



## Progression Map- PSHE

	Nursery	Reception	Year 1	Year 2
<b>Being Me in My World Autumn 1</b>	<p>I know how it feels to belong and that we are similar and different.</p> <p>I know how feeling happy and sad can be expressed.</p> <p>I know how to work together and consider other people's feelings.</p> <p>I know how to use gentle hands and understand that it is good to be kind to people.</p> <p>I am starting to understand children's rights and this means we should all be allowed to learn and play.</p> <p>I am learning what being responsible means.</p>	<p>I know how it feels to belong and that we are similar and different.</p> <p>I can start to recognise and manage my feelings.</p> <p>I know how to work together and consider other people's feelings.</p> <p>I understand why it is good to be kind and use gentle hands.</p> <p>I am beginning to know how to start to understand children's rights and this means we should all be allowed to learn and play.</p> <p>I am beginning to know what being responsible means.</p>	<p>I know how to explain why the class is a happy and safe place to learn.</p> <p>I know the rights and responsibilities as a member of my class.</p> <p>I know my views are valued and can contribute to the learning charter.</p> <p>I know how to recognise the choices I make and understand the consequences.</p> <p>I know my rights and responsibilities within our learning charter.</p>	<p>I know how to identify some of my hopes and fears for this year.</p> <p>I understand the rights and responsibilities for being a member of my class.</p> <p>I can listen to other people and contribute my own ideas about rewards and consequences.</p> <p>I understand how following the Learning Charter will help me and others learn.</p> <p>I can recognise the choices I make and understand the consequences.</p>
<b>Vocabulary</b>  Consolidate vocabulary from previous year group.	<p>Kind</p> <p>Gentle</p> <p>Friend</p> <p>Similar(ity)</p> <p>Different</p> <p>Rights</p> <p>Responsibilities</p> <p>Feelings</p> <p>Angry, Happy, Excited, Nervous,</p> <p>Sharing</p> <p>Taking Turns</p>	<p>Safe</p> <p>Special</p> <p>Calm</p> <p>Belonging</p> <p>Special</p> <p>Learning Charter</p> <p>Jigsaw Charter</p> <p>Rewards</p> <p>Proud</p> <p>Consequences</p> <p>Upset</p> <p>Disappointed</p>	<p>Worries</p> <p>Hopes</p> <p>Fears</p> <p>Responsible</p> <p>Actions</p> <p>Praise</p> <p>Positive</p> <p>Negative</p> <p>Choices</p> <p>Co-Operate</p> <p>Problem-Solving</p>	

<p><b>Celebrating Difference Autumn 2</b></p>	<p>I know how it feels to be proud of something I am good at.</p> <p>I can tell you one way I am special and unique.</p> <p>I know that all families are different.</p> <p>I know there are lots of different houses and homes.</p> <p>I can tell you how I could make new friends.</p> <p>I can use my words to stand up for myself.</p>	<p>I can identify something I am good at and understand everyone is good at different things.</p> <p>I understand that being different makes us all special.</p> <p>I know we are all different but the same in some ways.</p> <p>I can tell you why I think my home is special to me.</p> <p>I can tell you how to be a kind friend.</p> <p>I know which words to use to stand up for myself when someone says or does something unkind.</p>	<p>I can identify similarities between people in my class.</p> <p>I can identify differences between people in my class.</p> <p>I can tell you what bullying is.</p> <p>I know some people who I could talk to if I was feeling unhappy or being bullied.</p> <p>I know how to make new friends.</p> <p>I can tell you some ways I am different from my friends.</p>	<p>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)</p> <p>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)</p> <p>I understand that bullying is sometimes about difference</p> <p>I can recognise what is right and wrong and know how to look after myself</p> <p>I understand that it is OK to be different from other people and to be friends with them</p> <p>I can tell you some ways I am different from my friends</p>
<p><b>Vocabulary</b></p> <p>Consolidate vocabulary from previous year group.</p>	<p>Different Special Proud Friends Kind Same Similar Happy Sad Frightened Angry Family</p>		<p>Similarity Same as Different from Difference Bullying, Bully, Bullied Bullying behaviour Deliberate, On purpose Unfair, Included, Celebrations Special Unique</p>	<p>Boys, Girls Similarities Differences Assumptions Stereotypes Special Bully Purpose Unkind Feelings, Sad, Lonely Help Stand up for Male, Female, Diversity Fairness Kindness Unique Value</p>

