



PSHE Progression Documents

Areas of Study	EYFS	Year 1	Year 2
KEEPING/STAYING SAFE	<p>Development Matters:</p> <ul style="list-style-type: none"> • I can listen attentively and respond with relevant questions, comments and actions • I can make comments about what I have heard and can ask questions to clarify my understanding • I can offer explanations for why things might happen • I can explain the reason for rules • I know right from wrong • I can behave appropriately 	<p>National Curriculum:</p> <ul style="list-style-type: none"> • I know how feelings can affect peoples bodies and how they behave • I know how to recognise what others might be feeling • I can recognise that not everyone feels the same at the same time, or feels the same about he same things • I know about ways of sharing feelings and a range of words to describe feelings • I know how to recognise risk in simple everyday situations and what action to take to minimise harm • I know how to keep safe and home and fire safety • I know ways to keep safe in familiar and unfamiliar situations and how to cross the road safely • I know about the people whose job it is to keep us safe • I know about the different roles people play in our lives • I can identify the people who love and care for me and what they do to help me feel cared for • I know there are situations when I should ask for permission and also when permission should be sought • I know what to do if I feel unsafe or worried for myself or others • I know who to ask for help and the vocabulary I need to ask for that help • I understand the importance of keep asking until I am heard 	

	<ul style="list-style-type: none"> • I can explain the reason for rules • I know right from wrong • I can behave accordingly 	<ul style="list-style-type: none"> • I can understand what I need to keep safe from • I can recognise what may put me or others at risk • I understand why it is important to stay safe when crossing the road • I can recognise a range of safe places to cross the road • I understand the difference between safe and risky choices • I know different ways to help us stay safe 	<ul style="list-style-type: none"> • I know the reasons to make sure my laces are tied • I can tie laces properly • I know rules for keeping myself and others safe
KEEPING/STAYING HEALTHY	<p>Development Matters:</p> <ul style="list-style-type: none"> • I can listen attentively and respond with relevant questions, comments and actions • I can make comments about what I have heard and can ask questions to clarify my understanding • I can offer explanations for why things might happen • I can manage my own basic hygiene and personal needs • I understand the importance of healthy food choices 	<p>National Curriculum:</p> <ul style="list-style-type: none"> • I know about what keeping healthy means and the different ways to keep healthy • I know about the foods that support good health and the risks of eating too much sugar • I know about dental care and visiting the dentist • I know how to brush my teeth correctly • I know about the foods and drink that support dental health • I know about the people that help us to stay physically healthy 	

	<ul style="list-style-type: none"> • I can manage my own basic hygiene and personal needs • I understand the importance of healthy food choices 	<ul style="list-style-type: none"> • I understand what we can do to keep healthy • I understand why we need to wash our hands • I know how germs are spread and how they affect our health • I am able to practise washing my hands • I know the difference between healthy and unhealthy choices 	<ul style="list-style-type: none"> • I know that food is needed for our bodies to be healthy and to grow • I understand that some foods are better for good health than others • I can list different types of healthy foods • I understand how to keep myself and others healthy • I understand why I need to brush my teeth • I am able to practise brushing my teeth • I can develop strategies to help me to remember to brush my teeth
RELATIONSHIPS	<p>Development Matters:</p> <ul style="list-style-type: none"> • I can listen attentively and respond with relevant questions, comments and actions • I can make comments about what I have heard and can ask questions to clarify my understanding • I can offer explanations for why things might happen • I can work and play cooperatively • I can take turn with others 	<p>National Curriculum:</p> <ul style="list-style-type: none"> • I know about different feelings that humans can experience • I can recognise and name different feelings • I know how to recognise what others may be feeling • I can recognise that not everyone feels the same at the same time or feels the same about the same things • I know about ways of sharing feelings and a range of words to describe feelings • I know how to manage when finding things difficult • I know how people make friends and what makes a good friendship • I can recognise when someone else is feeling lonely and what to do • I can use simple strategies to resolve arguments between friends positively • I know how to ask for help if a friendship is making me unhappy 	

