



## PSHE (JIGSAW)- PROGRESSION OF SKILLS

	Being Me in My World	Celebrating Difference	Dreams and Goals
Nursery and Reception	<ul style="list-style-type: none"><li>• Help others to feel welcome.</li><li>• Making our school a safer place.</li><li>• Thinking about our right to learn.</li><li>• Caring for others.</li><li>• Working well with others.</li></ul>	<ul style="list-style-type: none"><li>• Accept that we are all different.</li><li>• Include others when working and playing.</li><li>• Know how to help other people.</li><li>• Try to solve problems.</li><li>• Use kind words.</li><li>• Give and receive compliments.</li></ul>	<ul style="list-style-type: none"><li>• Stay motivated when doing something challenging.</li><li>• Keep trying even when things are tricky.</li><li>• Work well with a partner or a group.</li><li>• Have a positive attitude.</li><li>• Help others to achieve their goals.</li></ul>
Year 1	<ul style="list-style-type: none"><li>• Explain why my class is a happy and safe place to learn.</li><li>• Give different examples of where I or others make my class a safe and happy place.</li></ul>	<ul style="list-style-type: none"><li>• Tell you some ways that I am different and similar to other people in my class, and why this makes us all special.</li><li>• Explain what bullying is and how being bullied might make somebody feel.</li></ul>	<ul style="list-style-type: none"><li>• Explain how I feel when I am successful and how this can be celebrated positively.</li><li>• Say why my internal treasure chest is an important place to store positive feelings.</li></ul>



<p>Year 2</p>	<ul style="list-style-type: none"><li>• Explain why my behaviour can impact others in my class.</li><li>• Explain my own and other's choices and say why some choices are better than others.</li></ul>	<ul style="list-style-type: none"><li>• Explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.</li><li>• Explain how it feels to have a friend and be a friend. I can also explain why it is OK to be different from my friends.</li></ul>	<ul style="list-style-type: none"><li>• Explain how I played my part in a group and the parts other people played to create an end product.</li><li>• I can explain how our skills complemented each other.</li><li>• Explain how it felt to be part of a group and can identify a range of feelings about group work.)</li></ul>
<p>Year 3</p>	<ul style="list-style-type: none"><li>• Explain how my behaviour can affect how others feel and behave.</li><li>• Say why it is important to have rules and how it helps me and others to learn.</li></ul>	<ul style="list-style-type: none"><li>• 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.</li><li>• Tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g. Solve It Together or asking for help.</li></ul>	<ul style="list-style-type: none"><li>• Explain the different ways that help me learn and what I need to do to improve. Confident and positive when I share my success with others.</li><li>• I can explain how these feelings can be stored in my internal treasure chest and why this is important.</li></ul>



<p>Year 4</p>	<ul style="list-style-type: none"><li>• Explain why being listened to and listening to others is important.</li><li>• Explain why being democratic is important and helps others to feel valued.</li></ul>	<ul style="list-style-type: none"><li>• Tell you a time when my first impression of someone changed as I got to know them.</li><li>• I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure. Explain why it is good to accept myself and others for who we are.</li></ul>	<ul style="list-style-type: none"><li>• Plan and set new goals even after a disappointment.</li><li>• Explain what it means to be resilient and to have a positive attitude.</li></ul>
<p>Year 5</p>	<ul style="list-style-type: none"><li>• Compare my life with other people around the UK and explain why we have rights, responsibilities and rules to make both school and the wider community a fair place.</li><li>• Explain how actions of one person can affect another person.</li></ul>	<ul style="list-style-type: none"><li>• 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.</li><li>• Explain why racism and other forms of discrimination are unkind.</li><li>• I can express how I feel about discriminatory behaviour.</li></ul>	<ul style="list-style-type: none"><li>• Compare my hopes and dreams with those of young people from different cultures.</li><li>• Reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</li></ul>



<p>Year 6</p>	<ul style="list-style-type: none"><li>• Explain how my choices impact the local community and the wider world.</li><li>• Empathise with other people in the local and wider community and think about how this changes my actions.</li></ul>	<ul style="list-style-type: none"><li>• Explain ways in which difference can be a source of conflict or a cause for celebration.</li><li>• Show empathy with people in situations where their difference is a source of conflict or a cause for celebration.</li></ul>	<ul style="list-style-type: none"><li>• Explain different ways to work with others to help make the world a better place.</li><li>• Explain what motivates me to make the world a better place.</li></ul>
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