

Cranmore Infant School

**PSHE/Jigsaw**

**PROGRESSION**

**FRAMEWORK**

**2021-2022**

# Jigsaw whole school Progression – Being Me in My World

	Nursery	Reception	Year 1	Year 2	Year 3
Knowledge	<ul style="list-style-type: none"> <li>To know some things that make me happy.</li> <li>To know we are all different.</li> <li>I am beginning to know the rules of the classroom.</li> </ul>	<ul style="list-style-type: none"> <li>To know we are all similar and different.</li> <li>To know some feelings</li> <li>Begin to know what responsible means.</li> </ul>	<ul style="list-style-type: none"> <li>I know that I belong in my class.</li> <li>I know how to make my class a safe place for everyone to learn.</li> <li>I recognise a range of feelings when I face certain consequences.</li> <li>I know my views are valued.</li> </ul>	<ul style="list-style-type: none"> <li>I can identify some hopes and fears for this year.</li> <li>I recognise when I feel worried and who I can ask for help.</li> <li>I know how to make my class a safe and fair place.</li> <li>I know my views are valued and I can value the ideas of others.</li> <li>I know that boys and girls are different.</li> <li>I can tell you how being bullied might feel.</li> </ul>	<ul style="list-style-type: none"> <li>I can recognise how my behaviour and actions can affect how others feel and behave.</li> <li>I know that other people have different points of view.</li> <li>I know that rules are important.</li> <li>I know why it is important to value myself.</li> <li>I know some ways to face challenges</li> <li>I know what it means to be responsible.</li> <li>I can recognise how it feels to be happy, sad or scared.</li> <li>I know how to work co-operatively.</li> </ul>
Understanding	<ul style="list-style-type: none"> <li>I Understand how it feels to belong.</li> <li>I Understand how happy and sad can be expressed.</li> <li>I understand it is good to be kind to people.</li> <li>I am starting to understand children’s rights to work and play.</li> </ul>	<ul style="list-style-type: none"> <li>Understand how it feels to belong</li> <li>I understand why it is good to be kind and use gentle hands.</li> <li>I am starting to understand children’s rights and this means we should all be allowed to learn and play.</li> <li>I can beginning to think about everyone’s right to learn.</li> </ul>	<ul style="list-style-type: none"> <li>I understand how it feels to belong and that others have the right to belong.</li> <li>I understand my choices.</li> <li>I understand the rights and responsibilities as a member of my class.</li> <li>I can think about everyone’s right to learn.</li> </ul>	<ul style="list-style-type: none"> <li>I understand the rights and responsibilities for being a member of my class and school.</li> <li>I understand how following the rules will help me and others learn.</li> <li>I recognise the choices I make and understand the consequences.</li> <li>I understand that everyone has a right to learn.</li> </ul>	<ul style="list-style-type: none"> <li>I understand the rewards and consequences of my behaviour on others.</li> <li>I understand how rules relate to rights and responsibilities.</li> <li>I understand the importance of facing challenges.</li> <li>I understand the benefits of working co-operatively.</li> </ul>
