**PHSE Progression of skills**

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|  | **Key Stage 1** | **Lower Key Stage One** | **Upper Key Stage Two** |
| **Family** | - Understand own family.- Know that we should feel safe and receive kindness when with our families.- Understand acceptable behaviour athome and at school.- Understand that families change.- Practice saying no (consent)- Know how to report concerns.- Understand that families are diverse. | - Understand the way that families canchange (including bereavement).- Appreciate that there are culturaldifferences between families in theircommunities.- Know that boys and girls should betreated equally. | - Discuss the reason why people get married.- Learn how to disagree and listen to opposing views with respect- Understand that families are highly varied and that the differences between people should be accepted and celebrated. |
| **Friends** | - Learn how to be a kind friend.- Identify the features of good friends.- Identify ‘bossy’ friendships.- Identify bullying. | - Choose healthy friendships.- Understand that friends are diverse.- Learn how to resolve conflict.- Including people who are in minorityGroups. | -Appreciate the ongoing complexity ofclose friendships- Celebrate difference- Identify manipulation tactics- Learn to stand up for our own interests- Identify and challenge bullying and stereotypes- Accept and celebrate difference |
| **Community** | - Contribute to a happy school.- Consider their wider community.- Understand the equality of expectationsfor boys and girls.- Learn about gender. | -Appreciate the ongoing complexity ofclose friendships- Celebrate difference.- Identify manipulation tactics- Learn to stand up for our own interests- Identify and challenge bullying andstereotypes- Accept and celebrate difference- Begin to understand gender identity. | -Understand the history of prejudice andDiscrimination.- Learn how to stand up to prejudice.- Learn about impairments and the wayto treat disabled people with respect.- Understand the importance of moneyand how to use it wisely.- Explore the inequalities created byunequal distribution of wealth.- Explore what does it mean to be British |
| **Mental****Well Being** | - Talk about feelings- Consider the range of moods that we experience.- Resolve arguments.- Begin to gain a sense of self. | Manage feelings- Understand the causes and barriers to our own happiness. | - Develop empathy for other people in the world.- Understand mental wellbeing.- Resolve conflicts.- Understand the causes of our emotions- Explore self-identity |
| **Physical Health** | - Learn how to exercise.- Identify healthy foods.- Learn how to keep clean.- Identify and avoid dangers. | - Appreciate the importance of exercise.- Appreciate the importance of a healthydiet.- Understand issues relating to hygieneand illness | - Understand physical changes includingidentifying body parts- Understand emotional changes- Understand the importance of hygiene.- Understand the process of menstruation. |
| **Growing Up** | - Learn how our bodies change over time.(Linked to science) | * Be able to access to information about

periods should they need to | Critique beauty standards andexpectations and the effect these have onmental health.- Understand that we need to balancelong term happiness with short termenjoyment.- Have a thorough understanding of dietand exercise.- Appreciate the significance to health ofhygiene and illness.- Learn about the dangers of drugs,alcohol and tobacco.- Learn how to verify health information.- Identify and manage hazards and risk.- Learn key life-saving skills. |