

Cupernham Infant School PSHE Progression YR→Y1→Y2

	Year R	Year 1	Year 2
Autumn 1 Being Me in My World	1. I understand how it feels to belong and that we are similar and different. 2. I can start to recognise and manage my feelings. 3. I enjoy working with others to make school a good place to be. 4. I understand why it is good to be kind and use gentle hands. 5. I am starting to understand children's rights and this means we should all be allowed to learn and play 6. I am learning what being responsible means	1. I know how to use my Jigsaw Journal 2. I understand the rights and responsibilities as a member of my class. 3. I understand the rights and responsibilities for being a member of my class. 4. I know my views are valued and can contribute to the Learning Charter 5. I can recognise the choices I make and understand the consequences 6. I understand my rights and responsibilities within our Learning Charter.	1. I can identify some of my hopes and fears for this year. I know how to use my Jigsaw Journal 2. I understand the rights and responsibilities for being a member of my class and school. 3. I understand the rights and responsibilities for being a member of my class 4. I can listen to other people and contribute my own ideas about rewards and consequences 5. I understand how following the Learning Charter will help me and others learn. 6. I can recognise the choices I make and understand the consequences.
Aut 2 Celebrating Difference	1. I can identify something I am good at and understand everyone is good at different things 2. I understand that being different makes us all special 3. I know we are all different but the same in some ways 4. I can tell you why I think my home is special to me 5. I can tell you how to be a kind friend	1. I can identify similarities between people in my class. 2. I can identify differences between people in my class. 3. I can tell you what bullying is. 4. I know some people who I could talk to if I was feeling unhappy or being bullied 5. I know how to make new friends 6. I can tell you some ways I am different from my friends.	1. I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) 2. I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) 3. I understand that bullying is sometimes about difference 4. I can recognise what is right and wrong and know how to look after myself. 5. I understand that it is ok to be different from other people and to be friends with them

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	6. I know which words to use to stand up for myself when someone says or does something unkind		6. I can tell you some ways I am different from my friends.
Spring 1 Dreams and Goals	<ol style="list-style-type: none"> 1. I understand that if I persevere I can tackle challenges 2. I can tell you about a time I didn't give up until I achieved my goal 3. I can set a goal and work towards it 4. I can use kind words to encourage people 5. I understand the link between what I learn now and the job I might like to do when I'm older. 6. I can say how I feel when I achieve a goal and know what it means to feel proud. 	<ol style="list-style-type: none"> 1. I can set simple goals 2. I can set a goal and work out how to achieve it. 3. I understand how to work well with a partner 4. I can tackle a new challenge and understand this might stretch my learning 5. I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them 6. I can tell you how I felt when I succeeded in a new challenge and how I celebrated it 	<ol style="list-style-type: none"> 1. I can choose a realistic goals and think about how to achieve it 2. I carry on trying (persevering) even when I find things difficult 3. I can recognise who I work well with and who it is more difficult for me to work with 4. I can work well in a group 5. I can tell you some ways I worked well with my group 6. I know how to share success with other people
Spring 2 Healthy Me	<ol style="list-style-type: none"> 1. I understand that I need to exercise to keep my body healthy 2. I understand how moving and resting are good for my body. 3. I know which foods are healthy and no so healthy and can make healthy eating choices. 4. I know how to help myself go to sleep and understand why sleep is good for me. 5. I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet. 6. I know what a stranger is and how to stay safe is a stranger approaches me 	<ol style="list-style-type: none"> 1. I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy 2. I know how to make healthy lifestyle choices 3. I know how to keep myself clean and healthy, and understand how germs cause diseases/illness. <p>I know that all household products including medicines can be harmful if not used properly.</p> <ol style="list-style-type: none"> 4. I understand that medicines can help me if I feel poorly and I know how to use them safely. 5. I know how to keep safe when crossing the road, and about people who can help me to stay safe. 6. I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy. 	<ol style="list-style-type: none"> 1. I know what I need to keep my body healthy 2. I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed 3, I understand how medicines work in my body and how important it is to use them safely. 4. I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy 5. I can make some healthy snacks and explain why they are good for my body. 6. I can decide which foods to eat to give my body energy

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<p>Summer 1</p> <p>Relationships</p>	<ol style="list-style-type: none"> 1. I can identify some of the jobs I do in my family and how I feel like I belong. 2. I know how to make friends to stop myself feeling lonely. 3. I can think of ways to solve problems and stay friends. 4. I am starting to understand the impact of unkind words. 5. I can use Calm Me time to manage my feelings. 6. I know how to be a good friend. 	<ol style="list-style-type: none"> 1. I can identify the members of my family and understand that there are lots of different types of families. 2. I can identify what being a good friend means to me 3. I know appropriate ways of physical contact to greet my friends and know which ways I prefer. 4. I know who can help me in my school community 5. I can recognise my qualities as person and a friend. 6. I can tell you why I appreciate someone who is special to me. 	<ol style="list-style-type: none"> 1. I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate. 2. I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not. 3. I can identify some of the things that cause conflict with my friends 4. I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret 5. I recognise and appreciate people who can help me in my family, my school and my community 6. I can express my appreciation for people in my special relationships
<p>Summer 2</p> <p>Changing Me</p>	<ol style="list-style-type: none"> 1. I can name parts of the body 2. I can tell you some things I can do and foods I can eat to be healthy 3. I understand that we all grow from babies to adults. 4. I can express how I feel about moving to Year 1. 5. I can talk about my worries and/or the things I am looking forward to about being in Year 1. 6. I can share my memories of the best bits of this year in Reception 	<ol style="list-style-type: none"> 1. I am starting to understand the life cycles of animals and humans 2. I can tell you some things about me that have changed and some things about me that have stayed the same. 3. I can tell you how my body has changed since I was a baby. 4. I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus 5. I understand that every time I learn something new I change a little bit. 	<ol style="list-style-type: none"> 1. I can recognise cycles of life in nature. 2. I can tell you about the natural process of growing from young to old and understand that this is not in my control 3. I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old. 4. I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private.



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		I can tell you about changes that have happened in my life.	5. I understand that there are different types of touch and can tell you which ones I like and don't like 6. I can identify what I am looking forward to when I move to my next class.
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