Feelings and Behaviour	<ul style="list-style-type: none"> <li>I try to help others to feel welcome.</li> <li>I can play together.</li> <li>I can begin to consider people’s feelings</li> <li>I can use gentle hands.</li> <li>I try to make our Nursery/Pre-school community a better place.</li> <li>I am beginning to think about everyone’s right to learn.</li> <li>I am beginning to care about other people’s feelings.</li> <li>I am beginning to work with others.</li> <li>I am beginning to follow the rules of the classroom.</li> </ul>	<ul style="list-style-type: none"> <li>I can work with others to make school a good place to be.</li> <li>I am beginning to recognise and manage my feelings.</li> <li>I am beginning to help other to feel welcome.</li> <li>I try to make our Nursery/Pre-school community a better place.</li> <li>I care about other people’s feelings.</li> <li>I can work well with others.</li> </ul>	<ul style="list-style-type: none"> <li>I can help others to feel welcome.</li> <li>I try to make our school community a better place.</li> <li>I care about other people’s feelings and I can try to make them feel happy.</li> <li>I feel special and safe in my class.</li> <li>I recognise how it feels to be proud of my achievements.</li> <li>I can recognise the choices I make and understand the consequences.</li> <li>I can confidently work well with others.</li> <li>I choose to follow the rules of the classroom and the school.</li> </ul>	<ul style="list-style-type: none"> <li>I can listen to other people and contribute my own ideas about rewards and consequences.</li> <li>I can work co-operatively.</li> <li>I choose to follow the rules.</li> <li>I can confidently maker others feel welcome.</li> <li>I make a contribution to making our school community a better place.</li> <li>I care about other people’s feelings and I can try to make them feel happy.</li> <li>I can confidently work well with others, allowing and encouraging everyone to take part.</li> <li>I consistently choose to follow the rules of</li> </ul>	<ul style="list-style-type: none"> <li>I can value the points of view of others.</li> <li>I can follow rules in different situations.</li> <li>I feel valued and I can value others.</li> <li>I am beginning to develop strategies to face challenges.</li> <li>I can make responsible choices and take action.</li> <li>I can identify when others are feeling happy, sad or scared.</li> <li>I can work co-operatively with a variety of people.</li> </ul>

# Jigsaw whole school Progression – Celebrating Difference

	Nursery	Reception	Year 1	Year 2	Year 3
Knowledge	<ul style="list-style-type: none"> <li>I know that families are all different.</li> <li>I know some ways to make friends.</li> <li>I know there are lots of different houses and homes.</li> <li>I am beginning to know how to help if someone is being bullied</li> <li>I am beginning to know what a compliment is.</li> </ul>	<ul style="list-style-type: none"> <li>I know we are all different but the same in some ways.</li> <li>I can tell you why my home is special to me.</li> <li>I can tell you how to be kind to a friend.</li> <li>I know some ways to help if someone is being bullied.</li> <li>I know what a compliment is.</li> </ul>	<ul style="list-style-type: none"> <li>I know some similarities and differences between people in my class.</li> <li>I can tell you some ways in which I am the same and different to my friends.</li> <li>I know what bullying is.</li> <li>I know how to help if someone is being bullied.</li> <li>I know some people I could talk to if I was feeling unhappy or being bullied.</li> <li>I know how to make new friends.</li> <li>I know how to give compliments.</li> </ul>	<ul style="list-style-type: none"> <li>I know that boys and girls are different.</li> <li>I can tell you how being bullied might feel.</li> <li>I know what bullying is and some things I can do to stop it.</li> <li>I know how to help others who are being bullied.</li> <li>I confidently know how to help if someone is being bullied.</li> <li>I know many good qualities that make a good friend and I try to be good friend.</li> <li>I know how to give and receive compliments.</li> </ul>	<ul style="list-style-type: none"> <li>I know that every family is different and important.</li> <li>I know that differences and conflict can happen in families.</li> <li>I know some ways to resolve conflict.</li> <li>I know what it means to be a ‘witness of bullying’.</li> <li>I know that words can be used to hurt others.</li> <li>I know the consequences of using hurtful words.</li> <li>I know how to give and receive compliments.</li> <li>I know some ways to make people feel better.</li> <li>I know some ways to calm myself down using the ‘Solve it Together’ technique</li> </ul>
Understanding	<ul style="list-style-type: none"> <li>I can tell you one way I am special or unique.</li> <li>I am beginning to know how to give and receive compliments.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that being different makes us all special.</li> <li>I know how to give and receive compliments.</li> </ul>	<ul style="list-style-type: none"> <li>understand how being bullied might feel.</li> <li>I can tell you some ways I am different to my friend and I understand these differences make us all special and unique.</li> </ul>	<ul style="list-style-type: none"> <li>I can tell you some ways I am different to my friends and I understand these differences make us special and unique.</li> <li>I understand that bullying is sometimes about difference.</li> <li>I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes).</li> <li>I understand some ways in which boys and girls are different and accept that this is okay.</li> <li>I understand that it is okay to be different from other people and to be friends with them.</li> <li>I understand that we shouldn’t judge people if they are different.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that witnesses of bullying can make things worse or better by their actions.</li> <li>I can identify a time when my words have affected someone’s feelings.</li> </ul>
Feelings and Behaviour	<ul style="list-style-type: none"> <li>I know what it feels like to be proud of something I am good at.</li> <li>I can use my words to stand up for myself.</li> <li>I am beginning to accept that everyone is different.</li> <li>I can sometimes include others when working and playing.</li> <li>I am beginning try to solve problems.</li> <li>I try to use kind words.</li> </ul>	<ul style="list-style-type: none"> <li>I can identify something I am good at and understand everyone is good at different things.</li> <li>I can use words to stand up for myself when someone says or does something unkind.</li> <li>I accept that everyone is different.</li> <li>I can include others when working and</li> </ul>	<ul style="list-style-type: none"> <li>I can be kind to people who are being bullied.</li> <li>I know how it feels to make a new friend.</li> <li>I accept that everyone is different and that’s good.</li> <li>I confidently include others when working and playing.</li> <li>I can solve problems.</li> <li>I regularly use kind words.</li> </ul>	<ul style="list-style-type: none"> <li>I am kind to people who are being bullied.</li> <li>I know how it feels to be a friend and have a friend.</li> <li>I accept and value differences between people.</li> <li>I confidently include others when working in a group or a team.</li> <li>I can confidently solve problems.</li> <li>I am kind to others.</li> </ul>	<ul style="list-style-type: none"> <li>I value the differences of my friends and their families.</li> <li>I take appropriate action if I see someone being bullied.</li> <li>I try not to use hurtful words.</li> </ul>

# Jigsaw whole school Progression – Dreams and Goals

	Nursery	Reception	Year 1	Year 2	Year 3
Knowledge	<ul style="list-style-type: none"> <li>know some kind words to encourage people.</li> <li>I know what goal means.</li> </ul>	<ul style="list-style-type: none"> <li>I know how to use kind words to encourage people.</li> <li>I know what a goal is and some ways I can achieve it.</li> </ul>	<ul style="list-style-type: none"> <li>I know some ways to learn.</li> <li>I know how I feel when I'm face with a new challenge.</li> </ul>	<ul style="list-style-type: none"> <li>I know how to share success with other people.</li> <li>I can tell you how working with other people helps me to learn.</li> </ul>	<ul style="list-style-type: none"> <li>I can Identify an important dream/ambition and imagine how it feels to achieve it.</li> <li>I know some strategies I can use when facing challenges.</li> <li>I know that other people can help me achieve my goals.</li> <li>I know that I am responsible for my own learning.</li> <li>I know that obstacles can occur in my learning and I know some ways to overcome them.</li> </ul>
Understanding	<ul style="list-style-type: none"> <li>I understand what challenge means.</li> <li>I can start to think about jobs I might do when I'm older.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that if I persevere I can tackle challenges.</li> <li>I understand the link between what I learn now and the job I might like to do when I'm older.</li> </ul>	<ul style="list-style-type: none"> <li>I understand how to work well with a partner.</li> <li>I can tackle a new challenge and understand this might stretch my learning.</li> <li>I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them.</li> </ul>	<ul style="list-style-type: none"> <li>I can recognise who I work well with and who it is more difficult for me to work with.</li> <li>I can tell you how working with other people helps me to learn.</li> <li>I can tell you some of my strengths as a learner.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that everyone faces challenges.</li> <li>I feel motivated and enthusiastic about facing new challenges.</li> </ul>
Feelings and Behaviour	<ul style="list-style-type: none"> <li>I am beginning to stay motivated when doing something challenging with support.</li> <li>I am beginning to work with a partner with support.</li> <li>I am beginning to have a positive attitude.</li> <li>I can keep trying until I can do something.</li> <li>I can set a goal and work towards it, with support.</li> <li>I am beginning to try to help others with their goals.</li> <li>I can feel proud when I achieve a goal.</li> </ul>	<ul style="list-style-type: none"> <li>I am beginning to stay motivated when doing something challenging.</li> <li>I can keep trying, even though it is difficult.</li> <li>I am beginning to work with a partner.</li> <li>I have a positive attitude.</li> <li>I can tell you about a time I didn't give up until I achieved my goal.</li> <li>I can set a goal and work towards it.</li> <li>I can sometimes help others to achieve their goals.</li> <li>I am working hard to achieve my own dreams and goals.</li> </ul>	<ul style="list-style-type: none"> <li>I can stay motivated when doing something challenging.</li> <li>I keep trying, even though it is difficult.</li> <li>I work well with a partner.</li> <li>I have a positive attitude, even when my learning is difficult.</li> <li>I know how I feel when I'm face with a new challenge.</li> <li>I can set a goal and work out how to achieve it.</li> <li>I can tell you about a thing that I do well.</li> <li>I can help others to achieve their goals.</li> <li>I can tell you how I learn best.</li> <li>I can celebrate achievement with my partner.</li> <li>I can identify how I feel when I'm faced with a new challenge.</li> <li>I know how I feel when I see obstacles and how I feel when I overcome them.</li> </ul>	<ul style="list-style-type: none"> <li>I stay motivated when doing something challenging.</li> <li>I keep trying and find solutions, even though it is difficult.</li> <li>I work well with a partner or in a group.</li> <li>I have a positive attitude, even when my learning is difficult.</li> <li>I confidently help others to achieve their goals.</li> <li>I can choose a realistic goal and think about how to achieve it.</li> <li>I can tell you things I have achieved and say how that makes me feel.</li> <li>I carry on trying (persevering) even when I find things difficult..</li> <li>I can work with others to solve problems.</li> <li>I can tell you how I felt when working in a group.</li> </ul>	<ul style="list-style-type: none"> <li>I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability).</li> <li>I enjoy facing new learning challenges and working out the best ways for me to achieve them.</li> <li>I can break down a goal into smaller steps</li> <li>I can use my strengths as a learner to achieve my goals.</li> <li>I can recognise obstacles that can hinder my learning and take steps to overcome them.</li> <li>I can manage feelings of frustration when I encounter obstacles in my learning.</li> <li>I can evaluate the learning process.</li> <li>I am confident with sharing successes with others.</li> </ul>

# Jigsaw whole school Progression – Healthy Me

	Nursery	Reception	Year 1	Year 2	Year 3
Knowledge	<ul style="list-style-type: none"> <li>I know the names for some parts of my body.</li> <li>I know what the word 'healthy' means and that some foods are healthier than others.</li> <li>I know how to help myself go to sleep and that sleep is good for me.</li> <li>I know what to do if I get lost and how to say NO to strangers.</li> <li>I know some ways to be a good friend.</li> </ul>	<ul style="list-style-type: none"> <li>I know which foods are healthy and not so healthy and can make healthy eating choices.</li> <li>I know how to help myself go to sleep and understand why sleep is good for me.</li> <li>I know what a stranger is and how to stay safe if a stranger approaches me.</li> </ul>	<ul style="list-style-type: none"> <li>I know how to make healthy lifestyle choices.</li> <li>I know how to keep myself clean and healthy, and understand how germs cause disease/illness</li> <li>I know that all household products including medicines can be harmful if not used properly.</li> <li>I know some ways to help myself when I feel poorly.</li> <li>I know how to keep safe when crossing the road, and about people who can help me to stay safe.</li> </ul>	<ul style="list-style-type: none"> <li>I know what I need to keep my body healthy.</li> <li>I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy.</li> <li>I know which foods are nutritious for my body.</li> </ul>	<ul style="list-style-type: none"> <li>I know that my heart and lungs are important organs in my body.</li> <li>I know the importance of fitness.</li> <li>I know the amount of calories, fat and sugar I put into my body will affect my health.</li> <li>I know how to make healthy choices.</li> <li>I know some things, people and places I need to keep safe from and I know some strategies to keep myself safe.</li> <li>I know who to go to for help, including how to call the emergency services.</li> <li>I know some things that are safe and unsafe.</li> </ul>
Understanding	<ul style="list-style-type: none"> <li>I am starting to understand that I need to be active to be healthy.</li> <li>I can tell you some of the things I need to do to be healthy.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that I need to exercise to keep my body healthy.</li> <li>I understand how moving and resting are good for my body.</li> </ul>	<ul style="list-style-type: none"> <li>I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.</li> <li>I understand that medicines can help me if I feel poorly and I know how to use them safely.</li> <li>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</li> </ul>	<ul style="list-style-type: none"> <li>I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.</li> <li>I can tell you when a feeling is weak and when a feeling is strong.</li> <li>I understand how medicines work in my body and how important it is to use them safely.</li> <li>I can make some healthy snacks and explain why they are good for my body.</li> </ul>	<ul style="list-style-type: none"> <li>I understand how exercise affects my body.</li> <li>I understand the importance of keeping myself safe.</li> <li>I understand how complex my body is and how it is important to care of it.</li> </ul>
Feelings and Behaviour	<ul style="list-style-type: none"> <li>I can wash my hands and know it is important to do this before I eat and after I go to the toilet.</li> <li>I am beginning to make healthy choices with support.</li> <li>I try to eat a healthy and balanced diet with support.</li> <li>I try to be physically active.</li> <li>I try to keep myself safe with support.</li> <li>I try to keep calm and deal with difficult situations with support.</li> <li>I enjoy having friends.</li> </ul>	<ul style="list-style-type: none"> <li>I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.</li> <li>I am beginning to make healthy choices.</li> <li>I try to eat a healthy and balanced diet.</li> <li>I am physically active.</li> <li>I try to keep myself safe.</li> <li>I try to keep calm and deal with difficult situations.</li> <li>I enjoy having friends and I am kind to my others.</li> </ul>	<ul style="list-style-type: none"> <li>I can make healthy choices.</li> <li>I can eat a healthy and balanced diet.</li> <li>I feel good about myself when I make healthy choices.</li> <li>I enjoy being physically active.</li> <li>I know I am special so I keep myself safe.</li> <li>I know how to keep calm and deal with difficult situations.</li> <li>I can recognise when I feel frightened and know who to ask for help.</li> <li>I can recognise how being healthy helps me to feel happy.</li> <li>I know how to be a good friend and enjoy healthy relationships.</li> </ul>	<ul style="list-style-type: none"> <li>I am motivated to make healthy lifestyle choices</li> <li>I feel positive about caring for my body and keeping it healthy.</li> <li>I have a healthy relationship with food and know which foods I enjoy the most.</li> <li>I can express how it feels to share healthy food with my friends.</li> <li>I can decide which foods to eat to give my body energy.</li> </ul>	<ul style="list-style-type: none"> <li>I can set myself a fitness challenge.</li> <li>I can make healthy choices.</li> <li>I can talk about drugs and identify my attitudes and feelings about them.</li> <li>I can express feelings of anxiety and fear.</li> <li>I can take responsibility for keeping myself and others safe at home.</li> <li>I respect my body and appreciate what it does for me.</li> </ul>

# Jigsaw whole school Progression - Relationships

	Nursery	Reception	Year 1	Year 2	Year 3
Knowledge	<ul style="list-style-type: none"> <li>I am beginning to Know how to help themselves and others when they feel upset and hurt</li> <li>I know I belong to a family.</li> <li>I know what to say and do if somebody is mean to me.</li> <li>I am beginning to know how to make friends.</li> <li>I Know how to help themselves and others when they feel upset and hurt.</li> </ul>	<ul style="list-style-type: none"> <li>I know how to make friends.</li> <li>I know how to make friends to stop myself from feeling lonely.</li> <li>I know how to help myself and others when they feel upset and hurt</li> <li>I know what makes a good relationship.</li> <li>I know how to be a good friend.</li> </ul>	<ul style="list-style-type: none"> <li>I know how to make a new friend.</li> <li>I know how it feels to belong to a family and care about the people who are important to me.</li> <li>I know appropriate ways of physical contact to greet my friends and know which ways I prefer.</li> <li>I know who can help me in my school community.</li> <li>I know when I need help and know how to ask for it.</li> <li>I am beginning to know how to help myself and others when they feel upset or hurt.</li> <li>I Know and show what makes a good relationship.</li> </ul>	<ul style="list-style-type: none"> <li>I Know how to make and keep friends.</li> <li>I know which types of physical contact I like and don't like and can talk about this.</li> <li>I know some of the things that cause conflict with my friends.</li> <li>I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this.</li> <li>I Know how to help myself and others when they feel upset or hurt.</li> <li>I know and appreciate people who can help me in my family, my school and my community.</li> <li>I Know and show what makes a good relationship.</li> </ul>	<ul style="list-style-type: none"> <li>I can identify the rules and responsibilities of each member of my family.</li> <li>I know some of the skills of friendship, e.g. taking turns and being a good listener.</li> <li>I know some ways to negotiate in conflict situations to try to find a win-win situation.</li> <li>I know some ways to keep myself safe online.</li> <li>I know who to ask for help if I am worried or concerned about anything online.</li> <li>I know how to express my appreciation to my friends and family.</li> </ul>
Understanding	<ul style="list-style-type: none"> <li>I can tell you about my family.</li> <li>I understand how to make friends if I feel lonely.</li> <li>I can tell you some of the things I like about my friends.</li> </ul>	<ul style="list-style-type: none"> <li>I can tell you about my family and what they do for me.</li> <li>I can identify some of the jobs I do in my family and how I feel like I belong.</li> <li>I am starting to understand the impact of unkind words.</li> </ul>	<ul style="list-style-type: none"> <li>I can identify the members of my family and understand that there are lots of different types of families.</li> <li>I can identify what being a good friend means to me.</li> <li>I can recognise which forms of physical contact are acceptable and unacceptable to me.</li> <li>I know ways to praise myself.</li> <li>I can tell you why I appreciate someone who is special to me.</li> </ul>	<ul style="list-style-type: none"> <li>I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate.</li> <li>I understand that most people value their family.</li> <li>I can help others to feel part of a group.</li> <li>I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.</li> </ul>	<ul style="list-style-type: none"> <li>I understand how some of the actions and work of people around the world help and influence my life.</li> <li>I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</li> </ul>
Feelings and Behaviour	<ul style="list-style-type: none"> <li>I can use Calm Me time to manage my feelings.</li> <li>I can work together and enjoy being with my friends.</li> <li>I can try to solve friendship problems when they occur.</li> <li>I am beginning to show respect in how they treat others.</li> </ul>	<ul style="list-style-type: none"> <li>I am beginning to solve friendship problems when they occur with support.</li> <li>I am beginning to help others to feel part of a group.</li> <li>I can think of ways to solve problems and stay friends</li> <li>I can show respect in how I treat others.</li> <li>I can use Calm Me time to manage my feelings.</li> </ul>	<ul style="list-style-type: none"> <li>I can try to solve friendship problems when they occur.</li> <li>I can help others to feel part of a group.</li> <li>I can show respect in how I treat others.</li> <li>I can recognise my qualities as person and a friend.</li> <li>I can express how I feel about people who are special to me.</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>I accept that everyone's family is different.</li> <li>I can solve friendship problems when they occur.</li> <li>I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.</li> <li>I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends.</li> <li>I understand how it feels to trust someone.</li> <li>I can express my appreciation for the people in my special relationships.</li> <li>I am comfortable accepting appreciation from others.</li> </ul>	<ul style="list-style-type: none"> <li>I can reflect on the expectations for males and females.</li> <li>I can describe how taking responsibility in my family makes me feel.</li> <li>I take steps to keep myself safe online.</li> <li>I show an awareness of how the actions of people around the world could affect my choices.</li> <li>I can empathise with children whose lives are different to mine and appreciate what I may want to learn from them.</li> <li>I enjoy being part of friendship and family groups.</li> </ul>

