

**Progression grid for PSHE**

| Key Area              | Y1  | Y2   | Y3  | Y4  | Y5  | Y6   |
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| <b>Get HeartSmart</b> | <p>I am beginning to understand that my choices can help or hurt my own and others hearts.</p> <p>I am beginning to understand that I am a source of power.</p> <p>I am beginning to understand some different emotions I feel.</p> <p>I am beginning to understand that I can look after my heart.</p> <p>I can identify someone that I am grateful for and am beginning to think about a reason why.</p> <p>I am beginning to understand what healthy choices for my mind and body look like.</p> | <p>I understand that the choices I make can help or hurt my own and others hearts.</p> <p>I can describe a way that I can use my power in a positive and negative way.</p> <p>I am beginning to understand that the decisions I make can affect my reputation.</p> <p>I am beginning to understand how my heart affects my actions, words and behaviours.</p> <p>I can describe how different people’s families may look.</p> <p>I can describe a way my family shows me love.</p> <p>I can list a food from each of the 5 food groups.</p> <p>I can think of a choice I have made that has helped my heart.</p> | <p>I can suggest a way that I can show love to myself.</p> <p>I can suggest a way that I can show love to others.</p> <p>I can list ways to be kind to one another.</p> <p>I can describe some ways that others are ‘meant to be treated’.</p> <p>I can recall a memory and associate a feeling with it.</p> <p>I am beginning to understand that my heart needs protecting.</p> <p>I can list some things that my heart needs protecting from.</p> <p>I can list some people that I am grateful for in my life and give some reasons for why I am grateful for them.</p> | <p>I can suggest several ways that I can show love to myself.</p> <p>I can suggest several ways that I can show love to others.</p> <p>I am beginning to think about the consequences of the words we use.</p> <p>I can describe some consequences of using kind and unkind words.</p> <p>I can suggest some characteristics that I would like to see in my classroom.</p> <p>I can suggest some ways I can cultivate some of those characteristics.</p> <p>I can name someone that I trust and I can give one reason for why I trust them.</p> <p>I can list some characteristics of a healthy family life.</p> <p>I can explain what “mental wellbeing” means.</p> <p>I can list something that positively affects my mental wellbeing.</p> | <p>I can suggest some ways that I can care for my heart.</p> <p>I can suggest some ways that I can care for other people’s hearts.</p> <p>I understand that being bossy is about trying to control others.</p> <p>I can describe some qualities of a good leader.</p> <p>I can describe some qualities of the heart reputation I would like to have.</p> <p>I can suggest some ways to know what I should and shouldn’t watch.</p> <p>I can list some things I should avoid watching.</p> <p>I can explain how another person has supported or encouraged me and how that made me feel.</p> <p>I can write a thank you letter and express gratitude to someone.</p> <p>I can suggest some ways to help myself sleep well.</p> | <p>I can reflect on the choices I make that can help my heart.</p> <p>I can reflect on the choices I make that can hurt my heart.</p> <p>I can explain how I feel differently when moving or posing in different ways.</p> <p>I can create a powerful pose of my own.</p> <p>I can suggest ways people can become ‘hard-hearted’.</p> <p>I can suggest ways to keep my heart soft and strong.</p> <p>I can explain the benefits of a soft-strong heart over a hard heart.</p> <p>I can explain when a secret should be kept and when it should be shared.</p> <p>I can describe what a commitment is.</p> <p>I can plan a healthy meal.</p> <p>I can reflect on how I protect my own and other’s hearts.</p> |

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|                                    |   | I can think of a choice I have made that has helped someone else’s heart.   | I can identify some benefits of a healthy lifestyle.<br>I can identify some risks of an unhealthy lifestyle.<br>I can suggest some ways that I can care for my heart.<br>I can suggest some ways that I can care for other people’s hearts.   | I can list something that negatively affects my mental wellbeing.<br>I can suggest some ways that I can care for my heart.<br>I can suggest some ways that I can care for other people’s hearts.   | I can list some benefits of sleeping well.<br>I can explain some ways that I can protect my own and other’s hearts.  |   |
