



## Progression/End Goals in PSHE – V2 2024



	EYFS Nursery F1	EYFS Reception F2	Y1	Y2
Being Me in My World	<ul style="list-style-type: none"> <li>Understand how it feels to belong and that we are similar and different</li> <li>Understand how feeling happy and sad can be expressed</li> <li>Know how to work together and consider other people's feelings</li> <li>Know to use "kind" hands and understand that it is good to be kind to people</li> <li>Starting to understand children's rights and this means we should all be allowed to learn and play</li> <li>Knowing what being responsible means</li> </ul>	<ul style="list-style-type: none"> <li>Understand how it feels to belong and that we are similar and different</li> <li>Starting to recognise and manage feelings</li> <li>To understand that working with others can make school a good place to be</li> <li>Understand why it is good to be kind and use "kind" hands</li> <li>Understand children's rights and this means we should all be allowed to learn and play</li> <li>Understand what being responsible means</li> </ul> <p><b>PSED – ELG: SELF-REGULATION</b>  <i>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</i>  <i>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</i></p> <p><b>ELG: MANAGING SELF</b>  <i>Explain the reasons for rules, know right from wrong and try to behave accordingly</i></p> <p><b>PSED – ELG: BUILDING RELATIONSHIPS</b>  <i>Work and play co-operatively and take turns with others.</i>  <i>Show sensitivity to their own and to others' needs.</i></p>	<ul style="list-style-type: none"> <li>Understand their own rights and responsibilities with their classroom</li> <li>Understand that their choices have consequences</li> <li>Understand that their views are important</li> <li>Understand the rights and responsibilities of a member of a class</li> </ul>	<ul style="list-style-type: none"> <li>Understand the rights and responsibilities of class members</li> <li>Know about rewards and consequences and that these stem from choices</li> <li>Know that it is important to listen to other people</li> <li>Understand that their own views are valuable</li> <li>Know that positive choices impact positively on self-learning and the learning of others</li> <li>Identify hopes and fears for the year ahead</li> </ul>

	EYFS Nursery F1	EYFS Reception F2	Y1	Y2
Celebrating Difference	<ul style="list-style-type: none"> <li>• Know how it feels to be proud of something they are good at.</li> <li>• Understand one way they are special and unique.</li> <li>• Know that all families are different.</li> <li>• Know there are lots of different homes.</li> <li>• Know how they could make new friends.</li> <li>• Know how to use their words to stand up for themselves.</li> </ul>	<ul style="list-style-type: none"> <li>• Know something they are good at and understand everyone is good at different things</li> <li>• Understand that being different makes us all special</li> <li>• Know we are all different but the same in some ways</li> <li>• Know why their home is special to them</li> <li>• Understand how to be a kind friend</li> <li>• Know which words to use to stand up for themselves when someone says or does something unkind</li> </ul> <p><b>PSED – ELG: SELF-REGULATION</b>  <i>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</i></p> <p><i>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</i></p> <p><b>PSED – ELG: BUILDING RELATIONSHIPS</b>  <i>Show sensitivity to their own and to others' needs.</i></p>	<ul style="list-style-type: none"> <li>• Know what bullying means</li> <li>• Know who to tell if they or someone else is being bullied or is feeling unhappy</li> <li>• Know that people are unique and that it is OK to be different</li> <li>• Know skills to make friendships</li> <li>• Know that people have differences and similarities</li> </ul>	<ul style="list-style-type: none"> <li>• Know the difference between a one-off incident and bullying</li> <li>• Know that sometimes people get bullied because of difference</li> <li>• Know that friends can be different and still be friends</li> <li>• Know there are stereotypes about boys and girls</li> <li>• Know where to get help if being bullied</li> <li>• Know that it is OK not to conform to gender stereotypes</li> <li>• Know it is good to be yourself</li> <li>• Know the difference between right and wrong and the role that choice has to play in this</li> </ul>

