



## PSHE – Progression of Skills Abbey Infant School

Linked to Jigsaw PSHE Scheme of Learning



Puzzle Piece	EYFS	Year 1	Year 2
<b>Being Me in My World</b>	Help other to feel welcome. Making our school a safer place. Thinking about our right to learn. Caring for others. Working well with others.	Explain why my class is a happy and safe place to learn. Give different examples of where I or others make my class a safe and happy place.	Explain why my behaviour can impact others in my class. Explain my own and other's choices and say why some choices are better than others.
<b>Celebrating Difference</b>	Accept that we are all different. Include others when working and playing. Know how to help other people. Try to solve problems. Use kind words. Give and receive compliments.	Tell you some ways that I am different and similar to other people in my class, and why this makes us all special. Explain what bullying is and how being bullied might make somebody feel.	Explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes. 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.
<b>Dreams and Goals</b>	Stay motivated when doing Something challenging. Keep trying even when things are tricky. Work well with a partner or a	Explain how I feel when I am successful and how this can be celebrated positively. Say why my internal treasure chest is an	Explain how I played my part in a group and the parts other people played to create an end product. I can

	group. Have a positive attitude. Help others to achieve their goals.	important place to store positive feelings.	explain how our skills complemented each other. Explain how it felt to be part of a group and can identify a range of feelings about group work.)
<b>Healthy Me</b>	Make healthy choices. Eat a balance diet. Be physically active. Try to keep themselves and others safe. Know how to be a good friend and have a healthy relationship. Keep calm and deal with tricky situations.	Explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. Give examples of when being healthy can help me feel happy.	Explain why foods and medicines can be good for my body comparing my ideas with less healthy/unsafe choices. Compare my own and my friends' choices and can express how it feels to make healthy and safe choices.
<b>Relationships</b>	Know how to make friends. Try to solve friendship problems when they occur. Help others feel part of a group. Show respect when dealing with other people. Know how to help themselves and others when they feel upset. Know and show what makes a good friendship.	Explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships. Give examples of behaviour in other people that I appreciate and behaviours that I don't like.	Explain why some things might make me feel uncomfortable in a relationship and compare this with Relationships that make me feel safe and special. Give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.
<b>Changing Me</b>	Understand that everyone is unique and special. Can express how they feel when they are happy. Understand and respect changes which happen in them. Understand changes which happen in them. Look forward to change.	Compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina and give reasons why they are private. Explain why some changes I might experience might feel better than others.	Use the correct terms to describe penis, testicles, anus, vagina and explain why they are private. I can explain why some types of touches feel OK and others don't. Tell you what I like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to me.







