

Life Skills Progression Document

What to teach when?

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Things to cover over the year
Wellbeing - mental	Safety	Discrimination and Values	Wellbeing - physical	Relationships	Understanding their place in the world	Understanding our place in the world. E-safety

Strand	EYFS -
Families, friendships and relationships	<ul style="list-style-type: none"> - What is a family - Recognise who keeps me safe - How to take turns and share - How to recognise appropriate friendship (same age etc) - Recognise what your interests are and that others may like different things - Understand behaviours that are unkind and know that this is unacceptable behaviour
Understanding their place in the world	<ul style="list-style-type: none"> - Understand what private is and which parts of the body are private - Understand who you can trust
Values	<ul style="list-style-type: none"> - Know how your actions can affect others - Know right from wrong - Know that it is okay to make mistakes as we learn from them. - Know how to show sensitivity to other's needs and feelings
Safety	<ul style="list-style-type: none"> - Recognise dangers in the house and classroom and what I should and shouldn't touch - How to stay safe in the sun - Only use technology when directed and use apps / websites you are allowed to - To recognise when someone is hurt or needs help. - Call out to a grown up or seek a grown up to help. - Call 999 and say what is wrong - To give their address on the phone to the emergency services.

	<ul style="list-style-type: none"> - To comfort their friend who is hurt - To look and recognise potential dangers - To know about the recovery position
Physical Wellbeing	<ul style="list-style-type: none"> - Know what exercise is and that you should have some exercise every day - Understand that you need to have balance in your diet and when snacks are ok
Mental Wellbeing	<ul style="list-style-type: none"> - Recognise who you can talk to is you feel unsafe or worried - Know how you are feeling and that you have different emotions - Know it is ok to express your emotions

PSHE	Year 1
Families, friendships and relationships	<ul style="list-style-type: none"> - Understand that families provide love, security and stability and the importance of families - Understand that people are all different and families look different - Identify special people and family members - Understand how to respect others (friends, secrets and people who can help us) - Identify what makes a friend - Understand what manners are and how these are important in relationships - Understand that friendships do not always go well and how to make friends if you have fallen out - Understand it is not right to keep a secret if it means someone may be unsafe - Know that it is ok to say 'stop' to a friend if something is happening you don't like and start to explain why - Deliver Operation Encompass KS1 Strand 1,2,3 activities 1
Understanding their place in the world	<ul style="list-style-type: none"> - Understand how to dispose of litter and the concept of recycling - Understand rules and types of rules - Understand the concept of free and fair vote - Know about different roles and jobs that can be carried out <p>Respectful Relationships</p> <ul style="list-style-type: none"> - Understand what a stereotype is and how to challenge this - Understand correct racial terminology and how everyone is different
Values	<p>Teamwork</p> <ul style="list-style-type: none"> - Listen to others' points of view and be respectful of their opinions - Work with a team to share ideas and complete work

	<p>Ethos and Attitude</p> <ul style="list-style-type: none"> - Show a positive attitude to learning - Work to solve a problem and keep trying - From information given, find out more about a subject through research <p>Empathy and respect</p> <ul style="list-style-type: none"> - Recognise similarities and differences between people - Contribute to and follow class rules and understand how they help me - Recognise what is fair and unfair, kind and unkind, right and wrong
Safety	<ul style="list-style-type: none"> - Know and use the correct terminology for the sexual organs - Understand body parts that are personal and how to keep yourself safe (PANTS) - Understand how to keep yourself safe (stranger danger) and people who can be trusted - Water safety and role of RNLI - Understand which strangers you can and cannot trust - Understand which adults at home and in school to speak to if you feel unsafe - To look and recognise potential dangers in and out of home. - To know how to handle dangerous equipment safely. - To know to wipe cuts for germs - To know about the recovery position and be able to demonstrate this.
Physical Wellbeing	<ul style="list-style-type: none"> - Know who to call in an emergency and what important information is needed - Understand the importance of washing hands and what germs are - Understand what an immunisation is and what this is for - Understand that foods can be healthy and unhealthy and be able to sort these - Recognise that exercise is good for the body - Understand the benefits of eating healthy and the need for 5 a day - Understand the importance of having an active lifestyle - Know the importance of dental hygiene and how to brush your teeth correctly - Know the importance of keeping safe in the sun and how to do this
Mental Wellbeing	<ul style="list-style-type: none"> - Recognise everyone has different emotions - Tell someone how I feel when asked - Know what mental wellbeing is - Understand that you have a range of emotions - Recognise situations that can affect your emotions - Know that it is good to talk about your emotions and what has caused you to feel this way - To understand the 5 point emotional scale and beginning to recognise what affects this. - Understand that many areas can affect mental health and discuss areas that promote good mental health