	<ul style="list-style-type: none"> • I can form positive relationships with adults and peers • I can be sensitive to my own needs and the needs of others 	<ul style="list-style-type: none"> • I know how someone might feel if they experience hurtful behaviour or bullying • I know that hurtful behaviour is not acceptable • I know how to report bullying and the importance of telling a trusted adult. • I know what is kind and unkind behaviour and how this can affect others • I know how to treat myself and others with respect and how to be polite and courteous • I know how to listen to others and play and work cooperatively • I know how to talk about and share an opinion on something that matters to me • I can recognise the ways I am the same as and different to other people 	
	<ul style="list-style-type: none"> • I can work and play cooperatively • I can take turn with others • I can form positive relationships with adults and peers • I can be sensitive to my own needs and the needs of others 	<ul style="list-style-type: none"> • I understand different types of relationships • I understand how to be a good friend • I can recognise kind and thoughtful behaviours • I understand the importance of caring about other people's feelings • I can see a situation from another person's point of view 	<ul style="list-style-type: none"> • I can name and recognise a range of feelings • I can see and understand bullying behaviours • I know how to cope with these bullying behaviours • I understand that feelings can be shown without words
BEING RESPONSIBLE	<p>Development Matters:</p> <ul style="list-style-type: none"> • I can listen attentively and respond with relevant questions, comments and actions 	<p>National Curriculum:</p> <ul style="list-style-type: none"> • I know how physical activity helps us to stay healthy and ways to be physically active everyday • I know different things I can do to manage big feelings; to help calm myself down or change my mood when I don't feel good. 	

	<ul style="list-style-type: none"> • I can make comments about what I have heard and can ask questions to clarify my understanding • I can offer explanations for why things might happen • I can set and work towards simple goals • I can wait for what I want • I can control my immediate impulses • I can try new activities • I can show independence, resilience and perseverance • I can give focused attention to my teacher • I can follow an instruction 	<ul style="list-style-type: none"> • I can recognise the ways in which we are all unique • I know what I am good at and what I like and dislike • I know how to manage when I am finding things difficult • I know about rules and age restrictions that keep us safe • I can recognise risk in simple everyday situations and know what action to take to minimise harm • I know how to keep safe at home and about fire safety • I know what to do if there is an accident and someone is hurt • I know how to get help in an emergency (how to dial 999 and what to say) • I know what is kind and unkind behaviour and how this can affect others • I can recognise the ways in which I am the same and different to others • I know how to listen to other people and work and play cooperatively • I know how to talk about and share an opinion on something that matters to me • I know about rules and why they are needed and why different rules are needed for different situations • I know that everyone has different strengths • I know about some of the strengths and interests someone might need to do different jobs. 	
	<ul style="list-style-type: none"> • I can set and work towards simple goals • I can wait for what I want • I can control my immediate impulses • I can try new activities • I can show independence, resilience and perseverance 	<ul style="list-style-type: none"> • I understand what we are responsible for • I can recognise how responsibilities will change as I grow older • I know how to help people around me 	<ul style="list-style-type: none"> • I can name ways in which I can improve in an activity or sport • I understand the importance of trying hard and not giving up • I know the benefits of practising an activity or sport

	<ul style="list-style-type: none"> • I can give focused attention to my teacher • I can follow an instruction 	<ul style="list-style-type: none"> • I understand the types of things I am responsible for • I know and understand the importance of preventing accidents • I can recognise the difference between being responsible and irresponsible 	<ul style="list-style-type: none"> • I can learn ways to set goals and work to reach them • I know how I can help other people • I can recognise kind and thoughtful behaviours and actions • I understand the risks of talking to people I don't know very well
FEELINGS AND EMOTIONS Year 1 - Jealousy Year 2 - Worry and Anger	Development Matters: <ul style="list-style-type: none"> • I can listen attentively and respond with relevant questions, comments and actions • I can make comments about what I have heard and can ask questions to clarify my understanding • I can offer explanations for why things might happen • I can show an understanding of my feelings and those of others. • I can begin to regulate my behaviour accordingly 	National Curriculum: <ul style="list-style-type: none"> • I know about the different feelings that humans can experience • I can recognise and name different feelings • I know how feelings can affect peoples bodies and how they behave • I know how to recognise what other people might be feeling • I can recognise that not everyone feels the same at the same time, or feels the same about the same things • I know about ways of sharing feelings and a range of words to describe feelings • I know different things I can do to manage big feelings; to help calm myself down or change my mood when I don't feel good. • I can recognise when I need help with feelings • I know it is important to ask for help with feelings and how to ask for it • I can recognise what makes me special • I can recognise the ways in which we are all unique • I know how to mange when I am finding things difficult • I know about preparing to move into a new class/year group • I know it is important to tell someone if something about my family makes me feel unhappy or worried 	

