

Essendon CofE Primary School

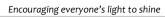


Encouraging everyone's light to shine RSHE: Skills and Knowledge Ladder

Focus	Early Years Progression	Y1-2 Progression	Y3-4 Progression	Y5-6 Progression
Families and relationships	 Talk about members of their immediate family and community Name and describe people who are familiar to them Form positive attachments to adults and friendships with peers Play with one or more children, working cooperatively and take turns Finding solutions to conflicts, rivalries and fallings out, talking with others to solve conflicts. Understanding how others might be feeling and what they might think Build constructive and respectful relationships Show sensitivity to their own needs and the needs of others 		See Kapow ladder	
Health and Wellbeing	 Explore and refine a variety of ways to express their ideas and feelings Be increasingly independent in meeting their own care needs e.g. brushing teeth, using the toilet, washing and drying their hands Make healthy choices about food and drink Know factors which lead to an overall healthy lifestyle e.g. sleep, screen time etc. 			
Safety and the changing body	• N/A			
Citizenship	 Have a basic understanding of the Essendon Golden rules Increasingly follow rules, understanding why they are important Know right from wrong and try to behave accordingly Line up as part of the class Follow the lunchtime routines as a class Continue developing positive attitudes about the differences between people Develop a sense of responsibility and membership of a community 			



Essendon CofE Primary School



Economic Wellbeing	Begin to understand why people have jobsShow interest in different occupations	
Transition	 Become more outgoing with unfamiliar people in athe safe context of their setting Show more confidence in new social situations Show resilience and persevereance in the face of new challenges 	
Identity	 Show resilience and persevereance in the face of new challenges See themselves aes a valuable individual Give preferences of likes and dislikes and talk about their feelings using word like 'happy, said angry or worried'. Identify and regulate their own feelings socially and emotionally Show a preference for a dominant hand Develop independence – learning how to dress e.g. putting on simple coats and doing up zips Know how to access support independently in the classroom Develop appropriate ways of being assertive Set simple goals 	

