**Progression of skills: PSHEE Year One**

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| National Curriculum | * Non Statutory subject
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| Being me in my world | Feeling special and safeBeing part of a classRights and responsibilitiesRewards and feeling proudConsequencesOwning the learning charter |
| Celebrating differences | Similarities and differencesUnderstanding bullying and knowing how to deal with itMaking new friendsCelebrating the differences in everyone |
| Dreams and goals | Setting goalsIdentifying successes and achievementsLearning stylesWorking well and celebrating achievements with a partnerTackling anew challengeIdentifying and overcoming obstaclesFeelings of success |
| Healthy me | Keeping myself healthyHeathier lifestyle choicesKeeping cleanBeing safeMedicine safety/ safety with household itemsRoad safetyLinking health and happiness |
| Relationships | Belonging to a familyMaking friends/being a good friendPhysical contact preferencesPeople who help usQualities as a friend and a personSelf-acknowledgementBeing a good friend to myselfCelebrating special relationships |
| Changing me | Life cycles- animal and humanChanges in meChanges since being a babyDifferences between female and male bodies (correct terminology)Linking growing and learningCoping with changetransition |
| Support |  |
| More Able |  |