

Year 1 PSHE Progression

Working Towards:	Objectives:	Greater Depth:
	<p>Term 1: TEAM (Relationships)</p> <p>I can identify and explain how it feels to be a part of a team. I understand the importance of being kind and can identify ways to be so.</p> <p>I understand what teasing or bullying behaviour is, I can identify it, and I know what to do if I see it, or if it is happening to me.</p> <p>I understand and can identify helpful, and not-so-helpful thought categories.</p> <p>I understand the importance of making good choices, and how that can benefit me and the people around me.</p>	
	<p>Term 2: Think Positive (Health and Wellbeing)</p> <p>I can recognise and describe positive thoughts and negative thoughts. I can think about and discuss the consequences of decisions they make and their actions.</p> <p>I can set goals for myself and think about how I might achieve them.</p> <p>I can recognise triggers for certain emotions.</p> <p>I can describe ways to show or give thanks for what we have.</p> <p>I can describe what being mindful is.</p>	
	<p>Term 3: Diverse Britain (Living in the Wider World)</p> <p>I can describe how we can help groups and communities they belong to. I can recognise that choices can have negative and positive consequences.</p> <p>I can explain some consequences of negative and positive choices.</p> <p>I can talk about why helping their neighbourhood is important.</p> <p>I can describe different aspects of living in Britain.</p> <p>I can give reasons why it is important to have differences.</p> <p>I can identify famous British people, places and events.</p> <p>I can explain what famous British people, places and events tell them about being British.</p>	
	<p>Term 4: Be Yourself (Relationships)</p> <p>I can say what makes me an individual.</p> <p>I can identify feelings from facial expressions and body language. I can talk confidently about they like that makes them feel happy.</p> <p>I can explain how to manage feelings of anger and sadness.</p> <p>I can describe strategies to explain how change and loss can be dealt with positively.</p> <p>I understand the importance of sharing their thoughts and feelings respectfully.</p>	
	<p>Term 5: Aiming High (Living in the Wider World)</p> <p>I can identify star qualities in others. I can give examples of positive learning attitude statements.</p> <p>I can identify attributes they have that would suit them to a desired job.</p> <p>I can challenge stereotypes.</p> <p>I can discuss my ambitions.</p> <p>I can identify ways next year will be different and explain why they think this.</p>	
	<p>Term 6: It's my Body (Health and Wellbeing)</p> <p>I can describe their daily bedtime routine.</p> <p>I can explain what happens if you do not exercise regularly.</p> <p>I can explain that other people have rights for their own body.</p> <p>I can list some foods that are good to have once a week.</p> <p>I can identify hazard signs that mean something is dangerous.</p>	

I can explain what germs are and why people need to keep clean.

Sutton Veny SRE Objectives:

Pupils should be taught to identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.