**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 at  home 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 can  change (including bereavement).  - Appreciate that there are cultural  differences between families in their  communities.  - Know that boys and girls should be  treated 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 minority  Groups. | -Appreciate the ongoing complexity of  close 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 expectations  for boys and girls.  - Learn about gender. | -Appreciate the ongoing complexity of  close friendships  - Celebrate difference.  - Identify manipulation tactics  - Learn to stand up for our own interests  - Identify and challenge bullying and  stereotypes  - Accept and celebrate difference  - Begin to understand gender identity. | -Understand the history of prejudice and  Discrimination.  - Learn how to stand up to prejudice.  - Learn about impairments and the way  to treat disabled people with respect.  - Understand the importance of money  and how to use it wisely.  - Explore the inequalities created by  unequal 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 healthy  diet.  - Understand issues relating to hygiene  and illness | - Understand physical changes including  identifying 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 and  expectations and the effect these have on  mental health.  - Understand that we need to balance  long term happiness with short term  enjoyment.  - Have a thorough understanding of diet  and exercise.  - Appreciate the significance to health of  hygiene 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. |