**Progression of skills: PSHEE Year One**

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| National Curriculum | * Non Statutory subject |
| Being me in my world | Feeling special and safe  Being part of a class  Rights and responsibilities  Rewards and feeling proud  Consequences  Owning the learning charter |
| Celebrating differences | Similarities and differences  Understanding bullying and knowing how to deal with it  Making new friends  Celebrating the differences in everyone |
| Dreams and goals | Setting goals  Identifying successes and achievements  Learning styles  Working well and celebrating achievements with a partner  Tackling anew challenge  Identifying and overcoming obstacles  Feelings of success |
| Healthy me | Keeping myself healthy  Heathier lifestyle choices  Keeping clean  Being safe  Medicine safety/ safety with household items  Road safety  Linking health and happiness |
| Relationships | Belonging to a family  Making friends/being a good friend  Physical contact preferences  People who help us  Qualities as a friend and a person  Self-acknowledgement  Being a good friend to myself  Celebrating special relationships |
| Changing me | Life cycles- animal and human  Changes in me  Changes since being a baby  Differences between female and male bodies (correct terminology)  Linking growing and learning  Coping with change  transition |
| Support |  |
| More Able |  |