<p><b>Dreams and goals</b> <b>Spring 1</b></p>	<p>I understand what a challenge means.</p> <p>I can keep trying until I can do something.</p> <p>I can set a goal and work towards it.</p> <p>I know some kind words to encourage people with</p> <p>I can start to think about the jobs I might like to do when I'm older.</p> <p>I can feel proud when I achieve a goal.</p>	<p>I understand that if I persevere I can tackle challenges.</p> <p>I can tell you about a time I didn't give up until I achieved my goal.</p> <p>I can set a goal and work towards it.</p> <p>I can use kind words to encourage people</p> <p>I understand the link between what I learn now and the job I might like to do when I'm older</p> <p>I can say how I feel when I achieve a goal and know what it means to feel proud</p>	<p>I can set simple goals.</p> <p>I can set a goal and work out how to achieve it.</p> <p>I understand how to work well with a partner.</p> <p>I can tackle a new challenge and understand this might stretch my learning.</p> <p>I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them.</p> <p>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.</p>	<p>I can choose a realistic goal and think about how to achieve it.</p> <p>I carry on trying (persevering) even when I find things difficult,</p> <p>I can recognise who I work well with and who it is more difficult for me to work with.</p> <p>I can work well in a group.</p> <p>I can tell you some ways I worked well with my group.</p> <p>I know how to share success with other people.</p>
<p><b>Vocabulary</b></p> <p><b>Consolidate vocabulary from previous year group.</b></p>	<p>Dream</p> <p>Goal</p> <p>Challenge</p> <p>Job</p> <p>Ambition</p> <p>Perseverance</p> <p>Achievement</p> <p>Happy</p> <p>Kind</p> <p>Encourage</p>	<p>Proud</p> <p>Success</p> <p>Learning</p> <p>Stepping-stones</p> <p>Process</p> <p>Working together</p> <p>Team work</p> <p>Celebrate</p> <p>Learning</p> <p>Stretchy</p> <p>Challenge</p> <p>Feelings</p> <p>Obstacle</p> <p>Overcome</p> <p>Achieve</p>	<p>Realistic</p> <p>Achievement</p> <p>Goal</p> <p>Strength</p> <p>Persevere</p> <p>Difficult</p> <p>Easy</p> <p>Learning Together</p> <p>Partner</p> <p>Product</p>	

<p><b>Healthy Me Spring 2</b></p>	<p>I know the names for some parts of my body and am starting to understand that I need to be active to be healthy.</p> <p>I can tell you some of the things I need to do to be healthy.</p> <p>I know what the word 'healthy' means and that some foods are healthier than others.</p> <p>I know how to help myself go to sleep and that sleep is good for me.</p> <p>I can wash my hands and know why it is important to do this before I eat and after I go to the toilet.</p> <p>I know what to do if I get lost and how to say NO to strangers.</p>	<p>I understand that I need to exercise to keep my body healthy.</p> <p>I understand how moving and resting are good for my body.</p> <p>I know which foods are healthy and not so healthy and can make healthy eating choices.</p> <p>I know how to help myself go to sleep and understand why sleep is good for me.</p> <p>I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.</p> <p>I know what a stranger is and how to stay safe if a stranger approaches me.</p>	<p>I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.</p> <p>I know how to make healthy lifestyle choices.</p> <p>I know how to keep myself clean and healthy, and understand how germs cause disease/illness. I know that all household products including medicines can be harmful if not used properly.</p> <p>I understand that medicines can help me if I feel poorly and I know how to use them safely.</p> <p>I know how to keep safe when crossing the road, and about people who can help me to stay safe.</p> <p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p>	<p>I know what I need to keep my body healthy.</p> <p>I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.</p> <p>I understand how medicines work in my body and how important it is to use them safely.</p> <p>I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy.</p> <p>I can make some healthy snacks and explain why they are good for my body.</p> <p>I can decide which foods to eat to give my body energy.</p>
<p><b>Vocabulary</b></p> <p><b>Consolidate vocabulary from previous year group.</b></p>	<p>Healthy Exercise Head, Shoulders, Knees, Toes Sleep Wash Clean Stranger Scare</p>	<p>Unhealthy Balanced Exercise Sleep Choices Keeping Clean Body parts Toiletry items Hygienic Safe Medicines Safe, Safety Green Cross Code Eyes, Ears, Look, Listen, Wait</p>	<p>Healthy choices Lifestyle Motivation Relax, Relaxation Tense Calm Dangerous Medicines Body Balanced diet Portion Proportion Energy Fuel Nutritious</p>	