	<ul style="list-style-type: none"> - Explore a range of self help techniques to help with mental wellbeing - Know what you like about yourself and what makes you special
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PSHE	Year 2
Families, friendships and relationships	<ul style="list-style-type: none"> - Understand the wider family and who provides love, security and stability - Understand that families are not always man and woman. - Families do not always live together. - Recognise important aspects of friendship (kindness, generosity, respect, sharing interests) - Recognise who we have respect for in our lives and why - Understand that people can be unkind and what to do if a friend is unkind - Recognise different areas where secrets should be shared with trusted adults - Be able to explain why you have asked an action to stop - Deliver Operation Encompass KS1 Strand 1,2,3 activities 2
Understanding their place in the world	<ul style="list-style-type: none"> - Understand the different forms of recycling and why we recycle (including the impact on the environment) - Understanding the rule of law and individual liberties - Understand why free and fair votes are important - Understand the link between different jobs and economic benefits <p>Respectful Relationships</p> <ul style="list-style-type: none"> - Understand how to respect different genders, careers and look at the assumptions we make on what we see - Introduce formal terms (gay, lesbian) and how families are different - Use racial terminology correctly (why it is important to use it) and understand how a community is made of people of different races, types of family and viewpoints
Values	<p>Teamwork</p> <ul style="list-style-type: none"> - Listen to others' points of view and be respectful of their opinions - Work with a team to share ideas and complete work <p>Ethos and Attitude</p> <ul style="list-style-type: none"> - Show a positive attitude to learning - Work to solve a problem and keep trying - From information given, find out more about a subject through research <p>Empathy and respect</p> <ul style="list-style-type: none"> - Recognise and respect the similarities and differences between people

	<ul style="list-style-type: none"> - Recognise what is fair and unfair and can start to resolve simple arguments or conflicts through negotiation - Understand the need for rules in a range of situations
Safety	<ul style="list-style-type: none"> - Know who trusted adults are and who to speak to should you feel unsafe - Know the correct terminology for the sexual organs and difference between boys and girls - Understand and correctly name body parts that are personal and how to keep yourself safe (PANTS) - Safety at home and fire safety - What is safe and unsafe at home. - Electrical safety - What causes a fire - What to do in the event of a fire - To learn why first aid is important and that it can save lives. - To begin to recognise potential dangers in different situations and know how to make them and yourself safe - To learn how to help if someone is bleeding, choking, suffering an asthma attack, suffering from burn, has a head injury - To know what to do if someone is unresponsive and breathing or unresponsive and not breathing - Is suffering from an allergic reaction - To know when to get adult help or to phone the emergency services - To learn what details are important to give to the emergency services - To Learn why it is important and how to keep the person calm
Physical Wellbeing	<ul style="list-style-type: none"> - Know the difference between vital emergencies and how to respond, including how to raise the alarm if needed - Understand how germs are spread and how we can minimise this - Understand the eatwell plate and be able to recognise different types of food - Understand a wider range of healthy foods and what your body needs (protein, calcium etc) - Understand a border range of health benefits from being active - Understand the implications of not practising good dental hygiene
Mental Wellbeing	<ul style="list-style-type: none"> - Recognise different feelings and say how I feel - Begin to understand others may have different feelings to me at times - Recognise that good mental health is as important as exercise and a balanced diet - Explore a wider range of emotions and how these make you feel (nervous, jealous etc.) - Build your vocabulary on emotions to be able to discuss these - Recognise some strategies that help you in the 5 point emotional scale - Think about why certain activities are good for your mental wellbeing (outdoor activities, volunteering) - Understand that it is our differences that make us special

