

PSHE

Skills Progression Document

	Personal, Social, Health and Economics Education (PSHE)
Intent	<p>To nurture and develop responsible and well-rounded human beings and help children develop strategies and skills to have a happy and successful adult life.</p> <p>Our school PSHE curriculum will teach children; life skills, behaviours and attitudes, in order to thrive in the challenges of an ever-changing world. Children will be taught about the fundamental building blocks and characteristics of positive relationships and health including puberty.</p> <p>The knowledge and attributes gained will support their own and others' wellbeing and achievements; enabling them to become successful and happy adults who make a meaningful contribution to society.</p>

	PSHE
Curriculum Drivers	Reading, Force for positive change
Knowledge Threads	The areas of learning in PSHE are sequenced and linked through the study of; Health & Wellbeing, Relationships and Living in the Wider World.
Health & Wellbeing	<p>How to maintain physical, mental and emotional health and wellbeing.</p> <p>How to manage risks to physical and emotional health and wellbeing.</p> <p>About managing change, including puberty, transition and loss.</p> <p>How to make informed choices about health and wellbeing and to recognise sources of help with this.</p>
Relationships	<p>How to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts (in person & online)</p> <p>How to recognise and manage emotions within a range of relationships.</p> <p>How to recognise & respond to risky or negative relationships and ask for help, including all forms of bullying and abuse</p> <p>How to respect equality and diversity in relationships</p>
Living in the Wider World	<p>Respect for self and others' and the importance of responsible behaviours and actions.</p> <p>Rights and responsibilities as members of families, other groups and ultimately as citizens.</p> <p>To respect diversity & equality and how to be a productive member of a diverse community.</p>

	The importance of respecting & protecting the environment. Where money comes from, the importance of managing it effectively and a basic understanding of enterprise.
Child Initiated	There must be enough scope in the medium-term planning to allow children's interests and enquiry to be explored although all knowledge threads and PSHE skills are covered.

PSHE Skills	The Big PSHE Ideas
Discussion & Debate	Formulating questions as part of an enquiry-based approach to learning. Presenting opinions and articulating ideas, showing an appreciation of others' views and feelings Know how to talk about something to reach a decision or to exchange ideas in a civil manner
Critical thinking	Developing reasoning skills to reach a decision or resolution. Consider the consequences of a proposal, in order to manage or minimise risks.
Coping strategies	Developing resilience, including self-motivation, self-regulation, perseverance, and adaptability to manage strong emotions and impulses in a variety of situations.
Collaboration	Developing the necessary skills to work effectively and efficiently as part of a group

Characteristics of a well-rounded Citizen

Cooperation and collaboration: a willingness to work with other people, to learn from different points of view and to form new ideas and plans by pooling talents.

Concentration: the ability to stay focused and avoid distractions.

Courage/self-belief: the confidence to put forward one's own suggestions and ideas and to stand by a reasoned opinion regardless of other people's reaction, knowing that many good ideas are initially ridiculed.

Curiosity/enthusiasm: an eagerness to ask questions, to explore beyond what is 'required' and to discover new things.

Empathy: a willingness to listen to others and to try to understand things from their perspective.

Flexibility: the ability to adapt, to generate alternatives and to change one's mind when new information or arguments are presented.

Good judgement: a desire to avoid gullibility and to think critically about ideas and information before deciding what to believe.

Imagination: an inclination to visualise, to dream, be creative with one's thoughts rather than to think within conventional boundaries.

Independence: an awareness of the strategies and options that are available and a willingness to reach one's own decisions and take actions based on these.

An open mind: a readiness to welcome unusual ideas even if they sound strange at first and to consider how existing ideas can be improved and adapted.

Precision: the willingness to be careful, accurate and pay attention to detail.

Reflectiveness: an inclination to think about the methods and approaches that have been tried and to analyse both successes and failures.

Resilience: the confidence to 'stick with it' when thinking and learning 'hurt', to not give up at the first hurdle and to recognise the importance of intellectual struggling.

Responsibility: a recognition that each person is responsible for improving their own thinking and learning and for finding methods that suit them.

Risk-taking: the courage to 'take a chance' and have a go at new things even when success may not be guaranteed.

Self-discipline: the self-control required to make sure one's potential is achieved.

	PSHE Knowledge Progression					
Knowledge Threads	Across every year group the following knowledge threads will be explored: Health and Wellbeing, Relationships, Living in the Wider World and Child Initiated.					
Year Groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Reception	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y1	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y2	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y3	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y4	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y5	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Y6	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me

PSHE: Sequencing Big Ideas

EYFS

The principle focus of PSHE teaching in EYFS is to teach pupils about positive relationships and emotional wellbeing. Within the early years there is big focus on understanding themselves, building friendships and self-esteem. Pupils begin to recognise what relationships and health education means for them. They will explore who and what's important to them, look at their community and begin to make sense of their place within the wider world. Pupils will be encouraged to say how they feel, have a go and engage in new experiences and learning using trial and improvement.

Nursery and Reception PSHE Skills	The Big PSHE Ideas
Discussion & Debate	<ul style="list-style-type: none"> - Active learning – motivation, being involved and concentrating - Children can say how they feel and able to share their ideas
Critical thinking	<ul style="list-style-type: none"> - Children have their own ideas - Children make links - Children can choose their own way to do things
Coping strategies	<ul style="list-style-type: none"> - Being willing to 'have a go' - Showing a 'can do' attitude, taking a risk, engaging in new experiences, and learning by trial and improvement - Keep trying and enjoying achieving what they set out to do
Collaboration	<ul style="list-style-type: none"> - Finding out and exploring with others - Acting out experiences with other people - Make friendships - Taking turns

Lower KS2

The principle focus of PSHE teaching in Lower KS2 is to support pupils build on the knowledge and skills that they have already acquired in order to manage their lives now and in the future. They will develop a deeper understanding of relationships, including how friendships can support their mental wellbeing, how to keep safe (including online) and how they are changing and growing up. Pupils will have the opportunity to reflect on and clarify their own values and attitudes and explore the complex and sometimes conflicting range of values and attitudes they encounter. They will do this through collaborative discussion and debate, where they will share, make informed decisions and think critically while maintaining good relationships.

Year 3 & 4 PSHE Skills	The Big PSHE Ideas
Discussion & Debate	<ul style="list-style-type: none"> - Classify questions by purpose, e.g. right answer questions / thinking questions - Generate questions which go beyond the first initial idea - Imagine an alternative point of view e.g. putting yourself in someone else's shoes and considering their perspective (empathy) - Reflect on decisions made by remaining open to new information - Take a 'thinking moment' - Clarify or ask for clarification
Critical thinking	<ul style="list-style-type: none"> - Consider strengths and weaknesses as an individual - Differentiate between possible and definite conclusions - Recognise alternative explanations to check the validity of a conclusion - Consider the consequences of a proposal
Coping strategies	<ul style="list-style-type: none"> - Journaling-children can write down their feelings and can work out what is worrying them and some ways to improve the situation - Self-love- look after yourself –try some regular exercise, listen to music, positive self-talk: 'I can't do it YET!' - Building resilience – children can learn from their mistakes - Self-regulation/manage emotions -recognise own triggers, what calms me down?- Link to 'Speak Out'
Collaboration	<ul style="list-style-type: none"> - Build and maintain trust and respect - Reach consensus – give and take: learn to compromise - Clear communication - Establish a clear goal