		<ul style="list-style-type: none"> • I know that bodies and feelings can be hurt by words and actions and that people can say hurtful things online • I know how people might feel if they experience hurtful behaviour or bullying • I know that hurtful behaviour is not acceptable • I know how to report hurtful behaviour and the importance of telling a trusted adult • I know what to do if I feel unsafe or worried for myself or others • I know who to ask for help and the vocabulary to use to ask for help • I understand the importance of keep asking until I am heard • I know what is kind and unkind behaviour and how this can affect others • I know how to treat myself and others with respect and how to be polite and courteous • I know how to listen to others and play and work cooperatively • I know how to talk about and share an opinion on something that matters to me • I know that everyone has different strengths 	
	<ul style="list-style-type: none"> • I can show an understanding of my feelings and those of others. • I can begin to regulate my behaviour accordingly 	<ul style="list-style-type: none"> • I understand a range of emotions and how they make me feel mentally and physically • I can name and recognise emotions and their physical effects • I know the difference between pleasant and unpleasant emotions • I can learn a range of skills for coping with 	<ul style="list-style-type: none"> • I can name and recognise emotions and their physical effects • I know the difference between pleasant and unpleasant emotions • I can learn a range of skills for coping with unpleasant/uncomfortable emotions • I understand feelings can be communicated with and without words

		<p>unpleasant/uncomfortable emotions</p> <ul style="list-style-type: none"> • I understand feelings can be communicated with and without words 	
COMPUTER SAFETY	<p>Development Matters:</p> <ul style="list-style-type: none"> • 	<p>National Curriculum:</p> <ul style="list-style-type: none"> • I know about different ways to learn and play • I can recognise the importance of knowing when to take a break from time online or TV • I know about different feelings that humans can experience • I know how feelings can affect peoples bodies and how they behave • I can recognise how others might be feeling • I know how to manage when I am finding things difficult • I know about rules and age restrictions that keep us safe • I can recognise risk in simple everyday situations and what action to take to minimise harm • I know the basic rules to keep safe online; including what is meant by personal information • I know the importance of telling a trusted adult if I come across something that scares me. • I know how people make friends and what is a good friendship • I know that bodies and feelings can be hurt by words and actions • I know that people can say hurtful things online • I know how people may feel if they experience hurtful behaviour or bullying • I know that hurtful behaviour is not acceptable • I know how to report hurtful behaviour and the importance of telling a trusted adult 	

		<ul style="list-style-type: none"> • I know there are situations when I should ask for permission and also when permission should be sought • I know the basic techniques for resisting pressure to do something I don't want to do which may make me unsafe • I know what is kind and unkind behaviour and how this can affect others • I know how to treat others and myself with respect and how to be polite and courteous. • I know what rules are, why they are needed and why different rules are needed for different situations • I know how the internet and digital devices can be used safely to find things out and to communicate with others • I know about the role of the internet in everyday life 	
	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • I understand computers, the internet, and rules to keep safe • I understand how my online activity can affect others • I can identify the positives and negatives of using technology • I know who and how to ask for help • I can recognise kind and unkind comments 	<ul style="list-style-type: none"> • I can name the positive and negative ways I can use technology • I know the risks of sharing images without permission • I understand the types of images that you should/should not post online • I can list rules for keeping and staying safe
OUR WORLD	<p>Development Matters:</p> <ul style="list-style-type: none"> • I can listen attentively and respond with relevant questions, comments and actions 	<p>National Curriculum:</p> <ul style="list-style-type: none"> • I can recognise what makes me special • I can recognise the ways in which we are all unique • I can identify what I am good at and what I like and dislike • I know about growing and changing from young to old and how people's needs change 	

