

# Key Learning in Year 1 and 2

# PSHE

Understanding Self and Others	Working With Others	Speaking and Listening	Negotiation	Compassion and Empathy	Body Language - Verbal and Non-Verbal
<ul style="list-style-type: none"> <li>Explain their ideas, and responses to an issue.</li> <li>Recognise their feelings.</li> <li>Play with others.</li> </ul>	<ul style="list-style-type: none"> <li>Find a partner, sit with them and work with them.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate active listening skills.</li> <li>Ask questions for clarification.</li> </ul>	<ul style="list-style-type: none"> <li>Negotiate with one another.</li> <li>Speak in front of a group.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate compassion, empathy and tolerance.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise simple body language.</li> <li>Understand verbal and non-verbal communication.</li> </ul>
Assertiveness	Making Choices	Risk Taking	Influences	Making Decisions	
<ul style="list-style-type: none"> <li>Speak using the assertive 'I'.</li> <li>Know that it is OK to make mistakes.</li> <li>Say 'No' and mean 'No'.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise their likes and dislikes.</li> <li>Think about and verbalise what is important to them when making choices.</li> <li>Demonstrate making simple choices.</li> <li>Begin to think about how to make safe choices.</li> </ul>	<ul style="list-style-type: none"> <li>Understand the concept of risk.</li> <li>Know who and how to tell.</li> <li>Begin to recognise how other factors can influence choice.</li> </ul>	<ul style="list-style-type: none"> <li>Begin to understand that sometimes people persuade you to do things you don't want to do.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate making simple choices.</li> <li>Begin to think about why they made a particular choice.</li> </ul>	

# Key Learning in Year 3 and 4

# PSHE

Understanding Self and Others	Working With Others	Speaking and Listening	Negotiation	Compassion and Empathy	Body Language - Verbal and Non-Verbal
<ul style="list-style-type: none"> <li>▪ Recognise their own likes / dislikes, traits and individual preferences.</li> <li>▪ Recognise other people's likes / dislikes, traits and preferences.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Demonstrate that they can work in a pair and a small group.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Demonstrate active listening skills.</li> <li>▪ Speak in front of others.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Negotiate in small groups.</li> <li>▪ Coming to a 'consensus'.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Demonstrate compassion, empathy and tolerance.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Recognise simple body language.</li> <li>▪ Understand verbal and non-verbal communication.</li> <li>▪ Demonstrate speaking and listening skills.</li> </ul>
Assertiveness	Making Choices	Risk Taking	Influences	Making Decisions	
<ul style="list-style-type: none"> <li>▪ Understand the skill and can put it into practice.</li> <li>▪ Speak using the assertive 'I'.</li> <li>▪ Know that it is OK to make mistakes.</li> <li>▪ Say 'No' and mean it.</li> <li>▪ Ask for time to think things over.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Understand that they have choices.</li> <li>▪ Identify points of choice.</li> <li>▪ Explore factors which influence choosing.</li> <li>▪ Make more informed choices.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Understand that accidents happen and we don't always have to blame someone but we need to consider what the risks are before we do something.</li> <li>▪ Risk taking can be good when it means trying something new that we might like.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Recognise the influences over choice and decisions, both internal and external.</li> <li>▪ Understand where they can get help if something feels uncomfortable or if someone is trying to influence them in a negative way.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Demonstrate that they know the process for decision making.</li> </ul>	

# Key Learning in Year 5 and 6

# PSHE

Understanding Self and Others	Working With Others	Speaking and Listening	Negotiation	Compassion and Empathy	Body Language - Verbal and Non-Verbal
<ul style="list-style-type: none"> <li>▪ Recognise their own and other people's personality traits, individual preferences and characteristics.</li> <li>▪ Recognise challenging behaviours and the negative effects these can have on relationships.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Know that different people react in different ways when working in a group.</li> <li>▪ Demonstrate their knowledge of group dynamics.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Demonstrate speaking and listening skills.</li> <li>▪ Consider how they respond to challenging circumstances e.g. conflict and violence.</li> <li>▪ Demonstrate strategies for calmness.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Recognise the importance of skills and how different people bring different skills to tasks.</li> <li>▪ Demonstrate negotiation and compromise.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Demonstrate respectful interactions with others.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Recognise more complex body language and non-verbal signals.</li> <li>▪ Understand that sometimes non-verbal signals can be misinterpreted by others and develop strategies for dealing with this.</li> <li>▪ Demonstrate speaking and listening skills.</li> </ul>
Assertiveness	Making Choices	Risk Taking	Influences	Making Decisions	
<ul style="list-style-type: none"> <li>▪ Further understand the skill of being assertive.</li> <li>▪ Speak using the assertive 'I'.</li> <li>▪ Know that it is OK to make mistakes.</li> <li>▪ Say 'No' and mean it.</li> <li>▪ Know where to go for help.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Recognise choices and decisions they will have to make in the future.</li> <li>▪ Identify ways of helping and supporting friends under pressure.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Know ways of coping in difficult situations.</li> <li>▪ Appreciate the importance of taking responsibility.</li> <li>▪ Justify personal opinions confidently.</li> <li>▪ Be able to identify risky situations.</li> <li>▪ Calculate risk.</li> <li>▪ Recognise risk in different situations and make judgements about how to respond in order to keep safe.</li> <li>▪ Develop a positive approach towards personal safety and risk taking.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Recognise peer influence.</li> <li>▪ Understand ways in which peer influence can have positive and negative outcomes.</li> <li>▪ Develop strategies for resisting negative peer influence.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Know the process for making a decision.</li> <li>▪ Demonstrate the use of the process.</li> </ul>	