



# **Barrowcliff School**

## **Skills Progression Grid**

### **PSHE**

| EYFS      | Being Me in My World                                                                                                                                                                    | Celebrating Difference                                                                                                                           | Dreams and Goals                                                                                                                   | Healthy Me                                                                                                                                                                                                   | Relationships                                                                                                                                           | Changing Me                                                                                                                                                                        |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Nursery   | I understand how it feels to belong and that we are similar and different<br>I understand how feeling happy and sad can be expressed<br>I can start to recognise and manage my feelings | I can tell you one way I am special and unique.<br><br>I can identify something I am good at and understand everyone is good at different things | I can set a goal and work towards it<br><br>I can tell you about a time I didn't give up until I achieved my goal                  | I know the names for some parts of my body and am starting to understand that I need to be active to be healthy<br><br>I know which foods are healthy and not so healthy and can make healthy eating choices | I can tell you about my family<br><br>I can identify some of the jobs I do in my family and how I feel like I belong.                                   | I understand that we all start as babies and grow into children and then adults<br><br>I can talk about my worries and/or the things I am looking forward to about being in Year 1 |
| Reception |                                                                                                                                                                                         |                                                                                                                                                  |                                                                                                                                    |                                                                                                                                                                                                              |                                                                                                                                                         |                                                                                                                                                                                    |
| Years 1-6 | Being Me in My World                                                                                                                                                                    | Celebrating Difference                                                                                                                           | Dreams and Goals                                                                                                                   | Healthy Me                                                                                                                                                                                                   | Relationships                                                                                                                                           | Changing Me                                                                                                                                                                        |
| Year 1    | I can explain why my class is a happy and safe place to learn<br><br>I can give different examples where I or others make my                                                            | I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special.                         | I can explain how I feel when I am successful and how this can be celebrated positively.<br><br>I can say why my internal treasure | I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.<br><br>I can give examples of when being                                                          | I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain | I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older.                                                             |

|               |                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                             |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|               | class happy and safe.                                                                                                                                                               | I can explain what bullying is and how being bullied might make somebody feel.                                                                                                                                                                                                                  | chest is an important place to store positive feelings.                                                                                                                                                                                                                       | healthy can help me feel happy.                                                                                                                                                                                                        | how my qualities help these relationships.<br><br>I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.                                                                                                                                                       | I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. I can explain why some changes I might experience might feel better than others                                                                                                                                               |
| <b>Year 2</b> | I can explain why my behaviour can impact on other people in my class.<br><br>I can compare my own and my friends' choices and can express why some choices are better than others. | I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.<br><br>I can explain how it feels to have a friend and be a friend. I can also explain why it is OK to be different from my friends. | I can explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other.<br><br>I can explain how it felt to be part of a group and can identify a range of feelings about group work. | I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices.<br><br>I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices. | I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.<br><br>I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships. | I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel OK and others don't.<br><br>I can tell you what I like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to me. |
| <b>Year 3</b> | I can explain how my behaviour can                                                                                                                                                  | I can describe different conflicts that might happen in                                                                                                                                                                                                                                         | I can explain the different ways that help me                                                                                                                                                                                                                                 | I can identify things, people and places that I need                                                                                                                                                                                   | I can explain how my life is influenced                                                                                                                                                                                                                                                                      | I can explain how boys' and girls' bodies change on                                                                                                                                                                                                                                                                                         |

|               |                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                |                                                                                                                                                                                                                                    |                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                            |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|               | <p>affect how others feel and behave.</p> <p>I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.</p> | <p>family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.</p> <p>I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g Solve It Together or asking for help.</p>        | <p>learn and what I need to do to improve. I am confident and positive when I share my success with others.</p> <p>I can explain how these feelings can be stored in my internal treasure chest and why this is important.</p> | <p>to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help and how to call emergency services.</p> <p>I can express how being anxious/scared and unwell feels.</p> | <p>positively by people I know and also by people from other countries.</p> <p>I can explain why my choices might affect my family, friendships and people around the world who I don't know.</p> | <p>the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.</p> |
| <b>Year 4</b> | <p>I can explain why being listened to and listening to others is important in my school community.</p> <p>I can explain why being democratic is important and can help me and others feel valued.</p> | <p>I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.</p> <p>I can explain why it is good to accept myself and others for who we are.</p> | <p>I can plan and set new goals even after a disappointment.</p> <p>I can explain what it means to be resilient and to have a positive attitude.</p>                                                                           | <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure.</p>                             | <p>I can recognise how people are feeling when they miss a special person or animal.</p> <p>I can give ways that might help me manage my feelings when missing a special person or animal.</p>    | <p>I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</p> <p>I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer</p>                    |

|               |                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|               |                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                   | some suggestions about how I might manage my feelings when changes happen.                                                                                                                                                                                                                                                                                  |
| <b>Year 5</b> | <p>I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.</p> <p>I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.</p> | <p>I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.</p> <p>I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.</p> | <p>I can compare my hopes and dreams with those of young people from different cultures.</p> <p>I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</p> | <p>I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p> <p>I can summarise different ways that I respect and value my body.</p> | <p>I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.</p> <p>I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.</p> | <p>I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.</p> <p>I can express how I feel about the changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends.</p> |
| <b>Year 6</b> | I can explain how my choices can have                                                                                                                                                                                                                                                                                                   | I can explain ways in which difference can                                                                                                                                                                                                                                                                                                                      | I can explain different ways to                                                                                                                                                                                    | I can explain when substances                                                                                                                                                                                                                                                                                             | I can identify when people may be                                                                                                                                                                                                                                                                                                                                                                                                 | I can describe how a baby develops from                                                                                                                                                                                                                                                                                                                     |

|  |                                                                                                                                                                                           |                                                                                                                                                                                           |                                                                                                                                         |                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                           |
|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p>an impact on people in my immediate community and globally.</p> <p>I can empathise with others in my community and globally and explain how this can influence the choices I make.</p> | <p>be a source of conflict or a cause for celebration.</p> <p>I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.</p> | <p>work with others to help make the world a better place.</p> <p>I can explain what motivates me to make the world a better place.</p> | <p>including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.</p> <p>I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.</p> | <p>experiencing feelings associated with loss and also recognise when people are trying to gain power or control.</p> <p>I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.</p> | <p>conception through the nine months of pregnancy, and how it is born.</p> <p>I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.</p> |
|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|