

Dream Believe Shine

Ambleside Academy



Progression of Skills: PSHE

	Year1	Year 2	Year3	Year4	Year5	Year6
Celebrating differences	<p>I can tell you some ways I am different from my friends.</p> <p>I understand these differences make us all special and unique.</p>	<p>I can identify some ways in which my friend is different from me.</p> <p>I can tell you why I value this difference about him/her.</p>	<p>I can tell you about a time when my words affected someone's feelings and what the consequences were.</p> <p>I can give and receive compliments and know how this feels.</p>	<p>I can tell you a time when my first impression of someone changed as I got to know them.</p> <p>I can explain why it is good to accept people for who they are.</p>	<p>I can explain the differences between direct and indirect types of bullying.</p> <p>I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied.</p>	<p>I can explain ways in which difference can be a source of conflict or a cause for celebration and can show empathy with people in either situation.</p>
Dreams and Goals	<p>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it.</p> <p>I know how to store the feelings of success in my internal treasure chest.</p>	<p>I can explain some of the ways I worked co-operatively in my group to create the end product.</p> <p>I can express how it felt to be working as part of this group.</p>	<p>I can evaluate my own learning process and identify how it can be better next time.</p> <p>I am confident in sharing my success with others and know how to store my feelings of success in my internal treasure chest.</p>	<p>I know how to make a new plan and set new goals even if I have been disappointed.</p> <p>I know what it means to be resilient and to have a positive attitude.</p>	<p>I can describe the dreams and goals of a young person in a culture different from mine and can reflect on how these relate to my own.</p>	<p>I can describe some ways in which I can work with other people to help make the world a better place.</p> <p>I can identify why I am motivated to do this.</p>
Healthy Me	<p>I can tell you why I think my body is</p>	<p>I can make some healthy snacks and</p>	<p>I can identify things, people and places that I</p>	<p>I can recognise when people are putting me</p>	<p>I can describe the different roles food can</p>	<p>I can evaluate when alcohol is being used</p>

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	<p>amazing and can identify some ways to keep it safe and healthy.</p> <p>I can recognise how being healthy helps me to feel happy.</p>	<p>explain why they are good for my body.</p> <p>I can express how it feels to share healthy food with my friends.</p>	<p>need to keep safe from and can tell you some strategies for keeping myself safe, including who to go to for help.</p> <p>I can express how being anxious or scared feels.</p>	<p>under pressure and can explain ways to resist this when I want to.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure.</p>	<p>play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures.</p> <p>I respect and value my body.</p>	<p>responsibly, anti-socially or being misused.</p> <p>I can tell you how I feel about using alcohol when I am older and my reasons for this.</p>
Relationships	<p>I can tell you why I appreciate someone who is special to me and express how I feel about them.</p>	<p>I can identify some of the things that cause conflict between me and my friends.</p> <p>I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends.</p>	<p>I can explain how some of the actions and work of people around the world help and influence my life and can show an awareness of how this could affect my choices.</p>	<p>I can explain different points of view on an animal rights issue and express my own opinion and feelings on this.</p>	<p>I can explain how to stay safe when using technology to communicate with my friends.</p> <p>I can recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others.</p>	<p>I can recognise when people are trying to gain power or control.</p> <p>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control.</p>
Changing Me	<p>I can identify the parts of the body that make boys different to girls and can use the</p>	<p>I can recognise the physical differences between boys and girls, use the correct names for parts of</p>	<p>I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these</p>	<p>I can identify what I am looking forward to when I am in Year 5.</p> <p>I can reflect on the changes I would like to</p>	<p>I can describe how boys' and girls' bodies change during puberty.</p> <p>I can express how I feel about the changes that</p>	<p>I can describe how a baby develops from conception through the nine months of</p>

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	<p>correct names for these: penis, testicles, vagina.</p> <p>I respect my body and understand which parts are private.</p>	<p>the body (penis, testicles, vagina) and appreciate that some parts of my body are private.</p> <p>I can tell you what I like/don't like about being a boy/a girl.</p>	<p>changes are necessary so that their bodies can make babies when they grow up.</p> <p>I recognise how I feel about these changes happening to me and know how to cope with these feelings.</p>	<p>make when I am in Year 5 and can describe how to go about this.</p>	<p>will happen to me during puberty.</p>	<p>pregnancy, and how it is born.</p> <p>I recognise how I feel when I reflect on the development and birth of a baby.</p>
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