PSHE	Year 3
Families, friendships and relationships	<ul style="list-style-type: none"> - Understand important characteristics of a family life and commitment to each other - Consider ways families are made and that they are brought together through love (adoption, surrogate etc) - Recognise aspects of friendship that need to be built (loyalty, trustworthiness, trust) - Understand how friendship is based on mutual respect and how to build this - Recognise that one off incidents with friends can be dealt with and how to do this - Understand different boundaries that exist in friendships and families - To be able to discuss with the person why you have asked an action to stop - To recognise there are different ways to resolve a conflict
Understanding their place in the world	<ul style="list-style-type: none"> - Understand how the world has been changed by humans and what pollution is. Look at ways to reduce pollution - Understanding the cause and effect of justice - Why should everyone get a say or vote? - Understand the role of money in daily life - Understand the requirements for different jobs (education and training etc) <p>Respectful Relationships</p> <ul style="list-style-type: none"> - Understand how to respect others and resolve conflict - Recognise different forms of stereotypes and the impact this can have - Understand correct terminology and homophobic, discriminatory or prejudicial language and behaviour and how to challenge this - Use racial terminology correctly and understand tolerance and different culture
Values	<p>Teamwork</p> <ul style="list-style-type: none"> - Listen to others' points of view and discuss any differences - Work with a team to share ideas and complete work <p>Ethos and Attitude</p> <ul style="list-style-type: none"> - Understand how my attitude impacts my work and take responsibility for this - Don't give up when facing a challenging problem - Understand how to research and find more information about a subject and can do this independently <p>Empathy and respect</p>

	<ul style="list-style-type: none"> - Recognise and respect the similarities and differences between people, their friends, relatives and families - Recognise and respond appropriately to a wider range of feelings in others and begin to respond and solve appropriately - Understand there are different kinds of responsibilities , rights and duties and know we have a personal responsibility to meet them
Safety	<ul style="list-style-type: none"> - Understand and correctly name body parts that are personal and how to keep yourself safe (PANTS) - Understand that there are people outside of the home and school who can help if you feel unsafe - Understand how to keep safe on roads and how to cross roads safely - Understand how to use the NEXUS metro safely and how to use level crossings - Recap on First Aid (See Year 2) <p>E-safety</p> <ul style="list-style-type: none"> - Use technology safely and responsibly and understand how to act appropriately online. - Children are to recognise what personal information is and how to keep it private. - Identify a range of ways to report concerns about content and contact through forms such as social media. - Understand the importance of rationing time online - Know that people may do and say things online that they wouldn't face to face - To be able to identify the markers of fake news and photographs from a range of sources - Understand that people may act differently online and the reasons for this - Understand issues around email chain mail / spam / virus risks and how to deal with this
Physical Wellbeing	<ul style="list-style-type: none"> - Understand how what to do if they receive a burn - Understand the difference between bacteria and virus - Understand that the eatwell plate is made up of different food types - Recognise that a healthy body can be in all shapes and sizes, but exercise is needed to keep you healthy. - Recognise the health benefits of eating healthily and link an unhealthy diet to obesity - Link sugary diet to tooth decay - Understand the importance of building an active lifestyle outside of 'exercise' eg. walking to school instead of driving. - Make the link between inactivity and obesity - Look at the impact of sun on skin and how to minimise this
Mental Wellbeing	<ul style="list-style-type: none"> - Know what self esteem is, contributing factors and how to change this - Start to develop understanding of what I can do to help how I feel and how others feel - Understand that mental wellbeing can impact anyone and in different ways