	EYFS Nursery F1	EYFS Reception F2	Y1	Y2
Dreams & Goals	<ul style="list-style-type: none"> <li>Understand what a challenge means</li> <li>Know how to keep trying until they can do something</li> <li>Know how to set a goal and work towards it</li> <li>Know some kind words which can encourage people</li> <li>Start to know about the jobs they might like to do when they are older</li> <li>Know they can feel proud when they achieve a goal</li> </ul>	<ul style="list-style-type: none"> <li>Understand how to persevere to tackle challenges</li> <li>Know how to explain not giving up to achieve a goal</li> <li>Know how set a goal and work towards it</li> <li>Know how to use kind words to encourage people</li> <li>Understand the link between learning now and the jobs when they are older</li> <li>Know how to explain feelings when achieving a goal and know what it means to feel proud</li> </ul> <p><b>PSED- ELG – SELF-REGULATION</b>  <i>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</i></p> <p><i>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</i></p> <p><b>PSED- ELG: MANAGING SELF</b>  <i>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</i></p> <p><b>PSED – ELG: BUILDING RELATIONSHIPS</b>  <i>Work and play co-operatively and take turns with others.</i></p>	<ul style="list-style-type: none"> <li>Know how to set simple goals</li> <li>Know how to achieve a goal</li> <li>Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them</li> <li>Know when a goal has been achieved</li> <li>Know how to work well with a partner</li> <li>Know that tackling a challenge can stretch their learning</li> </ul>	<ul style="list-style-type: none"> <li>Know how to choose a realistic goal and think about how to achieve it</li> <li>Know that it is important to persevere</li> <li>Know how to recognise what working together well looks like</li> <li>Know what good group-working looks like</li> <li>Know how to share success with other people</li> </ul>

	EYFS Nursery F1	EYFS Reception F2	Y1	Y2
Healthy Me	<ul style="list-style-type: none"> <li>• Know the names for some parts of their body and are starting to understand that they need to be active to be healthy</li> <li>• Understand some of the things they need to do to be healthy</li> <li>• Know what the word 'healthy' means and that some foods are healthier than others</li> <li>• Know how to help themselves go to sleep and that sleep is good for them</li> <li>• Understand how to wash their hands and know it is important to do this before they eat and after they go to the toilet</li> <li>• Know who their safe adults are and how to stay safe if they are not close by them</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that they need to exercise to keep their bodies healthy</li> <li>• Understand how moving and resting are good for their bodies</li> <li>• Know which foods are healthy and not so healthy and can make healthy eating choices</li> <li>• Know how to help themselves go to sleep and understand why sleep is good for them</li> <li>• Know how to wash their hands thoroughly and understand why this is important especially before they eat and after they go to the toilet</li> <li>• Know who their safe adults are and how to stay safe if they are not close by me</li> </ul> <p><b>PSED – ELG: SELF-REGULATION</b>  <i>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</i></p> <p><b>PSED ELG: MANAGING SELF</b>  <i>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</i></p>	<ul style="list-style-type: none"> <li>• Know the difference between being healthy and unhealthy</li> <li>• Know some ways to keep healthy</li> <li>• Know how to make healthy lifestyle choices</li> <li>• Know that all household products, including medicines, can be harmful if not used properly</li> <li>• Know that medicines can help them if they feel poorly</li> <li>• Know how to keep safe when crossing the road</li> <li>• Know how to keep themselves clean and healthy</li> <li>• Know that germs cause disease/illness</li> <li>• Know about people who can keep them safe</li> </ul>	<ul style="list-style-type: none"> <li>• Know what their body needs to stay healthy</li> <li>• Know what relaxed means</li> <li>• Know why healthy snacks are good for their bodies</li> <li>• Know which foods given their bodies energy</li> <li>• Know that it is important to use medicines safely</li> <li>• Know what makes them feel relaxed/stressed</li> <li>• Know how medicines work in their bodies</li> <li>• Know how to make some healthy snacks</li> </ul>

