



St Margaret Mary's Catholic Junior School  
PSHE Progression of Skills

Skill	Year 3	Year 4	Year 5	Year 6
Health and wellbeing	<b>By the end of KS1:</b> Children will understand healthy lifestyles,celebrate their strengths, feelings, how we grow old, road safety. To follow rules. To understand different emotions. To recognise right and wrong.			
	linked to topic "Be yourself" in relationships	<u>Think Positive</u> <ul style="list-style-type: none"> <li>- understands what mental health and happiness is. Creates happiness poems and understands the science of happiness</li> <li>- can describe positive and negative emotions that they have. Can sort and understand the differences. Creates positive thoughts</li> <li>- understands the inevitability of change and the emotions that this can cause - both positively and negatively. Works through ways to cope with change</li> <li>- uses mindfulness techniques shown</li> <li>- understands and recognises worry,</li> </ul>		<u>Think Positive</u> <ul style="list-style-type: none"> <li>develops a knowledge of the cognitive triangle showing how thoughts, feelings and behaviours are all linked. Learn how to control behaviours trying to turn negative into positive.</li> <li>- understands the impact of thinking positively. Look at ways to deal with negativity, ways to become positive. Is exposed to positive affirmations</li> <li>- -look at decisions that children have to make. Learn the importance of informed choices. Analyses how to make decision</li> <li>- -is exposed to the purpose of mindfulness, what it is and how to use it in life. Practices techniques</li> <li>- understands the terms growth mindset and fixed mindset and the positive values of having a growth mindset</li> <li>- creates a challenge and showcases ways to meet the</li> </ul>



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		<p>grief and anger and how to deal with these.</p> <ul style="list-style-type: none"><li>- understands the importance of a healthy body in well-being - recognising illness, the importance of sleep and hygiene to feel well.</li><li>- understands what to do if they feel ill or have problems with their body such as with sight, weight loss (clothes feeling slack etc)</li><li>- creates a positivity poster and presentation to showcase in a circle time to all</li></ul>		<p>challenge so that it is successfully completed using learning from the unit</p>
<b>Relationships</b>	<p><u>We Are a Team</u></p> <ul style="list-style-type: none"><li>- understands new beginnings and talks about the feelings changes bring. Discussed feelings</li><li>- learns how to work cooperatively with others - role plays this</li></ul>	<p>VIPs</p> <ul style="list-style-type: none"><li>- Recognises that others as well as themselves have feelings in life. Knows how to make friends and how to keep them. demonstrates</li></ul>	<p><u>Let's work together</u></p> <ul style="list-style-type: none"><li>-discusses how our actions affect us making new relationships. Creates attributes for what makes a good team</li><li>-recognises that people have different opinions and how we can agree and disagree with respect and courtesy. Discusses</li></ul>	



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- understands the importance of teamwork - practices team work games
- pays attention to others - understands the term considerate and learns how to read emotions. Plays games to identify emotions
- works on understanding what conflict and disputes can be, what it can mean and how to overcome it with compromises

Be Yourself

- Reflects upon own achievements and sets goals and aspirations
- Identifies feelings and learns what causes positive and negative feelings. Shows understanding of different facial expressions

friendship qualities they have

- plans for how to be an effective friend knowing skills and qualities this needs
- recognises unhealthy relationships and how to combat these
- identifies and describes who their support networks are and why on a sheet
- demonstrates strategies to resolve conflicts through role play
- learns what bullying is and how it is different to teasing. Decides which scenarios are bullying
- creates a poster to demonstrate how to treat others. understands what bullying is and what to do if someone is being bullied

statements with respect and shares positive statements.

- develops understanding of the importance of collaborative working. Discusses scenarios
- Continuing the same lesson (merging 2) Discusses compromise. Works in groups to identify problems with scenarios
- develops skills to care for others - working in small groups to identify how to be sensitive
- creates a news-story to be live on television telling others in pairs how to work as a team. Watches ideas on bbc/sky news for ideas



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	<ul style="list-style-type: none"><li>- Learns ways to cope with uncomfortable feelings and emotions</li><li>- Learns to manage peer pressure and how to be assertive</li><li>- Knows it's okay to make mistakes and suggests and learns way to make amends</li><li>- Creates a feelings poster identifying different emotions learned in the unit.</li></ul> <p>Internet safety - covered in spring term ICT lessons - who to share information with online</p>			
<b>Living in the wider world</b>	<p><u>Money</u></p> <ul style="list-style-type: none"><li>- understands where money comes from</li><li>- knows that there are a range of jobs that require a range of skills.</li><li>- Understands the need to budget</li><li>- knows that there are responsibilities</li></ul>	<p><u>Respecting Rights</u></p> <ul style="list-style-type: none"><li>-knows what human rights are and understands that all people share the same rights</li><li>-knows the purpose of rules and how they help us to live in society. Creates rules to link to children's human rights</li><li>-understands that human rights also have</li></ul>	<p><u>Aiming High</u></p> <ul style="list-style-type: none"><li>-reflects on their achievements and learns what type of learner they are.</li><li>- sorts statements into positives and negatives. Shares their own successes and barriers and creates a motivation poster to keep going</li><li>- explores opportunities available now. explores why it is important to seize these and discovers why.</li></ul>	<p><u>Safety first</u></p> <ul style="list-style-type: none"><li>- children will identify safe and unsafe situations, work on consequences of wrong decisions and learn that now is the time for them to take responsibility for actions</li><li>- explore risky situations, identify the risk. Acknowledge what can be done to get out of risky situations</li></ul>