	<ul style="list-style-type: none"> - Understand that some emotions are involuntary and that all people feel a range of emotions - Recognise how you are feeling and the importance of talking about your emotions - Understand that people control their emotions differently and how people's 5 point scale may be different - Understand the link between an active lifestyle and good mental wellbeing - Explore the benefits of hobbies and interests on mental wellbeing - Recognise how loneliness can affect someone's mental health - Understand that people look different and what the term positive body image looks like
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Strand	Year 4
Families, friendships and relationships	<ul style="list-style-type: none"> - Understand family life can have times of difficulty - No matter what a family looks like, a stable family is important - Recognise how to include others in friendships and to be positive and welcoming towards others - Recognise who to trust how to judge if a friendship is successful - Understand how even in family and friendships, permission still needs to be sought for certain things - - Recognise the difference between falling out and bullying. How to approach this and who to speak to - If there is a disagreement, to be able to discuss this and listen to another's point of view - To recognise the difference between minor and more important incidents - Recognise how to treat others if you are not friends - Deliver Operation Encompass KS2 Strand 1,2,3 activities 1
Understanding their place in the world	<ul style="list-style-type: none"> - Understand how their lives contribute to emissions and different types of emissions - Different types of justice and reform - Understand the importance of a majority in a vote - Identify different economic situations - Identify aspirations and how these can be achieved - Understanding different job roles that are available in different sectors <p>Respectful Relationships</p> <ul style="list-style-type: none"> - Understand how to respect through examining violence and responsibilities - Understand the correct terminology and homophobic or prejudicial language and behaviour and how to challenge this - Use racial terminology correctly, understand and challenge stereotypes
Values	Teamwork

	<ul style="list-style-type: none"> - Listen to others' points of view and discuss any differences - Work with a team to share ideas and complete work <p>Ethos and Attitude</p> <ul style="list-style-type: none"> - Understand how my attitude impacts my work and take responsibility for this - Don't give up when facing a challenging problem - Understand how to research and find more information about a subject and can do this independently <p>Empathy and respect</p> <ul style="list-style-type: none"> - Recognise and respect the similarities and differences between people and begin to respond positively to these differences - Recognise and respond appropriately to a wider range of feelings in others to solve arguments or conflicts - Understand there are different kinds of responsibilities, rights and duties and know we have a personal responsibility to meet them at home, in the community and the wider community
Safety	<ul style="list-style-type: none"> - Know about personal hygiene and what affects this - Understand and correctly name body parts that are personal and how to keep yourself safe (PANTS) - Understand the people who you can speak to if you need any advice - Understand how to keep yourself safe in the sun - Understand the effects of sun damage to your skin - Recap on First Aid (See Year 2)
Physical Wellbeing	<ul style="list-style-type: none"> - Understand what to do if they or a friend receive a head injury - Understand why personal hygiene is important not only to stop the spread of germs - Be able to plan a balanced meal - To understand calories and how many are recommended a day - Look at the recommended amounts of fats/sugars etc. - Look at more health issues arising from an unhealthy diet (lack of calcium etc) - Understand the difference between gentle and vigorous exercise and the impact this has on the body - Understand that to have a healthy body you need exercise and a balanced diet - Recognise the health issues arising from obesity - Recognise that sleep is important to a healthy body - Revisit dental health and its importance (see Science curriculum)
Mental Wellbeing	<ul style="list-style-type: none"> - Know what affects self esteem and what I can do to help improve and develop this, in yourself and others - Develop an understanding of how actions and those of others can impact on how others feel and their self esteem - Recognise how mental health can affect someone's actions and thoughts - Understand that people can react differently to different emotions

	<ul style="list-style-type: none"> - Understand a wider range of strategies to help with your emotions using the 5 point scale - Recognise and start to make choices around what impacts their mental health - Understand that loneliness comes in many forms and how friendships can affect mental health - Try new self help activities to promote good mental health - Understand that there are stereotypes for what a positive body and 'pretty/handsome' should look like and how to challenge this - Know what self esteem is and what affects this
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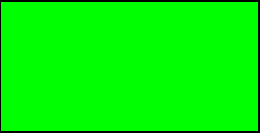
PSHE	Year 5
Families, friendships and relationships	<ul style="list-style-type: none"> - Understand the importance of sharing others' lives and spending time together as families - What marriage is and who can get married. - That marriage is intended to be a lifelong commitment - How to build on good relationships and what makes a good relationship - Understand how to respect through examining secrets and stories - Recognise that friendships have ups and downs and how to work through and strengthen these friendships - Understand the importance of not being a bystander to any form of bullying and how to address this - To be able to reason with friends and come to a mutual decision - To use a range of strategies to resolve a conflict - Recognise that people have feelings out and how to manage this - Deliver Operation Encompass KS2 Strand 1,2,3 activities 2

