**Progression of skills: PSHEE Year Three**

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| National Curriculum | * Non Statutory subject
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| Being me in my world | Setting personal goalsSelf-identity and worthPositivity in challengesRules, rights and responsibilitiesRewards and consequencesResponsible choicesSeeing things from others’ perspective |
| Celebrating differences | Families and their differencesFamily conflict and how to manage it (child centred)Witnessing bullying and how to solve itRecognising how words can be hurtfulGiving and receiving compliments |
| Dreams and goals | Difficult challenges and achieving successDreams and ambitionsNew challengesMotivation and enthusiasmRecognising and trying to overcome obstaclesEvaluating learning processesManaging feelingsSimple budgeting |
| Healthy me | ExerciseFitness challengesFood labelling and healthy swapsAttitudes towards drugsKeeping safe and why it’s important online and offline scenariosRespect for myself and othersHealthy and safe choices |
| Relationships | Family roles and responsibilitiesFriendship and negotiationKeeping safe online and who to go to for helpBeing a global citizenBeing aware of how my choices affect othersAwareness of how other children have different livesExpressing appreciation for family and friends |
| Changing me | How babies growUnderstanding a baby’s needsOutside body changesInside body changesFamily stereotypesChallenges my ideasPreparing for transition |
| Support |  |
| More Able |  |