



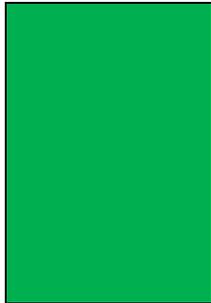
PSHE progression document

St Austin's R.C Primary



Key learning concepts	<u>KS1</u>	<u>LKS2</u>	<u>UKS2</u>
<u>Drug, Alcohol & Tobacco Education</u>	<p>I can recognise that different things can go into my body which can be helpful or harmful.</p> <p>I can understand where medicines come from, why they are taken and how to take them safely.</p> <p>I can understand that medicines are not always needed.</p>	<p>I can define what a drug is, and understand that some drugs can be harmful.</p> <p>I can demonstrate understanding of why some people may choose to use common drugs.</p> <p>I can recognise the risks when people engage in activities such as taking drugs, smoking or drinking alcohol.</p> <p>I can identify patterns of behaviour related to drug use.</p> <p>I can explain the help and support available for those who suffer from addiction.</p>	<p>I can explain some risks associated with drugs and identify ways in which people can get help and support.</p> <p>I can recognise that there are influences which affect a person's decision making around drugs.</p> <p>I know some positive ways to respond to pressure around drug taking.</p> <p>I can understand that some drugs are illegal.</p>
<u>Keeping safe and managing risk.</u>	<p>I can decide when it is safe or unsafe to keep a secret.</p> <p>I can understand how to stay safe inside and outside my home.</p> <p>I can understand who I can go to for help when I am worried about my safety.</p> <p>I can explain some rules for safety including road safety.</p> <p>I can understand what to do in an emergency situation.</p>	<p>I can define what bullying is and how it can make people feel.</p> <p>I can name and explain some different types of bullying e.g. racism and understand that bullying can happen anywhere, including online.</p> <p>I can identify where to go for help if I am a victim of bullying or if I witness somebody else being bullied.</p> <p>I can understand how to play computer games safely.</p> <p>I can understand that risky situations will occur and make a sensible decision about what to do.</p> <p>I can demonstrate how to ask for help from a range of emergency services.</p>	<p>I can explain how to stay safe online.</p> <p>I can recognise that violence can occur in many situations but that it is wrong.</p> <p>I can understand how and where to go to for help about abuse or violence.</p> <p>I can recognise peer pressure and understand how to take responsibility for my own actions.</p>
<u>Mental Health and emotional wellbeing.</u>	<p>I can identify how different emotions look and feel in the body and recognise that different situations can affect people's emotions differently.</p> <p>I can ask for help for mine/other people's emotions.</p>	<p>I can enjoy a challenge and celebrate the achievements and others and of myself.</p> <p>I can demonstrate a range of ways to respond positively to disappointments.</p> <p>I can demonstrate a range of ways to deal with "put downs."</p>	<p>I can recognise a wide range and intensity of emotions within myself and others.</p> <p>I can recognise that changes happen to all of us and identify ways to positively cope with those changes.</p> <p>I can recognise that grief is normal and express feelings related to grieving.</p>

	I can explain what is needed for a good friendship and what to do if they go wrong.		I can understand what mental health is, that everybody has mental health and I know where to get help with my mental health if I need it. I can recognise that stigma and discrimination of people living with mental health problems can and does exist.
<u>Physical health and wellbeing</u>	I can recognise some of the food and drinks associated with different celebrations and customs. I can describe how to play different active playground games and recognise how they make me feel. I can recognise why rest is as important as being active. I can recognise some negative effects of the sun on my body and how I can stay safe in the sun. I can recognise what a healthy diet looks like and make choices about the foods I eat. I can recognise some basic things I can do to stay healthy such as having vaccinations, brushing my teeth and washing my hands.	I can make my own healthy lifestyle choices by choosing a balanced diet, avoiding too much screen time and getting enough rest. I can identify a range physical activities that help the body. I can identify a range of factors which may affect a person's dietary choices. I can recognise value for money. I can identify factors that might influence people's choices about the food they buy (e.g. ethical farming, fair trade, seasonality).	I can recognise that messages given on food adverts can be misleading. I can compare the health benefits of a food or drink product in comparison with an advertising campaign.
<u>Careers, financial capability and economic wellbeing.</u>	I can understand where money comes from and make informed choices about when to spend money. I can recognise that I will sometimes need to save my money. I can understand that people work to get money and that there are many different jobs which people can do.	I can recognise that there are many ways in which we can be persuaded to spend our money and I can make decisions about value for money in this knowledge. I can keep track of my own spending. I can understand important aspects of the world of work including the skills and attributes needed for different jobs.	I can understand that money can be borrowed but there are risks associated with this. I can understand what an enterprise is and can weigh up the risks of being involved in one. I can recognise the different influences involved in choosing a career.
<u>Identity, society and equality.</u>	I can describe what makes us all special and that everyone has something about them that makes them special. I can identify roles and responsibilities which I, and others, have at home and in school.	I can understand what a community is and value the similarities and differences of everyone in our school community. I can stand up for my own point of view but recognise that other's may have a different view to me.	I can explain what a stereotype is and feel able to challenge stereotyping when I witness it. I can understand what is meant by prejudice and discrimination and recognise what part I can play to stop it from happening.

	<p>I can understand what is involved in cooperation and why it is important.</p>	<p>I can recognise Britain is a democratic society and understand what that means.</p> <p>I can recognise the importance of voting.</p> <p>I can know how laws are made and the importance of following them.</p> <p>I can understand the role of local councils.</p>	<p>I can understand what Human Rights are and how they link to the UN Rights of a Child.</p> <p>I can recognise that not everyone is lucky enough to have a home and can understand about organisations that work with homeless people.</p>
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