	<ul style="list-style-type: none"> • I can make comments about what I have heard and can ask questions to clarify my understanding • I can offer explanations for why things might happen • I can talk about the lives of the people around me and their roles in society • I know some similarities and differences between the past and present • I can describe my immediate environment using knowledge from observations • I know some similarities and differences between different religious and cultural communities in this country • I can explain some differences and similarities between life in this country and life in other countries • I can explore the natural world around me • I know some similarities and differences between the natural world and contrasting environments 	<ul style="list-style-type: none"> • I can recognise risk in simple everyday situations and what action to take to minimise harm • I know about the different roles people play in our lives • I can identify the people who love and care for me and what they do to make me feel cared for • I know about different types of families; including those that may be different to my own • I can identify common features of family life • I know what is kind and unkind behaviour and how this can affect others • I can recognise the ways I am the same and different to others • I know what rules are, why they are needed and why different rules are needed for different situations • I know how people and other living things have different needs and the responsibilities for caring for them • I know about things I can do to help look after the environment • I know about the different groups I belong to • I can recognise the ways I am the same as and different to other people • I know what money is and forms that money comes in • I know that money comes from different sources • I know that people make different choices about how to save and spend money • I know the difference between needs and wants and that sometimes people may not be able to have the things they want • I know that money needs to be looked after and there are different ways of doing this • I know that people in the community do different jobs • I know about some of the strengths and interests someone might need to do different jobs
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	<ul style="list-style-type: none"> • I can talk about the lives of the people around me and their roles in society • I know some similarities and differences between the past and present • I can describe my immediate environment using knowledge from observations • I know some similarities and differences between different religious and cultural communities in this country • I can explain some differences and similarities between life in this country and life in other countries • I can explore the natural world around me • I know some similarities and differences between the natural world and contrasting environments 	<ul style="list-style-type: none"> • I can understand how we care for others • I understand the needs of a baby • I can recognise what I can do for myself now • I can describe the common features of family life • I can recognise the ways in which family is special and unique 	<ul style="list-style-type: none"> • I understand why we should look after living things • I can identify how to look after living things both inside and outside the home • I can recognise why it is important to keep our communities and countryside clean • I understand different ways we can receive money • I know how to keep money safe • I can describe the future skills I may need in a future job • I can recognise the difference between wants and needs
HAZARD WATCH	<p>Development Matters:</p> <ul style="list-style-type: none"> • 	<p>National Curriculum:</p> <ul style="list-style-type: none"> • I know about rules and age restrictions that keep us safe • I can recognise risk in simple everyday situations and what actions to take to minimise harm • I know how to keep safe at home and about fire safety • I know that household products can be harmful if not used correctly 	

		<ul style="list-style-type: none"> • I know ways to keep safe in familiar and unfamiliar environments and how to cross the road safely • I know about the people whose job it is to keep us safe • I know about the roles that different people play in our lives • I can identify the people who love and care for me and what they do to make me feel cared for • I know there are situations when I should ask for permission and also when permission should be sought • I know what to do if I feel unsafe or worried for myself or others • I know who to ask for help and the vocabulary I need to ask for help • I know the importance of keeping trying until I am heard 	
	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • I know what items are safe to play with and what items are unsafe to play with 	<ul style="list-style-type: none"> • I know what food and drink items are safe or unsafe to eat or drink
FIRE SAFETY	<p>Development Matters:</p> <ul style="list-style-type: none"> • 	<p>National Curriculum:</p> <ul style="list-style-type: none"> • I can recognise that not everyone feels the same at the same time or feels the same about the same things • I know about ways of sharing feelings and a range of words to describe them • I know about rules and age restrictions that keep us safe • I can recognise risk in simple everyday situations and what actions to take to minimise harm • I know about how to keep safe at home and fire safety • I know ways to keep safe in familiar and unfamiliar environments and how to cross the road safely • I know about the people whose job it is to keep us safe • I know what to do if there is an accident and someone is hurt • I know how to get help in an emergency (how to dial 999 and what to say) 	

		<ul style="list-style-type: none"> • I know there are situations when I should ask for permission and also when permission should be sought • I know there are basic techniques for resisting pressure to do something I don't want to do which might make me feel unsafe • I know what to do if I feel unsafe or worried for others or myself. • I know who to ask for help and the vocabulary I need to ask for help • I know the importance of keeping trying until I am heard • I know what is kind and unkind behaviour and how this can affect others • I know how to treat myself and others with respect and how to be polite and courteous • I know what rules are, why they are needed and why different rules are needed for different situations • I know about the different roles and responsibilities people have in the community • I know that people in the community do different jobs 	
	•	<ul style="list-style-type: none"> • I can practise simple ways of staying safe and finding help 	<ul style="list-style-type: none"> • I understand the importance of being responsible and how my actions/choices can affect others