



Oaklands PSHE Progression Descriptors

Being Me in My World						
FS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I am learning what responsible means	I can explain why my class is a happy and safe place to learn	I can explain why my behaviour can impact other people in my class.	I can explain how my behaviour can affect how others feel and behave.	I can explain why being listened to and listening to others is important in my school community.	I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try to make the school and the wider community a fair place.	I can explain how my choices can have an impact on people in my immediate community and globally.
Celebrating Difference						
FS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I am learning that we are all different but the same in some ways	I can tell you some ways that I am different and similar to other people in my class and why this makes us all special.	I can explain that sometimes people get bullied because they are seen to be different, this might be people who do not conform to gender stereotypes.	I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or unkind ways when conflicts happen.	I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.	I can 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.	I can explain ways in which difference can be a source of conflict or a cause for celebration

Dreams and Goals						
FS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can say how I feel when I achieve a goal and know what it means to feel proud.	I can explain how I feel when I am successful and how this can be celebrated positively.	I can explain how I can play my part in a group and the parts other people play. I can explain how our skills complement each other.	I can explain the different ways that help me learn and what I need to do to improve.	I can plan and set new goals even after a disappointment.	I can compare my hopes and dreams with those of young people from different cultures.	I can explain different ways to work with others to help make the world a better place.
Healthy Me						
FS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I understand I need exercise, healthy food and sleep to keep healthy.	I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.	I can explain why foods and medicines can be good for my body comparing ideas with less healthy / unsafe choices.	I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.	I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.	I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.	I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.

Relationships						
FS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I know how to make friends and how to be a good friend by solving problems and understanding the impact of unkind words.	I can 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.	I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.	I can explain how my life is influenced positively by people I know and also by people from other countries.	I can recognise how people are feeling when they miss a special person or animal.	I can compare different types of friendships and the feelings associated with them, I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.	I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.

Changing Me						
FS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I understand that we all grow from babies to adults and I can name parts of the body.	I can 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 correct body names and explain why somebody parts are private.	I can use correct terms to describe body parts and explain why they are private. I can explain why some types of touch feels ok and others don't.	I can explain how boys' and girls' bodies change on the inside / outside during the growing up process and can tell you why these changes are necessary as they grow up.	I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.	I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.