</p> <p>Autumn 1</p>
<b>Celebrating Differences</b>	<p>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</p> <p>Autumn 2</p>	<p>Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions</p> <p>Autumn 2</p>
<b>My body</b>	<p>Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness. Autumn 2</p>	<p>Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.</p> <p>Autumn 2</p>

<p><b>Dreams and Goals</b></p> <p><b>My relationships</b></p>	<p>Difficult challenges and achieving success          Dreams and ambitions          New challenges          Motivation and enthusiasm          Recognising and trying to overcome obstacles          Evaluating learning processes          Managing feelings          Simple budgeting          Spring 1</p> <p>Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships. Spring 1</p>	<p>Hopes and dreams          Overcoming disappointment          Creating new, realistic dreams          Achieving goals          Working in a group          Celebrating contributions          Resilience          Positive attitudes</p> <p>Spring 1</p> <p>Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable, and ways to respond. Spring 1</p>
<p><b>Healthy Me</b></p> <p><b>My beliefs</b></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          Spring 2</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. Spring 1</p>	<p>Healthier friendships          Group dynamics          Smoking          Alcohol          Assertiveness          Peer pressure          Celebrating inner strength</p> <p>Spring 1</p> <p>Pupils recognise differences and similarities between people arise from a number of factors including family and personal identity. Spring 1</p>
<p><b>Relationships</b></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</p>	<p>Jealousy          Love and loss          Memories of loved ones          Getting on and Falling Out          Girlfriends and boyfriends          Showing appreciation to people and Animals          Summer 1</p>

<p><b>My rights and responsibilities</b></p>	<p>others          Awareness of how other children have different lives          Expressing appreciation for family and friends <a href="#">Summer 1</a></p> <p>Pupils understand the right to protect their body from unwanted touch. <a href="#">Summer 1</a></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. <a href="#">Summer 1</a></p>
<p><b>Changing Me</b></p> <p><b>Asking for help</b></p>	<p>How babies grow          Understanding a baby's needs          Outside body changes          Inside body changes          Family stereotypes          Challenging my ideas          Preparing for transition  <a href="#">Summer 2</a></p> <p>Pupils can identify the difference between secrets and surprise, knowing when it is right to break confidence and share a secret. <a href="#">Summer 2</a></p>	<p>Being unique          Having a baby          Girls and puberty          Confidence in change          Accepting change          Preparing for transition          Environmental change</p> <p><a href="#">Summer 2</a></p> <p>Pupils can recognise when they may need help to manage a situation and have developed the skills to ask for help. <a href="#">Summer 2</a></p>

	<u>Year 5</u>	<u>Year 6</u>
<p><b>Being Me In My World</b></p> <p><b>My Feelings</b></p>	<p>Planning the forthcoming year  Being a citizen  Rights and responsibilities  Rewards and consequences  How behaviour affects groups  Democracy, having a voice,  Participating</p> <p>Autumn 1</p> <p>Pupils can anticipate how their emotions may change as they approach and move through puberty. Autumn 1</p>	<p>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</p> <p>Autumn 1</p> <p>Pupils can recognise how images in the media, including online do not always reflect reality, and can affect how people feel about themselves. Autumn 1</p>
<p><b>Celebrating Differences</b></p> <p><b>My body</b></p>	<p>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</p> <p>Autumn 2</p> <p>Pupils can anticipate how their body may change as they approach and move through puberty.</p> <p>Autumn 2</p>	<p>Perceptions of normality  Understanding disability  Power struggles  Understanding bullying  Inclusion/exclusion  Differences as conflict, difference as celebration  Empathy</p> <p>Autumn 2</p> <p>Pupils can explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs. Autumn 2</p>

<p><b>Dreams and Goals</b></p> <p><b>My relationships</b></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 Spring 1</p> <p>Pupils can identify healthy relationships and recognise the skills to manage and maintain healthy relationships. Spring 1</p>	<p>Personal learning goals, in and out of school Emotions Making a difference in the world Motivation Recognising achievements Compliments Spring 1</p> <p>Pupils realise the nature and consequences of discrimination, including the use of prejudice based language. Spring 1</p>
<p><b>Healthy Me</b></p> <p><b>My beliefs</b></p>	<p>Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour Spring 2</p> <p>Pupils know the correct terms associated with gender identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying. Spring 2</p>	<p>Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress Spring 2</p> <p>Pupils know some cultural practices are against British law and universal human rights, including female genital mutilation (FGM). Spring 2</p>
<p><b>Relationships</b></p> <p><b>My rights and responsibilities</b></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 Summer 1</p> <p>Pupils have strategies for keeping safe online; knowing personal information</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 Summer 1</p> <p>Pupils have an awareness that infections</p>

	<p>including images of themselves and others</p> <p>can be shared without their permission. <a href="#">Summer 1</a></p>	<p>can be shared during sexual intercourse, and that a condom can help prevent this. <a href="#">Summer 1</a></p>
<p><b>Changing Me</b></p> <p><b>Asking for help</b></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><a href="#">Summer 2</a></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><a href="#">Summer 2</a></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><a href="#">Summer 2</a></p> <p>Pupils develop the confidence and skills to know when, who and how to ask for help independently, or with support.</p> <p><a href="#">Summer 2</a></p>