

Buttsbury Junior School PSHE Progression

Year 3	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	<p>Children can demonstrate that they recognise their own worth and identity.</p> <p>Children can face unfamiliar or challenging situation positively.</p> <p>Understanding that we all have rights, rules, responsibilities, and these help to keep us safe.</p> <p>Understanding every action has a consequence and that they are responsible for their own choices.</p>	<p>Children communicate their feelings to others respectfully, to recognise how others show feelings and how to respond.</p> <p>Children can identify what are the key characteristics and forms of bullying and developing strategies to resolve issues including family conflict.</p> <p>Children can identify different types of families and their similarities and differences.</p>	<p>Children can manage and respond appropriately to a wide range of feelings.</p> <p>Demonstrate how to look after and save money through simple budgeting.</p> <p>Recognising and attempting to overcome any new, problematic challenges or obstacles that may arise in life.</p> <p>To evaluate learning processes in order to achieve successes and prevent/overcome difficult challenges.</p> <p>To develop motivation and enthusiasm in learning in order to achieve dreams and ambitions.</p>	<p>Children can make choices about food and exercise to develop healthy lifestyles.</p> <p>To recognise opportunities to make their own choices about food/ a balanced diet.</p> <p>To identify their achievements, identify their strengths and areas for improvement, and set high aspirations and goals</p> <p>To develop strategies for keeping themselves safe online safety.</p> <p>They can make judgements and decisions and can list some ways of resisting negative peer pressure around issues affecting their health and wellbeing.</p>	<p>Children can recognise what constitutes a positive, healthy relationship and express appreciation for these different relationships.</p> <p>Children can recognise the different roles and responsibilities they have in relationships e.g. families and friendships.</p> <p>Pupils understand that their actions affect themselves and others.</p> <p>Children to develop an awareness of the similarities and differences in people's lives and how their lives are different to others.</p> <p>Children can recognise dangers on the internet and how to keep themselves safe.</p>	<p>Children can start to recognise stereotypical ideas I might have about parenting and family roles.</p> <p>Children can identify what they are looking forward to when they move to their next class.</p>

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Y3 Vocabulary	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Positive Negative Dreams Goals Challenges Rules achievements consequences special safe rewards	Families Strategies Similarities Differences Hurtful Bullying Unkind support	Management successes Ambition feeling proud	Healthy substances Heart Fat Lungs Sugar Organs calories	Responsibilities Negotiations Expectations Actions Influence Conflict reflect	Rights Emotions Needs transitions change different

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Year 4	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships
	<p>Understand why and how rules are made and enforced, why different rules are needed in different situations and take part in making and changing rules.</p> <p>Identify, with support, some factors that affect how people think and feel.</p> <p>They can express their views confidently and listen to/show respect for the views of others to participate in group discussion.</p>	<p>Children will identify differences between people. Identify what makes us special and that we are all unique.</p> <p>Children can explain how their actions have consequences for themselves and others.</p> <p>They can describe the nature and consequences of bullying, and can express ways of responding to it.</p> <p>Children will be able to recognise and challenge stereotypes.</p> <p>Children can identify, with support, some factors that affect how people think and feel.</p>	<p>To work both independently and collaboratively towards shared goals and celebrating these contributions from others.</p> <p>To overcome and learn from any disappointment or obstacles they may be faced with, by demonstrating resilience and maintaining a positive attitude (this may mean devising new goals).</p> <p>To create realistic hopes and dreams and explaining what will need to be done in order to achieve these.</p>	<p>To reflect on and celebrate their achievements and inner strength.</p> <p>With support, list some commonly available substances and drugs that are legal and illegal (smoking, alcohol), describe some of their effects and risks, and understand how to manage the risks in different familiar situations.</p> <p>Children can recognise what makes healthy friendships and positive group dynamics.</p> <p>They can demonstrate effective ways of resisting negative pressure, including from their peers (for example knowing where to get help, knowing that there is an option to delay, showing resilience</p>	<p>Children can manage stronger emotions e.g. jealousy, love and loss and understand how these can impact relationships.</p> <p>Children can develop strategies to manage different relationships e.g. friendships, family relationships.</p>

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Y4 Vocabulary	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships
	Attitudes Community Decisions Team democracy	Assumptions Bullying Judgement Stereotypes appearance	Hopes Future Experiences Disappointment resilience	Healthy/health peer pressure friendship group dynamics smoking roles assertive	Jealousy Memory love and loss