| <b>Don’t forget to let love in</b> | I am starting to describe myself in a positive way.<br>I am starting to think about some great things about myself.<br>I can suggest touch that I like and touch that I don’t like.<br>I am beginning to understand the difference between the truth and lies.<br>I am beginning to understand that not everything is true. | I can recall a way someone has shown love to me through kind words or actions.<br>I can describe something I like about myself.<br>I can say some of my strengths.<br>I understand that I am unique.<br>I understand the difference between truths and lies.<br>I can suggest my own truth statement. | I can recall some ways that people have shown love to me through kind words or actions.<br>I am starting to describe myself in a positive way.<br>I can think of words to encourage others.<br>I can accept encouragement from others.<br>I can sort words into what love is and what love isn’t. | I can recall different ways someone has shown me love through kind words or actions.<br>I can describe myself in a positive way.<br>I can identify some ways that I most feel love.<br>I can give an example of a time when I have been loved.<br>I can identify some of my strengths and achievements.<br>I can record and list some unique facts and figures about me. | I reflect on ways that people show me love through kind words or actions.<br>I am starting to describe myself in a positive way consistently.<br>I understand that I have value and purpose.<br>I am aware of how the words I listen to about myself can make me feel.<br>I can identify some lies that I believe/listen to.<br>I can suggest opposing truths to those lies. | I reflect on ways that people show me love through kind words or actions.<br>I describe myself in a positive way consistently.<br>I understand that I am valued.<br>I can encourage others with kind and positive words.<br>I can accept the encouragement given to me.<br>I can recall significant events and people in their lives so far.<br>I can recognise that every person is unique.<br>I can list things that I am grateful for.<br>I can suggest some early signs of illness. |



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|  | <p>I am beginning to understand what truth sounds like.<br/>I am beginning to make choices based on my preferences.<br/>I am beginning to understand that I am unique.<br/>I am beginning to understand that there is a difference between spending and saving.<br/>I am beginning to understand that I can choose to 'save' or 'spend'.<br/>I am beginning to understand that a reward comes from saving.<br/>I can identify different ways that I can take care of myself and some of the objects I use for this eg toothbrush.<br/>I am beginning to be able to recall a kind word or action from my week.</p> | <p>I can use positive adjectives to describe myself.<br/>I can describe a different range of emotions.<br/>I understand that thankfulness changes my attitude.<br/>I can find my pulse.<br/>I can describe how I feel after physical activity.<br/>I can recall a kind word or action from the week.<br/>I can share the best thing about me.</p> | <p>I can list some things that I am grateful for.<br/>I can explain why I am grateful for them.<br/>I am beginning to understand that some choices I make will affect my physical health.<br/>I can recall examples of kind words or actions from the week.<br/>I can share some amazing things about myself.</p> | <p>I can highlight five things about my body that I am grateful for.<br/>I can explain I am grateful.<br/>I understand that love sometimes looks like stopping the spread of bacteria.<br/>I can suggest some ways that bacteria spreads.<br/>I can recall examples of kind words or actions from the week.<br/>I can share several amazing things about myself.</p> | <p>I can describe how listening to and believing lies makes me feel.<br/>I can describe how listening to and believing truth makes me feel.<br/>I am beginning to understand and demonstrate different ways I can respond to pressured scenarios.<br/>I can recall a significant event and person in my life.<br/>I can someone to go to when I need help.<br/>I can recall a way I have 'Let Love in' this week.</p> | <p>I can recall a way that I have 'Let Love in' this week.<br/>I can describe myself in a positive way.</p> |
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| <p><b>Too much selfie isn't healthy</b></p> | <p>I am beginning to think about ways to show love for others.<br/>I am beginning to demonstrate ways to love others.<br/>I am beginning to notice the people around me.<br/>I am beginning to think about ways that I can help others.<br/>I am beginning to think about ways I have been helped by others.<br/>I can think of someone who looks after me.<br/>I am beginning to think about how being looked after makes me feel.<br/>I can suggest ways to show appreciation for others.<br/>I am beginning to understand how to work as a team.<br/>I am beginning to think about some ways to keep safe online.</p> | <p>I can suggest a way to show love for others.<br/>I can suggest a way to demonstrate love to others.<br/>I am learning to suggest ways to 'look out' for other people's needs and the needs of the environment around me.<br/>I am learning to spot and act on opportunities to do something kind for others.<br/>I can list the people working in my local community that look after and protect me.<br/>I am learning to appreciate the important work they do.<br/>I can list ways that we are all different.<br/>I can list ways that we are all the same.</p> | <p>I can suggest ways to show love for others.<br/>I can suggest ways to demonstrate loving others.<br/>I can suggest something that I can do for another person.<br/>I can describe how the person I helped felt.<br/>I can describe how helping someone else made me feel.<br/>I can explain how to respond in an emergency.