

## PSHE Progression of skills Key Stage 1

### Growing and Changing

#### Focus on:

- My body parts
- Being independent
- Life cycles
- Growing up and Changing
- Privacy

#### Pupils should:

- to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)
- about growing and changing from young to old and how people's needs change
- about preparing to move to a new class/year group
- basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe
- what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard

## PSHE Progression of skills Lower Key Stage 2

### Growing and Changing

#### Focus on:

- Relationships
- Keeping safe
- Safe and Unsafe touches
- Difficult feelings
- Difficult types of relationships

#### Pupils should:

- about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online); (Project Evolve – fake profiles. Self-image and identity)
- what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships (Project Evolve – online relationships)
- that a feature of positive family life is caring relationships; about the different ways in which people care for one another
- to recognise that feelings can change over time and range in intensity
- about everyday things that affect feelings and the importance of expressing feelings
- a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;
- strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations
- strategies to manage transitions between classes and key stages

## PSHE Progression of skills Upper Key Stage 2

### Growing and Changing

#### Focus on:

- Difficult feelings
- Managing personal change
- How to help my feelings
- Getting help
- Coping with change
- Body image
- Sex ed.
- Self-esteem

#### Pupils should:

- to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others
- to 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
- problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools
- how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this
- how different media portray idealised and artificial body shapes; how this influences body satisfaction and body image and how to critically appraise what they see and manage feelings about this
- strategies to manage transitions between classes and key stages
- about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)
- about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene
- about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for
- about where to get more information, help and advice about growing and changing, especially about puberty
- to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction