



**Warren Wood**  
**Progression Grid**



<b>PSHE Skills and Knowledge</b> Expected by the End of Year 1( <b>highlighted if you are following the PSHE condensed plan</b> )	
<b>Families and relationships</b> <ul style="list-style-type: none"><li>• To explore how families are different to each other.</li><li>• To explore how friendship problems can be overcome.</li><li>• To explore friendly behaviours.</li><li>• To recognise how other people show their feelings.</li><li>• To identify ways we can care for others when they are sad.</li><li>• To explore the ability to successfully work with different people.</li></ul>	<b>Health and wellbeing</b> <ul style="list-style-type: none"><li>• To learn how to wash my hands properly.</li><li>• To learn how to deal with an allergic reaction.</li><li>• To explore positive sleep habits.</li><li>• To explore two different methods of relaxation: progressive muscle relaxation and laughter.</li><li>• To explore health-related jobs and people who help look after our health.</li><li>• To identify personal strengths and qualities.</li><li>• To identify different ways to manage feelings.</li></ul>
<b>Safety and the changing body</b> <ul style="list-style-type: none"><li>• To practise what to do if I get lost.</li><li>• To identify hazards that may be found at home.</li><li>• To understand people's roles within the local community that help keep us safe.</li><li>• To learn what is and is not safe to put in or on our bodies.</li><li>• To practise making an emergency phone call.</li></ul>	<b>Citizenship</b> <ul style="list-style-type: none"><li>• To recognise why rules are necessary and the consequences of not following rules.</li><li>• To discuss how to meet the needs of different pets.</li><li>• To explore the differences between people.</li><li>• To recognise the groups that we belong to.</li></ul>
<b>Economic wellbeing</b> <ul style="list-style-type: none"><li>• To discuss how to keep money safe.</li><li>• To discuss what to do if we find money.</li><li>• To explore choices people make about money.</li><li>• To develop an understanding of how banks work.</li></ul>	<b>Transition</b> <ul style="list-style-type: none"><li>• To recognise our own strengths.</li></ul>



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