<p>Understanding their place in the world</p>	<ul style="list-style-type: none"> - Understand how humans are impacting the environment and what we can do to help - Understand basic Human rights and rights of a child - Understand how rights impact the democracy of the UK - Understand how to manage money and costs associated with life - Show an understanding of the experience or education required to carry out specific jobs - Understand their place in the world and their impact and show how they can contribute <p>Respectful Relationships</p> <ul style="list-style-type: none"> - Understand a wider range of acceptable terminology and homophobic or prejudicial language - Use racial terminology correctly and understand what constitutes racism - Look at how racism has impact the world and past events (Segregation, Holocaust etc) - Look at sexism and what this has looked like over time - Recognise how sexism can impact people's lives
<p>Values</p>	<p>Teamwork</p> <ul style="list-style-type: none"> - Listen to others' points of view and come to an agreement - Collaborate with others, share ideas and complete work <p>Ethos and Attitude</p> <ul style="list-style-type: none"> - Take responsibility for myself, my own learning and my attitude - Show resilience and keep trying when faced with a problem - Take responsibility for my own learning through research <p>Empathy and respect</p> <ul style="list-style-type: none"> - Listen and respond to people and feel confident to raise my concerns respect others' views who may challenge my view - Develop Skills to form positive and healthy relationships - Develop a tolerance of others by trying to be a role model to others
<p>Safety</p>	<ul style="list-style-type: none"> - Understand the changes your body goes through in puberty and introduce the menstruation cycle - Understand your body and the importance of keeping yourself safe (PANTS) - Understand that abuse comes in many forms and who to speak to if you feel unsafe - To learn why first aid is important and that it can save lives. - To begin to recognise potential dangers in different situations and know how to make them and yourself safe - To learn how to help if someone is bleeding, choking. suffering an asthma attack, suffering from burn. has a head injury - To know what to do if someone is unresponsive and breathing or unresponsive and not breathing - Is suffering from an allergic reaction

	<ul style="list-style-type: none"> - To know when to get adult help or to phone the emergency services - To learn what details are important to give to the emergency services - To Learn why it is important and how to keep the person calm - Know what is involved in performing CPR and looking at the defibrillator - To know how to help someone suffering from an allergic reaction
Physical Wellbeing	<ul style="list-style-type: none"> - Understand how their body changes during puberty and how this relates to personal hygiene - Explore how sudden changes to the body could be a sign of illness (weight loss etc) - Understand how an immunisation works - Recognise allergies and what to do in an emergency - Understand the need for a balanced diet includes portion size (calories) and recommendations for % of type of food (fats and sugars etc) - Be able to plan meals based on this - Understand BMI and what a healthy weight is - Know the difference and benefits of aerobic and anaerobic exercise - To be able to make suggestions on how to improve a lifestyle to ensure a healthy body - Recognise elements of daily life that impact on sleep - Recognise the changes puberty makes to the body and how personal hygiene should be amended to reflect this
Mental Wellbeing	<ul style="list-style-type: none"> - Know why self esteem is important to yourself and others - Understand how actions and those of others can impact on how others feel and their self esteem - Understand some of the health risks of poor mental health - To understand the effect of puberty on your emotions and how this adds new emotions - To be able to judge if how you are behaving is appropriate due to your emotions - Recognise that people have different triggers and strategies in controlling emotions (5 point scale) - Understand how their behaviour affects others' mental health - Recognise that a variety of different activities promote mental health and the importance of trying new things - Understand that your quirks are what make you special and to be proud of yourself and your body - Know what self esteem is and who you can discuss this with - Recognise the importance of trust when talking about self esteem - Understand everyone is different and what helps promote positive self esteem - Recognise how your actions (intended or otherwise) can affect others' self esteem - Know who to talk to about self esteem