<p><b>Relationships Summer 1</b></p>	<p>I can tell you about my family.</p> <p>I understand how to make friends if I feel lonely.</p> <p>I can tell you some of the things I like about my friends.</p> <p>I know what to say and do if somebody is mean to me.</p> <p>I can use Calm Me time to manage my feelings.</p> <p>I can work together and enjoy being with my friends</p>	<p>I can identify some of the jobs I do in my family and how I feel like I belong.</p> <p>I know how to make friends to stop myself from feeling lonely.</p> <p>I can think of ways to solve problems and stay friends.</p> <p>I am starting to understand the impact of unkind words.</p> <p>I can use Calm Me time to manage my feelings.</p> <p>I know how to be a good friend.</p>	<p>I can identify the members of my family and understand that there are lots of different types of families.</p> <p>I can identify what being a good friend means to me.</p> <p>I know appropriate ways of physical contact to greet my friends and know which ways I prefer.</p> <p>I know who can help me in my school community.</p> <p>I can recognise my qualities as person and a friend.</p> <p>I can tell you why I appreciate someone who is special to me.</p>	<p>I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate.</p> <p>I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.</p> <p>I can identify some of the things that cause conflict with my friends.</p> <p>I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.</p> <p>I recognise and appreciate people who can help me in my family, my school and my community.</p> <p>I can express my appreciation for the people in my special relationships.</p>
<p><b>Vocabulary</b></p> <p><b>Consolidate vocabulary from previous year group.</b></p>	<p>Family</p> <p>Jobs</p> <p>Relationship</p> <p>Friend</p> <p>Lonely</p> <p>Argue</p> <p>Fallout</p> <p>Words</p> <p>Feelings</p> <p>Angry</p> <p>Upset</p> <p>Calm me</p> <p>Breathing</p>	<p>Belong</p> <p>Same, Different</p> <p>Friendship</p> <p>Qualities - Caring, Sharing, Kind</p> <p>Greeting - Touch, Feel</p> <p>Like, Dislike</p> <p>Help, Helpful</p> <p>Community</p> <p>Confidence,</p> <p>Praise,</p> <p>Skills,</p> <p>Selfbelief,</p> <p>Proud,</p> <p>Celebrate, Special,</p> <p>Appreciate</p>	<p>Similarities</p> <p>Special</p> <p>Important</p> <p>Co-operate</p> <p>Physical contact</p> <p>Acceptable, Not acceptable, Conflict</p> <p>Point of view</p> <p>Positive problem solving</p> <p>Secret, Surprise, Good secret,</p> <p>Worry secret,</p> <p>Telling, Adult, Trust,</p> <p>Happy, Sad, Frightened,</p> <p>Trustworthy, Honesty, Reliability,</p> <p>Compliments,</p> <p>Celebrate,</p>	

<p><b>Changing Me Summer 2</b></p>	<p>I can name parts of my body and show respect for myself.</p> <p>I can tell you some things I can do and some food I can eat to be healthy.</p> <p>I understand that we all start as babies and grow into children and then adults.</p> <p>I know that I grow and change.</p> <p>I can talk about how I feel moving to School from Nursery.</p> <p>I can remember some fun things about Nursery this year.</p>	<p>I can name parts of the body.</p> <p>I can tell you some things I can do and foods I can eat to be healthy.</p> <p>I understand that we all grow from babies to adults.</p> <p>I can express how I feel about moving to Year 1.</p> <p>I can talk about my worries and/or the things I am looking forward to about being in Year 1.</p> <p>I can share my memories of the best bits of this year in Reception.</p>	<p>I am starting to understand the life cycles of animals and humans.</p> <p>I can tell you some things about me that have changed and some things about me that have stayed the same.</p> <p>I can tell you how my body has changed since I was a baby.</p> <p>can identify the parts of the body that make boys different to girls and can use the correct names for these.</p> <p>I understand that every time I learn something new I change a little bit.</p> <p>I can tell you about changes that have happened in my life.</p>	<p>I can recognise cycles of life in nature.</p> <p>I can tell you about the natural process of growing from young to old and understand that this is not in my control.</p> <p>I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.</p> <p>I can recognise the physical differences between boys and girls, use the correct names for parts of the body and appreciate that some parts of my body are private.</p> <p>I understand there are different types of touch and can tell you which ones I like and don't like.</p> <p>I can identify what I am looking forward to when I move to my next class.</p>
<p><b>Vocabulary</b></p> <p>Consolidate vocabulary from previous year group.</p>	<p>Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand,</p> <p>Baby</p> <p>Grown-up</p> <p>Adult</p> <p>Change</p> <p>Worry</p> <p>Excited</p> <p>Memories</p>		<p>Baby, Grown-up, Adult, Adulthood, Change</p> <p>Worry, Excited</p> <p>Memories Changes,</p> <p>Life cycles,</p> <p>Mature,</p> <p>Male, Female,</p> <p>Vagina, Penis, Testicles, Vulva, Anus,</p> <p>Learn, New, Grow,</p> <p>Feelings - Anxious, Worried, Excited, Coping</p>	<p>Grow</p> <p>Control</p> <p>Fully grown Growing up, Old, Young, Change, Freedom</p> <p>Responsibilities</p> <p>Public, Private, Touch, Texture, Acceptable, Unacceptable</p> <p>Comfortable, Uncomfortable, Looking forward, Nervous, Happy</p>