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	<p>involved with managing money</p> <ul style="list-style-type: none"> <li>- knows and learns that there are different ways to pay for items that we buy and how we can buy different items.</li> <li>- Presents understanding of money to others using correct vocabulary.</li> <li>- understands that different jobs pay different amounts of money</li> </ul> <p>Internet safety - covered in summer ICT lessons - safe searching on the internet</p>	<p>responsibilities and can define the differences - creates rules and a banner</p> <ul style="list-style-type: none"> <li>-learns how to develop empathy to others - uses caring sharing circles effectively</li> <li>-understands what a stereotype is and how it is wrong to stereotype and discriminate against people</li> <li>-demonstrates understanding in a final circle time - caring and sharing. Children create a display to share in the circle of their own pledges that they will make to be a respectful, responsible citizen of the world they have and a responsibility.</li> </ul> <p>Internet Safety- children to explore this is computing Spring Term 1 ICT lessons</p> <ul style="list-style-type: none"> <li>-fake news - understanding that the media can give false news.</li> </ul>	<p>Chooses own personal opportunities to look out for</p> <p>Makes a promise to themselves about a new opportunity to seize</p> <ul style="list-style-type: none"> <li>-learns what equal opportunities are</li> <li>-explores negative stereotypes of men and women. Creates their "dream job"</li> <li>-explores attributes people want from employees. Matches these to jobs</li> <li>- creates steps to success individually to consolidate learning to achieve what you want in the world - link to dream job and to explain this to a partner. Revisit from year 3 that jobs are paid differently.</li> </ul> <p><u>Britain</u></p> <ul style="list-style-type: none"> <li>-learns that Britain is a diverse society built on democracy, Learns about the diversity. Creates respect poster</li> <li>-recaps on prior learning about community. Learn what community spirit is. Comments on images of it in action</li> </ul>	<ul style="list-style-type: none"> <li>- understands what peer pressure is. Learns why it is important to resist it. Creates a poster to work against it.</li> <li>- Knows what to do in an emergency and how to get help.</li> <li>- knows basic first aid for head injuries and when to ascertain if a head injury is major or minor</li> <li>- Discusses what to do in various emergencies by dialling 999 and what to say</li> <li>- can talk about everyday risks in the home and outside the home and how to avoid them as best as possible.</li> <li>- children will learn how to stay safe online - what to do and what not to do regarding privacy</li> <li>- learns about social media age restrictions. Learns that unkind things can happen on the internet.</li> </ul> <p><u>-Respecting Rights</u></p> <ul style="list-style-type: none"> <li>- understands the declaration of human rights and the history behind it. Learns what human rights are and considers those that children have and what are pertinent to them</li> </ul>
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			<ul style="list-style-type: none"> <li>- learns about the importance of law to society. imagines life without law and discusses why we need law.</li> <li>- learns about what the government does. researches and presents to the class findings</li> <li>-discovers the purposes of charities and how they help. explores different charities and records</li> <li>-creates a charity and explains purpose</li> </ul> <p>Internet safety links - covered in ICT lessons - autumn term - being a you-tuber and the online safety issues and implications.</p>	<ul style="list-style-type: none"> <li>-understands rights apply to everybody creates a slogan to recognise this</li> <li>-recognises that not all people's human rights are met in the world and identifies why this may be the case</li> <li>-thinks about ways in which they should respect people's rights and understand consequences should occur if they don't</li> <li>-understands ways in which we can respect others, consequences if we don't and identifies ways in which they personally would respect the rights of others in school</li> <li>-children will learn how history has changed to allow more rights to happen. Celebrates this and sets a target for what they would like to see in the world</li> <li>-researches a human right's activist of interest to them and presents the information to others</li> </ul> <p>Internet Safety links <b><u>Online Safety Dilemmas</u></b> Covered in ICT lessons - Autumn Term The children will become online safety ambassadors. They will be given modern day dilemmas. Dilemmas that children face every day online and asked to produce a series of "what to</p>
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				do" videos to explain how to cope online.
<b>Vocabulary</b>	<u>Relationships</u> Team work change Conflict resilience Resolution Empathy Responsibility rules considerate facial expression body language  <u>Feelings</u> Actions Similarities Differences Bullying Amends Goals Aspirations Peer pressure Emotions pride proud worried cross nervous excited scared	<u>Health and Wellbeing</u> change mindfulness challenge emotions positive negative attitude happiness helpful unhelpful cope relax anger grief worry  <u>Relationships</u> Feelings friends/friendships positive relatives family acquaintances negative maintain conflict resolve support network respect	<u>Relationships</u> team teamwork citizen togetherness collaborative compromise respect consequences responsibility sensitive courtesy opinions communication  <u>Living in the wider world</u> opportunity barrier positivity ambition qualifications gender stereotype challenge goal enterprise motivation inspiration equality visual	<u>Health and Wellbeing</u> cognitive triangle thoughts feelings behaviours avoid negative positive facts affirmation growth mindset fixed mindset challenge difficulty mindfulness decision informed choice  <u>living in the wider world</u> emergency online safety internet cyberbullying responsible consequence unsafe bullying brave accountable mature



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comfortable  
uncomfortable  
assertive

Living in the wider world

Money  
Budget  
Managing  
Credit card  
Debt  
Earn  
job  
debit card  
bank  
cheque

decisions  
choices  
alternatives  
bullying  
teasing  
common interests  
discrimination  
conflict  
right  
responsibility  
democracy  
diverse  
respect  
prime minister  
responsibility  
pledge  
stereotype  
prejudice

auditory  
kinesthetic  
motivation  
perseverance  
diverse  
democracy  
respect  
community  
law  
consequence  
anti-social behaviour  
society  
human rights  
government  
charity

independent  
privacy  
actions  
risk  
danger  
hazard  
diverse  
respect  
rights  
democracy  
rules  
responsibility  
discriminate  
prejudice  
universal  
emotional health  
mental health  
wellbeing