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Year 5	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	<p>Understand what democracy is, and about the basic institutions that support it locally and nationally.</p> <p>Understand why and how rules are made and enforced, why different rules are needed in different situations and take part in making and changing rules.</p> <p>Demonstrate respect and tolerance towards others/groups, and resolve differences by looking at alternatives, making decisions and explaining choices with support.</p>	<p>Children can recognise that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, sexual orientation, and disability and that these can be sources of conflict/racism.</p> <p>They can describe some of the different beliefs and values in society, and can demonstrate respect and tolerance towards people different from themselves.</p> <p>Children can identify different types of bullying.</p> <p>Children can understand the impact of 'rumours' and 'name calling' and how this negatively affects the mental wellbeing of others.</p>	<p>Children can demonstrate the role money plays in their/other's lives.</p> <p>Discuss a range of jobs, explain how they will develop skills to work towards their dreams and ideal job in the future.</p> <p>To describe and appreciate the range of goals in different cultures in the United Kingdom.</p> <p>To understand a range of ways that others can be supported, particularly through varied charities.</p> <p>To develop the ability and strategies to motivate both themselves and others.</p>	<p>They can state the basic facts and laws about alcohol, tobacco and legal and illegal drugs and how to make healthy choices.</p> <p>They can list the commonly available substances and drugs that are legal and illegal.</p> <p>Children recognise how images in the media do not always reflect a healthy body image and can affect how people feel about themselves.</p> <p>Understand what risks should children look for around substances and how do their friends influence behaviour and decision making.</p>	<p>Children can understand their rights and responsibilities online and how to keep themselves safe e.g. following the SMARRT internet safety rules and protecting themselves from online grooming.</p> <p>Children can understand how to play online games safely and responsibly and understanding the risks of gambling.</p> <p>Children can develop strategies to reduce screen time.</p>	<p>Children aware of their own self-image and how their body image fits into that.</p> <p>Children can identify what they are looking forward to when they move to their next class.</p>

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		Children can appreciate that material wealth will not always lead to happiness.				
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Y5 Vocabulary	Being Me in my World	Dreams and Goals	Healthy Me	Relationships and Changing Me
	Personal goals Responsibilities Citizen equality	Anti-social behaviour body Image risk management alcohol/drug misuse	Social network online community Gaming safety	Devices Technology moving forward self-image aspirations

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Year 6	The UNCR	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships
	<p>Children are able to recognise the United Nations Conventions for the Rights of the Child.</p> <p>Understand that all children are entitled to equal rights. decisions and explaining choices.</p>	<p>Demonstrate more confidently that they recognise their own worth, support others in recognising theirs, and identify and demonstrate ways to face new challenges.</p> <p>Understanding the global impact of democracy and their role in supporting this. Recognise and describe the nature and consequences of anti-social behaviour, express ways of responding to it, and support others to do so.</p> <p>Demonstrate respect and tolerance towards others, resolve differences, and support others to resolve differences, by looking at alternatives, making decisions and explaining choices.</p>	<p>Children can recognise that differences and similarities between people and understand that they can be sources of conflict but also reasons to celebrate.</p> <p>Pupils can recognise that people have different perceptions of normality (for example in culture, lifestyles, or relationships), and can demonstrate understanding, inclusion and empathy towards others who live their lives in different ways.</p> <p>Children can understand the different forms of visible and invisible disability and they can assertively challenge prejudice and discrimination</p>	<p>They can recognise and reflect on their emotions in regard to personal achievements and success in all areas of life.</p> <p>Children can set and understand success criteria in order to achieve different goals and aspirations, both in and out of school.</p> <p>To recognise how the role of voluntary, community and pressure groups can have an impact on making a difference in the world.</p> <p>To identify and use a range of strategies to become 'unstuck' and motivate in a range of situations.</p> <p>To give and receive compliments about the strengths of others.</p>	<p>Understanding when they are responsible for personal safety. Children can understand how to keep themselves safe.</p> <p>Understanding emotional and mental health and how they can ask for help.</p> <p>They can list the commonly available substances and drugs that are legal and illegal and can describe some of the effects and risks of these.</p> <p>To realise the signs, risks and consequences of exploitation and 'gang culture'</p>	<p>Pupils can explain how to stay physically and mentally healthy.</p> <p>They can make informed choices to maintain their mental health and well-being, and can explain reasons for these choices. Children can identify sources of support.</p> <p>Identify and explain some factors that affect emotional health and well being, and strategies for dealing with them.</p> <p>Children can develop strategies to use technology safely and take responsibility for their own technological use</p>

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		Demonstrate respect and tolerance towards others/groups, and resolve differences by looking at alternatives, making decisions and explaining choices.				
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Y6 Vocabulary	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	Rights Inequality The United Nations Convention on the Rights of the Child (UNCRC) Conventions The United Nations race religion ability	Universal rights Global Local Maslow's Hierarchy of Needs	Power Perceptions Disabilities	Strengths Concern steps Realistic	Healthy/Health Gangs emotional health drugs choices effects	Mental health Strategies Control wellbeing