PSHE	Year 6
<p>Families, friendships and relationships</p> <p>Summer Term</p>	<ul style="list-style-type: none"> - Understand the difference between marriage and civil ceremony - How to recognise if a relationship is making you feel unsafe and who to contact - Understand the concept of gender, how some people are transgender and what this means to their lives - Understand what constitutes a healthy relationship - Understand the concept of consent and what this entails - Understand how to manage friendships and conflict when there are differing opinions and personalities in a group - Understand how you can support others and be inclusive - To be able to manage a disagreement and come to a mutual understanding - Understand how to work with people that you may not be friends with
<p>Understanding their place in the world</p> <p>Spring Term</p> <p>Show Racism the Red Card Visit</p>	<ul style="list-style-type: none"> - Understand how humans, over time have been impacted by climate change and the current danger in our society - Understand how to respect through examining rule of law and rights - How do your rights and rules relate, affecting personal liberties and freedoms - Compare different democratic systems - Understand entrepreneurial skills and how this relates to different economic situations - Show an understanding of personal qualities and how you can show these in relation to careers <p>Respectful Relationships</p> <ul style="list-style-type: none"> - Understand a wider range of acceptable terminology (including homophobic, racial, disability or prejudicial language) and behaviour and how to challenge this. - Use racial terminology correctly and understand how to combat racism and why it is important to do so (in depth look at show racism the red card) - Recognise different form of sexism and how women's rights have changed over the years - Understand how women got the vote and different rights - Understand and discuss current affairs and challenges racism brings and the effect on people
<p>Values</p>	<p>Teamwork</p> <ul style="list-style-type: none"> - Listen to others' points of view and discuss ideas to come to a solution - Collaborate with others, share ideas and complete work, working out any differences. <p>Ethos and Attitude</p> <ul style="list-style-type: none"> - Take responsibility for myself, my own learning and my attitude and understand the importance of a positive attitude. - Show resilience, reflect on my work and keep trying - Take responsibility for my own learning through a wider range of independent research <p>Empathy and Respect</p>

	<ul style="list-style-type: none"> - Listen and respond to people and feel confident to raise my concerns respect others of increasingly challenging views at home, school, the local and global community - Be confident in my skills to form and maintain positive and healthy relationships - Show my tolerance of others by being a role model to others and use appropriate strategies to help others solve problems
Safety	<ul style="list-style-type: none"> - Understand the concept of conception Sex and healthy relationships. What constitutes a healthy relationship - Understand and correctly name body parts that are personal and how to keep yourself safe (PANTS) - Recognise that increased independence brings increased risk and who can help if you feel unsafe - Recap on Year 5 First Aid
Physical Wellbeing	<ul style="list-style-type: none"> - Understand drugs are any substance that is harmful for your body (inc tobacco and alcohol) - Understand the risks involved in taking any drug and the legalities of this - Understand how to manage personal hygiene - Recognise the health benefits of adequate sleep - Understand the importance of healthy eating during puberty. - Understand how muscle is built and the role food has in this - Look at diabetes and the different types. Understand how sugar's impact diet - Recognise the need to balance different types of exercise to build a healthy body - Understand the impact aerobic and anaerobic exercise has on the body - Understand the impact an inactive lifestyle has on the body (including looking at issues later in life - clogged arteries etc.) - Understand how modern life can impact sleep and the need to control time spent on certain activities
Mental Wellbeing	<ul style="list-style-type: none"> - Know why self esteem is important and how it contributes to well being - Understand how words and actions can impact on how others feel in your immediate environment and in the wider world - Understand different mental health conditions and how ill health can be resolved - To understand how emotions will change due to puberty and growing up and how you can't control these emotions - To understand you may start to feel differently about people as you grow up (sexual feelings) and how to manage these emotions and friendship change - To be able to regulate some emotions using strategies on 5 point scale and to recognise how to help others - Understand the science behind physical activity and good mental wellbeing - Promote trying different activities and involving others in promoting good mental wellbeing - Understand how to be a role model to others in promoting good mental health (through friendship and good practice)

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- Understand that some people will try and change how they look online or real life to conform.
 - Recognise the need to be yourself and not to conform to social pressures or norms
 - Recognise how to be positive about yourself and how to promote positive self esteem