

PSHE Curriculum Knowledge and Skills Progression Map

Pine R/Y1 Jigsaw Age 4-5	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p>Overview</p>	<p>Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities</p>	<p>Identifying talents Being special Families Where we live Making friends Standing up for yourself</p>	<p>Challenges Perseverance Goal setting Overcoming obstacles. Seeking help Jobs Achieving goals</p>	<p>Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p>	<p>Family life Friendships Breaking friendships. Falling out Dealing with bullying Being a good friend</p>	<p>Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations COMPLETE AGES 5/6 CHANGING ME LESSONS 2,3,4)</p>
<p>Vocabulary</p>	<p>Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns</p>	<p>Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family</p>	<p>Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Happy, Kind, Encourage</p>	<p>Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scare</p>	<p>Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing</p>	<p>Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories</p>
<p>Milestones (Assessment)</p>	<p>I can talk freely about the things and people that make me happy in class and at home.</p> <p>I usually remember to take turns and share with everyone in my class.</p> <p>I know how to be a good listener.</p>	<p>I am confident when I talk about the things I like and am interested in.</p> <p>I can say what I don't like and why.</p> <p>I know how to be kind to others and can use words to stand up for myself.</p>	<p>I know what to do so that I can persevere with things that are a bit difficult.</p> <p>I can talk about what makes me proud.</p> <p>I regularly encourage myself and others to keep trying and not give up when things get tricky.</p>	<p>I can talk about what I do to stay healthy and safe and I know why these things are important.</p> <p>I know what we all need to do to stay healthy and safe.</p> <p>I can talk about these things with my friends in class.</p>	<p>I know how to be a kind friend and I know what to do if I need a friend to help me play and/or learn.</p> <p>I know how to co-operate with others in my class and understand the importance for everyone to feel included.</p> <p>I make sure I use my words to help friends to understand me</p>	<p>I can describe and ask questions about things that feel or look different about me now and about the things that will happen around me soon.</p> <p>I can use strategies I've been taught to stay calm and to behave kindly towards others.</p> <p>I know who to speak to and how to talk about things that might be worrying or sad as well as the things that I want to know more about.</p> <p>I can describe to others how I thought about a problem or feeling and how I dealt with it.</p>