	EYFS Nursery F1	EYFS Reception F2	Y1	Y2
Relationships	<ul style="list-style-type: none"> <li>Know about and can discuss their families</li> <li>Understand how to make friends if they feel lonely</li> <li>Know some of the things they like about their friends</li> <li>Know what to say and do if somebody is mean to them</li> <li>Understand how to use Calm Me time to manage their feelings</li> <li>Know how to work together and enjoy being with their friends</li> </ul>	<ul style="list-style-type: none"> <li>Know some of the jobs they do in their families and how they feel like they belong</li> <li>know how to make friends to stop themselves from feeling lonely</li> <li>Know ways to solve problems and stay friends</li> <li>Starting to understand the impact of unkind words</li> <li>Understand how to use Calm Me time to manage their feelings</li> <li>Know how to be a good friend</li> </ul> <p><b>PSED – ELG SELF-REGULATION</b>  <i>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</i></p> <p><i>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</i></p> <p><b>PSED – ELG: BUILDING RELATIONSHIPS</b>  <i>Form positive attachments to adults and friendships with peers.</i></p>	<ul style="list-style-type: none"> <li>Know that everyone’s family is different</li> <li>Know that families are founded on belonging, love and care</li> <li>Know that physical contact can be used as a greeting</li> <li>Know how to make a friend</li> <li>Know who to ask for help in the school community</li> <li>Know that there are lots of different types of families</li> <li>Know the characteristics of healthy and safe friends</li> <li>Know about the different people in the school community and how they help</li> </ul>	<ul style="list-style-type: none"> <li>Know that there are lots of forms of physical contact within a family</li> <li>Know how to stay stop if someone is hurting them</li> <li>Know there are good secrets and worry secrets and why it is important to share worry secrets</li> <li>Know what trust is</li> <li>Know that everyone’s family is different</li> <li>Know that families function well when there is trust, respect, care, love and co-operation</li> <li>Know some reasons why friends have conflicts</li> <li>Know that friendships have ups and downs and sometimes change with time</li> <li>Know how to use the Mending Friendships or Solve it together problem-solving methods</li> </ul>

	EYFS Nursery F1	EYFS Reception F2	Y1	Y2
Changing Me	<ul style="list-style-type: none"> <li>• Know the names for parts of their bodies and show respect for themselves</li> <li>• Know some things they can do and some food they can eat to be healthy</li> <li>• Understand that we all start as babies and grow into children and then adults</li> <li>• Know that they grow and change</li> <li>• Understand how to talk about how they feel about moving to School from Nursery</li> <li>• Know how to discuss some fun things about Nursery this year</li> </ul>	<ul style="list-style-type: none"> <li>• Know the names for parts of the body</li> <li>• Know some things they can do and foods they can eat to be healthy</li> <li>• Understand that we all grow from babies to adults</li> <li>• Know how to express how they feel about moving to Year 1</li> <li>• Understand they can talk about their worries and/or the things they are looking forward to about being in Year 1</li> <li>• Know how to share their memories of the best bits of this year in Reception</li> </ul> <p><b>PSED – ELG: SELF-REGULATION</b>  <i>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</i></p> <p><b>PSED – ELG: BUILDING RELATIONSHIPS</b>  <i>Show sensitivity to their own and to others' needs.</i></p>	<ul style="list-style-type: none"> <li>• Know the names of male and female private body parts</li> <li>• Know that there are correct names for private body parts and nicknames, and when to use them</li> <li>• Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these</li> <li>• Know who to ask for help if they are worried or frightened</li> <li>• Know that animals including humans have a life cycle</li> <li>• Know that changes happen when we grow up</li> <li>• Know that people grow up at different rates and that is normal</li> <li>• Know that learning brings about change</li> </ul>	<ul style="list-style-type: none"> <li>• Know the physical differences between male and female bodies</li> <li>• Know that private body parts are special and that no one has the right to hurt these</li> <li>• Know who to ask for help if they are worried or frightened</li> <li>• Know there are different types of touch and that some are acceptable and some are unacceptable</li> <li>• Know the correct names for private body parts</li> <li>• Know that life cycles exist in nature</li> <li>• Know that aging is a natural process including old age</li> <li>• Know that some changes are out of an individual's control</li> <li>• Know how their bodies have changed from when they were a baby and that they will continue to change as they age</li> </ul>