

Longmoor Primary School PSHCE Progression of skills

Healthy Me-Spring 2

FS2 BR	<ul style="list-style-type: none"> • Initiates conversations, attends to and takes account of what others say • Explains own knowledge (familiar to them) and asks appropriate questions of others • With some adult support, can play cooperatively with a range of children may be able to find compromises. 	FS2 MS	<ul style="list-style-type: none"> • Confident to speak about own opinions and interests • Describes self in positive terms including a growing bank of abilities • Independently identifies a range of healthy foods • Show an awareness of healthy practices and reasons for doing them eg sleep, exercise, hygiene and oral health • Show an increasing understanding of the need for safety when tackling new challenges • Practices a wider range of appropriate safety measures independently • To complete a tasks, overcoming a particular challenge, not always linked to interest. 	FS2 SR	<ul style="list-style-type: none"> • Aware of own feelings and can use the appropriate word/description. • Beginning to regulate own behaviours making/suggesting appropriate changes to actions • Increasingly aware of boundaries set and behavioural expectations in the setting • Can negotiate and solve problems without heightened emotions, using words to negotiate or overcome.
Y1	<p>Feel good about themselves when they make healthy choices</p> <ul style="list-style-type: none"> • Realise that they are special • Keep themselves safe • Recognise ways to look after themselves if they feel poorly • Recognise when they feel frightened and know how to ask for help • Recognise how being healthy helps them to feel happy 	Y2	<p>Desire to make healthy lifestyle choices</p> <ul style="list-style-type: none"> • Identify when a feeling is weak and when a feeling is strong • Feel positive about caring for their bodies and keeping it healthy • Have a healthy relationship with food • Express how it feels to share healthy food with their friends 	Y3	<ul style="list-style-type: none"> • Able to set themselves a fitness challenge • Recognise what it feels like to make a healthy choice • Identify how they feel about drugs • Can express how being anxious or scared feels • Can take responsibility for keeping themselves and others safe • Respect their own bodies and appreciate what they do
Y4	<p>Can identify the feelings that they have about their friends and different friendship groups</p> <ul style="list-style-type: none"> • Recognise how different people and groups they interact with impact on them • Identify which people they most want to be friends with • Recognise negative feelings in peer pressure situations • Can identify the feelings of anxiety and fear associated with peer pressure • Can tap into their inner strength and knowhow to be assertive 	Y5	<ul style="list-style-type: none"> • Can make informed decisions about whether or not they choose to smoke when they are older • Can make informed decisions about whether they choose to drink alcohol when they are older • Recognise strategies for resisting pressure • Can identify ways to keep themselves calm in an emergency • Can reflect on their own body image and know how important it is that this is positive • Accept and respect themselves for who they are • Respect and value their own bodies • Be motivated 	Y6	<p>Are motivated to care for their own physical and emotional health</p> <ul style="list-style-type: none"> • Are motivated to find ways to be happy and cope with life's situations without using drugs • Identify ways that someone who is being exploited could help themselves • Suggest strategies someone could use to avoid being pressured • Recognise that people have different attitudes towards mental health / illness • Can use different strategies to manage stress and pressure

