**Progression of skills: PSHEE Year Three**

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| National Curriculum | * Non Statutory subject |
| Being me in my world | Setting personal goals  Self-identity and worth  Positivity in challenges  Rules, rights and responsibilities  Rewards and consequences  Responsible choices  Seeing things from others’ perspective |
| Celebrating differences | Families and their differences  Family conflict and how to manage it (child centred)  Witnessing bullying and how to solve it  Recognising how words can be hurtful  Giving and receiving compliments |
| Dreams and goals | Difficult challenges and achieving success  Dreams and ambitions  New challenges  Motivation and enthusiasm  Recognising and trying to overcome obstacles  Evaluating learning processes  Managing feelings  Simple budgeting |
| Healthy me | Exercise  Fitness challenges  Food labelling and healthy swaps  Attitudes towards drugs  Keeping safe and why it’s important online and offline scenarios  Respect for myself and others  Healthy and safe choices |
| Relationships | Family roles and responsibilities  Friendship and negotiation  Keeping safe online and who to go to for help  Being a global citizen  Being aware of how my choices affect others  Awareness of how other children have different lives  Expressing appreciation for family and friends |
| Changing me | How babies grow  Understanding a baby’s needs  Outside body changes  Inside body changes  Family stereotypes  Challenges my ideas  Preparing for transition |
| Support |  |
| More Able |  |