<br/>I can recognise and celebrate the impact kindness has on another person.<br/>I can work together with others to complete a task.<br/>I am learning how to listen well to one another and respect each other's views.<br/>I can list some information that identifies me eg name, address.</p> | <p>I can suggest ways to show love for others.<br/>I can demonstrate ways to love others.<br/>I am becoming more aware of my surroundings and the people around me by noticing differences.<br/>I can make the link about being observant and being aware of those around us.<br/>I can suggest how a person is feeling from their expression and body language.<br/>I can suggest who the unseen heroes of my community are.<br/>I can honour those heroes by writing a thank you note.<br/>I can suggest times when I need help from others.<br/>I can demonstrate good teamwork skills (clear communication, listening and negotiating).<br/>I can suggest ways to use my technology devices responsibly.<br/>I can suggest ways that I have shown love for others.</p> | <p>I understand there are many different ways I can show love for others.<br/>I can demonstrate ways to love others.<br/>I can think of someone to go to if I feel lonely.<br/>I can suggest things to do to avoid feeling lonely.<br/>I can list some skills needed to listen to others well.<br/>I can suggest ways I can demonstrate honour.<br/>I am starting to understand the purpose and role of groups eg charities, raising awareness.<br/>I know what I should and shouldn't share online.<br/>I can suggest ways that I have shown love for others.<br/>I can describe how caring for others makes people feel.</p> | <p>I can reflect on the different ways to show love for others.<br/>I consistently demonstrate ways to love others.<br/>I know there are ways we are different and ways we are the same.<br/>I understand that while there are some differences between us, there are more similarities.<br/>I can listen carefully to my classmate and feedback what they have said.<br/>I can suggest people who have benefitted from overcoming a challenge.<br/>I can explain why I am grateful for those people.<br/>I can suggest ways to be a good friend.<br/>I can list 3 benefits of social media.<br/>I can list 3 dangers of social media.<br/>I can describe ways that I have shown love for others.<br/>I can describe how caring for others makes people feel.</p> |
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|   | <p>I can draw a picture to offer advice for keeping safe online.</p> <p>I can suggest a way that I have shown love for others.</p> <p>I am beginning to think about how loving others makes me feel.</p>  | <p>I can suggest some ways to keep safe in real life.</p> <p>I can suggest some online safety rules.</p> <p>I understand that online safety rules are similar to safety rules in real life.</p> <p>I can suggest ways they have shown love for others.</p> <p>I can describe how loving others makes me feel.</p>   | <p>I know why it is important to keep personal information private.</p> <p>I can suggest ways I have shown love for others.</p> <p>I can describe how caring for others makes me feel.</p> <p>I can suggest ways I have shown love for others.</p> <p>I can describe how caring for others makes me feel.</p>             | <p>I can describe how caring for others makes people feel.</p>   |   |  |
| <p><b>Don't hold on to what's wrong</b></p> | <p>I can identify when Boris is sad.</p> <p>I am beginning to understand that what I do effects others.</p> <p>I am beginning to understand when I need to say sorry.</p> <p>I am beginning to understand that forgiveness helps my heart.</p> <p>I am beginning to understand when I am feeling a negative emotion</p> | <p>I understand that letting the bad feelings out of my heart helps me feel happy again.</p> <p>I understand that what I do affects others</p> <p>I am beginning to understand when I need to say sorry.</p> <p>I am beginning to understand that forgiveness helps my heart.</p> <p>I can give an example of a</p> | <p>I am beginning to understand what 'forgiveness' means.</p> <p>I can describe how saying sorry can help a situation.</p> <p>I can describe the effects of choosing to forgive or not.</p> <p>I can describe a way that holding on to hurt can make us sad.</p> <p>I can list a ways to build trust between friends.</p> | <p>I can suggest a way to fix a broken friendship.</p> <p>I can describe some benefits of forgiveness.</p> <p>I can sort scenarios into positive and negative stress.</p> <p>I can suggest ways to manage negative stress.</p> <p>I can suggest some healthy boundaries I can use both in life and online.</p> <p>I can recognise online abuse and know who to report it to.</p> | <p>I can describe forgiveness.</p> <p>I can explain why forgiveness keeps my heart healthy.</p> <p>I can describe some practical steps I could take to resolve conflict.</p> <p>I can describe how different emotions feel.</p> <p>I can explain why emotions are important.</p> <p>I can describe some healthy ways to respond to my mistakes.</p> <p>I can recognise bullying behaviours.</p> | <p>I can demonstrate choosing forgiveness.</p> <p>I can demonstrate choosing strategies to help resolve conflicts and disputes.</p> <p>I can explain my point of view.</p> <p>I can listen and take account of a response from another person.</p> <p>I can model resolving a dispute.</p> <p>I can explain some benefits of forgiveness.</p> <p>I can suggest some barriers to forgiveness.</p> <p>I understand that our tone and body language</p> |

