



## PSHE/RSE progression at St Mawes Primary

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Being Me in My World</b>	I can start to recognise and manage my feelings.	I can explain why my class is a happy and safe place to learn	I can explain why my behaviour can impact on other people in my class.	I can explain how my behaviour can affect how others feel and behave.	I can explain why being listened to and listening to others is important in my school community.	I can compare my life with other people in my country and explain why we have, rights and responsibilities to try and make the school and the wider community a fair place.	I can explain how my choices can have an impact on people in my immediate community and globally.
<b>Celebrating Difference</b>	I can identify something I am good at. I know we are all different but the same in some ways.	I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special	I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.	I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.	I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.	I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.	I can explain ways in which difference can be a source of conflict or a cause for celebration.
<b>Dreams and Goals</b>	I talk about a time when I didn't give up. I can use kind words to encourage people.	I can explain how I feel when I am successful and how this can be celebrated positively.	I can explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other.	I can explain the different ways that help me learn and what I need to do to improve.	I can plan and set new goals even after a disappointment.	I can compare my hopes and dreams with those of young people from different cultures.	I can explain different ways to work with others to help make the world a better place.
<b>Healthy Me</b>		I can explain why I think my body is amazing and can identify a range of	I can explain why foods and medicines can be good for my body comparing my ideas	I can identify things, people and places that I need to keep safe from, and can tell you	I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.	I can explain different roles that food and substances can play in people's lives. I can also explain how people can	I can explain when substances including alcohol are being used anti-socially or being misused and the impact this



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		ways to keep it safe and healthy.	with less healthy/unsafe choices.	some strategies for keeping myself safe and healthy including who to go to for help.		develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy. .	can have on an individual and others.
<b>Relationships</b>	I know how to be a good friend.	I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.	I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.	I can explain how my life is influenced positively by people I know and also, by people from other countries.	I can recognize how people are feeling when they miss a special person or animal.	I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.	I can identify when people maybe experiencing feelings associated with loss and also recognise when people are trying to gain power or control.
<b>Changing Me</b>	I can name some parts of the body. I can talk about things I can do and foods I can eat to be healthy.	I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.	I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel OK and others don't.	I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.	I can summarize the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.	I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarize the process of conception.	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.