



## Grove Lea Primary P.S.H.E Progression Skill Grid Autumn 1 Aiming High

EYFS	22-36months	30-50 Months	40-60 Months	ELG
<b>Knowledge of the world</b>	Learns that they have similarities and differences that connect them to, and distinguish them from, others	shows an interest in peoples occupations and ways of life. know some of the things that make them unique.		They know about similarities and differences between themselves and others, and among families, communities and traditions They know that other children don't always enjoy the same things, and are sensitive to this



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	<u>Y1</u>	<u>Y2</u>	<u>Y3</u>	<u>Y4</u>	<u>Y5</u>	<u>Y6</u>
<b>Knowledge</b>	<u>By the end of Y1 we should know...</u>	<u>By the end of Y2 we should know...</u>	<u>By the end of Y3 we should know</u>	<u>By the end of Y4 we should know...</u>	<u>By the end of Y5 we should know...</u>	<u>By the end of Y6 we should know...</u>
	Identify star qualities in others. give examples of positive learning statements Challenge stereotypes. Discuss their ambitions. Identify why next year will be different.	recognise and describe positive thoughts and negative thoughts. think about and discuss the consequences of decisions they make and their actions. set. know what a trigger is know what being mindful is.	know what is a personal achievement and skill is know what is a positive learning attitude. know what skill you need to do a certain job.	know what mental health is and understand why it is important to look after it. know what changes people may experience in their lives and how it might make them feel. know what uncomfortable emotions are and what may cause them. know what the characteristics of a good learner is.	know what the different learning styles are. know what a positive learning attitude is know a range of jobs that people do know what gender stereotype is know that employers look for skills in employees.	know basic mindfulness techniques. know wat outcomes would be linked to certain feelings and actions know what positive thinking is and how this can help the. Identify the common choices we have to make in life know what a good learner is.



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	<u>Y1</u>	<u>Y2</u>	<u>Y3</u>	<u>Y4</u>	<u>Y5</u>	<u>Y6</u>
Skills they should have	<p><b><u>By the end of Y1 the skills we should have...</u></b></p> <p>Identify attributes that they have that would be good to use in a certain situation.</p>	<p><b><u>By the end of Y2 the skills we should have...</u></b></p> <p>set goals for themselves and think about how they might achieve them. recognise triggers for emotions describe ways to show or give thanks for what we have.</p>	<p><b><u>By the end of Y3 the skills we should have</u></b></p> <p>discuss what skills and interests are needed for different jobs. be able to talk about what job they want in the future.</p>	<p><b><u>By the end of Y4 the skills we should have...</u></b></p> <p>talk about things that make them happy. be able to stay calm. discuss what makes a good learner.</p>	<p><b><u>By the end of Y5 the skills we should have...</u></b></p> <p>discuss their personal achievements and skills discuss different learning styles team work discuss the skills everyone needs to succeed.</p>	<p><b><u>By the end of Y6 the skills we should have...</u></b></p> <p>be able to talk about their thoughts, feelings and behaviours identify helpful and unhelpful thoughts discuss ways in which positive thinking can be beneficial identify and discuss uncomfortable emotions use basic mindfulness techniques whenguided.</p>



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<b>Tier 3 Vocabulary</b>	attribute stereotype quality positive goal achieve determined ambition	negative positive emotional trigger challenging achievement. thankful fortunate. mindfulness.	aim skill behaviour action career occupation effort resilience effort accomplish	mental health experience characteristic positive thoughts calm characteristic good learner	gender stereo type employer employee learning style personal learning style. growth mind-set innovation enterprise limitations	outcome beneficial mindfulness technique intensify positive affirmation
<b>Greater Depth</b>	explain why a positive learning attitude is helpful. explain what steps they can take to achieve future ambition explain why stereotypes need to be challenged identify why routines and responsibilities might change as they go through school.	identify unhelpful thoughts and understand that our thoughts can affect how we feel. develop strategies for dealing with unhelpful thoughts and not so good feelings. appreciate and explain how being thankful can make us happier	discuss the impact of growth mindset goals can change and explain why explain the impact of stereotypes Identify limitations to achieving goals.	understand the implications of having negative thoughts and their impact on our actions and behaviour. describe mindfulness and why it is helpful in supporting good mental health. understand that puberty and hormonal changes our bodies go through can be the cause of new and difficult emotions understand the need for our thinking brain to gain control over our feelings brain. understand the implications of having a	how to use the knowledge of their learning style to further their own learning. discuss the impact of growth mindset can have on achieving their goals. appreciate the importance of seizing opportunities explain the impact of stereotypes and why they need to be challenged. consider ways to develop their innovation and enterprise skills.	discuss the impact negative thoughts can have on ourselves and others. generate their own positive affirmation confidently employ strategies for coping with unhelpful thoughts and uncomfortable emotions. independently employ mindfulness techniques predict the consequences linked to certain choices..



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				positive attitude towards learning.		