

PSHE Curriculum Knowledge and Skills Progression Map

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