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|                          | <p>eg anger, sadness, disappointment.<br/>I am beginning to understand that I can choose kind or unkind words.<br/>I can suggest an example of a positive attribute of the kind of friend I would like to be.<br/>I am beginning to understand something I can do if I feel sad or mad.</p>                      | <p>person, place or activity that helps my heart when I am sad.<br/>I am beginning to understand ways to help me let go of hurt or disappointment.<br/>I can suggest a way I can protect myself and others from bullying.<br/>I can suggest something I can do if I feel sad or mad.</p> | <p>I can think of someone that I trust.<br/>I can give an example of a stereotype.<br/>I can suggest a couple of things I can do if I feel sad or mad.</p>  | <p>I can suggest positive uses of the internet.<br/>I can list several things I can do if I feel sad, or mad.</p>  | <p>I can suggest ways to deal with bullying.<br/>I can list different types of negative emotion.<br/>I can identify when I am experiencing negative emotion.<br/>I can suggest ways that will help me when I am experiencing negative emotion.</p>  | <p>communicates more than our words.<br/>I can give examples of how a trustworthy friend behaves.<br/>I can explain when it is ok to break a confidence.<br/>I can list some effects bullying can have.<br/>I can explain how to get help if I or someone I know are being bullied.<br/>I can identify when I am experiencing negative emotion.<br/>I can suggest ways that will help me when I am experiencing negative emotion.</p> |
| <b>Fake is a mistake</b> | <p>I can suggest an amazing fact about myself.<br/>I can explain why we don't need to lie about ourselves.<br/>I am beginning to understand that I don't need to pretend to be anything I am not - I can be myself!<br/>I can describe what being 'see-through' means.<br/>I am beginning to understand some</p> | <p>I can suggest a couple of amazing facts about myself.<br/>I can explain why we don't need to lie about ourselves.<br/>I can name something unique about myself.<br/>I can name an unkind thought that I have about myself.<br/>I can name a kind thought I have about myself.</p>     | <p>I can suggest a couple of amazing facts about myself.<br/>I can explain why we don't need to lie about ourselves.<br/>I am beginning to know the real me is the best me.<br/>I can give a simple explanation of what shame is.<br/>I can suggest appropriate and inappropriate types of touch.</p> | <p>I can explain why we don't need to lie about ourselves.<br/>I can list 3 great things about myself.<br/>I can explain that I am not what I 'do'.<br/>I can identify some important voices in my life.<br/>I can recognise the difference between kind and unkind voices in my life.<br/>I am growing in courage to always tell the truth.</p> | <p>I can explain why we don't need to lie about ourselves.<br/>I can list 5 great things about myself.<br/>I can discuss how unrealistic images can make me feel.<br/>I can explain some things I can do when I feel like I need to hide how I really feel.<br/>I can give a simple description of what vulnerability is.</p> | <p>I can present different opinions respectfully.<br/>I can explain how to communicate the truth lovingly.<br/>I understand we are loved just as we are.<br/>I understand how to replace negative self-talk with positive self-talk.<br/>I can define what a boundary is.<br/>I can explain how using boundaries means we can have respectful friendships.</p>  |

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|  | <p>reasons why being 'see-through' in friendship is important.</p> <p>I can suggest some ways to look after my teeth.</p> <p>I can name a person I can talk to when I feel upset.</p> <p>I am beginning to understand that small lies can have a big impact.</p> <p>I can complete the phrase "I am..." with a positive characteristic.</p> | <p>I can describe how an emotion feels.</p> <p>I can describe times when I have felt different emotions.</p> <p>I can suggest some ways to demonstrate good manners.</p> <p>I can demonstrate different ways to greet another person.</p> <p>I can describe some ways to stay safe in the sun.</p> <p>I can use positive words to describe myself and complete the phrase 'I am...'</p> | <p>I can suggest safe people to talk to if I am concerned.</p> <p>I can explain why telling the truth is important to build a friendship.</p> <p>I can explain what an allergy is.</p> <p>I can list what I have learned about why 'Fake is a Mistake'.</p> | <p>I can give examples of when I have been afraid to tell the truth.</p> <p>I can explain when dares are no longer fun.</p> <p>I can explain the consequences of dares.</p> <p>I can list some of the risks associated with smoking.</p> <p>I can list what I have learned about why 'Fake is a Mistake'.</p> | <p>I can identify qualities that build trust for vulnerability.</p> <p>I can explain why growing feedback is important.</p> <p>I can identify the difference between 'No Entry' and 'Welcome' responses to feedback.</p> <p>I can list some risks associated with alcohol use in young people.</p> <p>I can give some advice against drinking alcohol.</p> <p>I can list what I have learned about why 'Fake is a Mistake'.</p> | <p>I can find out facts about vaccinations from credible sources.</p> <p>I can suggest ways to discern if information online is credible.</p> <p>I can know some physical and mental health risks associated with taking drugs.</p> <p>I can suggest some ways to avoid drug taking.</p> <p>I can list what I have learned about why 'Fake is a Mistake'?</p> |
