

PSHE Progression of skills Key Stage 1 Myself and Others

Focus on:

- Feelings
- Asking for help
- Being a good friend
- Feelings and self-regulation skills
- Bullying/online bullying
- Hurtful words
- Our school rules

Pupils should:

- identify what they are good at, what they like and dislike
- recall different feelings, and how to recognise them.
- learn how to make someone feel good (playing outside, family, friends, food, sleep).
- know the St Lukes school rules and the consequences that may be in place
- about how people may feel if they experience hurtful behaviour or bullying
- that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult (Project Evolve – harmful behaviours)
- how to manage when finding things difficult

PSHE Progression of skills Lower Key Stage 2 Myself and Others

Focus on:

- Rules and their purpose both in school and out of school
- Friendships
- Respectful relationships
- Positive and healthy relationships
- Feelings within a healthy friendship
- Coping with loss
- Bullying

Pupils should:

- know the importance of friendships and learn strategies for building positive friendships
- understand how positive friendships support wellbeing
- learn what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties)
- know that healthy friendships make people feel included
- be able to recognise when others may feel lonely or excluded; strategies for how to include them
- recognise Friendships have ups and downs and learn strategies to resolve disputes and reconcile differences positively and safely
- learn about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking
- Understand the impact of bullying, including offline and online, and the consequences of hurtful behaviour

PSHE Progression of skills Upper Key Stage 2 Myself and Others

Focus on:

- Feelings (negative and positive)
- Friendship skills (such as compromise and cooperation etc)
- Emotional needs
- Coping with loss
- Assertiveness
- Cooperation
- Safe/unsafe touches
- Positive relationships and learn who are trusted people

Pupils should:

- recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)
- that for some people gender identity does not correspond with their biological sex
- recognise other shared characteristics of healthy family life and friendship, including commitment, care, spending time together; being there for each other in times of difficulty.
- learn strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations.
- recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult.
- discuss that change and loss, including death, is a natural event and how these events can affect feelings; learning ways of expressing and managing grief and bereavement.
- recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability.
- build on previous learning about safe/unsafe touches, feelings that may be felt, and ways of reporting