Biggest Whole School Progress - Changing Me					
	Nursery	Reception	Year 1	Year 2	Year 3 Developing Me
Knowledge	<ul style="list-style-type: none"> <li>I know some food I can eat to keep me healthy.</li> <li>I know that we all start as babies and grow into children and then adults.</li> <li>I know that I grow and change.</li> <li>I am beginning to know who to ask for help if I am worried about change.</li> </ul>	<ul style="list-style-type: none"> <li>I can name parts of the body.</li> <li>I know some things I can do and foods I can eat to be healthy.</li> <li>I know who to ask for help if I am worried about change.</li> </ul>	<ul style="list-style-type: none"> <li>I know that changes are OK and that sometimes they will happen whether I want them to or not.</li> <li>I know and can tell you how my body has changed since I was a baby.</li> <li>I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus.</li> <li>I know who to ask for help if I am worried about change.</li> <li>I know some ways to cope with changes.</li> </ul>	<ul style="list-style-type: none"> <li>I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private.</li> <li>I know who to ask for help if I am worried about change.</li> </ul>	<ul style="list-style-type: none"> <li>I know that in animals and humans lots of changes happen between birth and growing up.</li> <li>I know that is usually the female who has the baby.</li> <li>I know how babies grow and develop in the mother's uterus.</li> <li>I know the names for different parts of the body, including penis, testicles and vagina.</li> <li>I know what sorts of boundaries are appropriate in friendships.</li> <li>I know where to get advice if I feel unsafe.</li> </ul>
Understanding	<ul style="list-style-type: none"> <li>I am beginning to understand that everyone is unique and special.</li> <li>I can tell you some things I can do.</li> <li>I am beginning to understand and respect the changes that I see in myself.</li> <li>I understand and respect the changes that they I in other people.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that everyone is unique and special.</li> <li>I understand and respect the changes I see in myself.</li> <li>I understand that we all grow from babies to adults</li> <li>I understand and respect the changes that I see in other people.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that everyone is unique and special.</li> <li>I am starting to understand the life cycles of animals and humans.</li> <li>I understand that changes happen as we grow and that this is OK.</li> <li>I can tell you some things about me that have changed and some things about me that have stayed the same.</li> <li>I understand and respect the changes that I see in myself.</li> <li>I understand that growing up is natural and that everybody grows at different rates.</li> <li>I understand and respect the changes that I see in other people.</li> <li>I understand that every time I learn something new I change a little bit</li> <li>I can tell you about changes that have happened in my life.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that everyone is unique and special.</li> <li>I can recognise cycles of life in nature.</li> <li>I understand there are some changes that are outside my control and can recognise how I feel about this.</li> <li>I can tell you about the natural process of growing from young to old and understand that this is not in my control.</li> <li>I can identify people I respect who are older than me.</li> <li>I understand and respect the changes that I see in myself.</li> <li>I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.</li> <li>I understand and respect the changes that I see in other people.</li> <li>I understand there are different types of touch and can tell you which ones I like and don't like.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that babies need love and affection, as well as having their physical needs met to live and grow.</li> <li>I understand how to keep safe using NSPCC Pants rule.</li> </ul>
Feelings and Behaviour	<ul style="list-style-type: none"> <li>I can name parts of my body and show respect for myself.</li> <li>I am beginning to express how I feel when change happens.</li> <li>I can talk about how I feel moving to School from Nursery.</li> <li>I am looking forward to change.</li> <li>I can remember some fun things about Nursery this year.</li> </ul>	<ul style="list-style-type: none"> <li>I can express how I feel when change happens.</li> <li>I can express how I feel about moving to Year 1.</li> <li>I can talk about my worries and/or the things I am looking forward to about being in Year 1.</li> <li>I am looking forward to change.</li> <li>I can share my memories of the best bits of this year in Reception.</li> </ul>	<ul style="list-style-type: none"> <li>I can express how they feel when change happens.</li> <li>I respect my body and understand which parts are private.</li> <li>I enjoy learning new things.</li> <li>I am looking forward to change.</li> <li>I can confidently share my memories of the best bits of this year in Reception.</li> </ul>	<ul style="list-style-type: none"> <li>I can express how they feel when change happens.</li> <li>I feel proud about becoming more independent.</li> <li>I can tell you what I like/don't like about being a boy/girl.</li> <li>I am confident to say what I like and don't like and can ask for help.</li> <li>I am looking forward to change.</li> <li>I can identify what I am looking forward to when I move to my next class.</li> <li>I can start to think about changes I will make when I am in Year 3 and know how to</li> </ul>	<ul style="list-style-type: none"> <li>I can recognise and report feelings of being unsafe or feeling bad about any adult.</li> <li>I can recognise stereotypical ideas I might have about parenting and family roles.</li> </ul>