| <p><b>No way through isn't true!</b></p> | <p>I am beginning to understand when I feel stuck.</p> <p>I am beginning to choose to persevere in completing a challenge.</p> <p>I am starting to explore how I can adapt my strategy and try other things when I feel stuck.</p>  | <p>I am beginning to understand when I feel stuck.</p> <p>I am beginning to choose to persevere in completing a challenge.</p> <p>I am beginning to be able to find alternative solutions to a problem.</p>   | <p>I can identify when I feel stuck.</p> <p>I can choose to persevere when I feel stuck or in completing a challenge.</p> <p>I can identify an area of my life where I am doing well.</p> <p>I can describe what a setback is.</p>                          | <p>I can describe a situation where I felt stuck.</p> <p>I can suggest some ways I can persevere when I feel stuck.</p> <p>I can list some skills and attitudes needed to meet the challenges.</p> <p>I can identify habits I need to develop or lose in order to achieve my goals.</p>                       | <p>I can describe situations where I feel stuck.</p> <p>I can suggest ways to persevere when I feel stuck.</p> <p>I can say when I find a situation difficult or challenging.</p> <p>I can give some examples of internal success.</p> <p>I can give an example of something I would like to</p>  | <p>I can describe situations where I get stuck.</p> <p>I can suggest ways to persevere when I feel stuck.</p> <p>I can describe the impact of changing my thinking from 'I can't do it' to 'I can't do it yet'.</p> <p>I can explain the importance of practice.</p> <p>I can answer the question "How am I feeling?"</p>                                     |

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|  | <p>I am beginning to understand the value of having a friend’s support when I feel stuck.<br/>I can differentiate between secrets I should and shouldn’t keep.<br/>I know what to do if someone asks me to keep a secret that makes me feel uncomfortable.<br/>I am beginning to understand that I have an impact on my class, family and community.<br/>I can choose pictures of things I like (to create a dreamboard).<br/>I can think of a person, pet or toy that I miss.<br/>I can share a memory of that person, pet or toy.<br/>I am starting to be able to recall times where I felt stuck but found a way through!</p> | <p>I can design a map with alternative routes.<br/>I am beginning to think about different ways I can look at situations.<br/>I can suggest a different way I could try to overcome a challenging situation.<br/>I can replace worry phrases with positive “what if” phrases.<br/>I can identify signs of energy being used.<br/>I can suggest some ways to conserve energy.<br/>I can recall a time when I felt stuck but found a way through!</p> | <p>I can give an example of a setback.<br/>I can demonstrate basic first aid skills.<br/>I can identify a dream I have.<br/>I can list some attitudes I need to develop to achieve my dreams.<br/>I can describe what ‘change’ is and give some examples in my life.<br/>I can suggest something I can do that helps me to manage change.<br/>I can recall a time when I felt stuck but found a way through!</p> | <p>I can think of someone who encourages me.<br/>I can think of someone I can encourage.<br/>I can choose pictures of things that inspire me.<br/>I can create ‘A Dream of my Heart is...’ statement.<br/>I can define what puberty is.<br/>I can describe key physical changes that take place as puberty begins.<br/>I can recall a time when I felt stuck but found a way through!</p> | <p>grow in internally to meet a goal I have.<br/>I can name some tools that help me to live with hope.<br/>I can explain key facts about the menstrual cycle.<br/>I can describe ways to look after my health and wellbeing as I grow up.<br/>I can recall a time when I felt stuck but found a way through.<br/>I can use strategies that demonstrate ‘No Way Through’ isn’t True!</p> | <p>I can answer the question “Why am I feeling that way?”<br/>I can suggest ideas of needs for “What do I need?”<br/>I can explain the effects of having hope.<br/>I demonstrate choosing hope.<br/>I can describe some things that may try to keep me in my comfort zone.<br/>I can suggest what could happen when I step outside my comfort zone, into ‘Where the magic happens!’?<br/>I can apply this learning to a real-life scenario.<br/>I can describe the changes in my brain as I go through adolescence.<br/>I can recall a time when I felt stuck but found a way through.<br/>I can identify strategies used to demonstrate ‘No Way Through’ isn’t True!</p> |
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