

Progression Map Personal Development 2022-2023

At Colmers Farm Primary School:

- Children understand the school rules of ready, respectful and safe and this language is used regularly when discussing behaviour and expectations
- Children understand the No Outsiders ethos and respect other children for their differences. Everyone understands that we are all different, but we are all welcome
 - Children understand diversity and the importance of equality
 - Children understand their rights and how these impact them in everyday society.
- Children understand the British Values and how these prepare them for life in modern Britain.

EYFS

Organisation of knowledge	Relationships	Health & Wellbeing	Living in the wider world
Relevant ELG	<p>ELG: Building relationships</p> <ul style="list-style-type: none"> - Work and play cooperatively and take turns with others - Form positive attachments to adults and friendships with peers - Show sensitivity to their own and to others' needs 	<p>ELG: Self-regulation</p> <ul style="list-style-type: none"> - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly - set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate <p>ELG: Managing self</p> <ul style="list-style-type: none"> - be confident to try new activities and show independence, resilience and perseverance in the face of challenge - explain the reasons for rules, know right from wrong and try to behave accordingly - manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. 	<p>ELG: People, culture and communities</p> <ul style="list-style-type: none"> - describe their immediate environment using knowledge from observation, discussion, stories, non-fiction texts and maps - know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class
	<p>ELG: Listening, attention and understanding</p> <ul style="list-style-type: none"> - make comments about what they have heard and ask questions to clarify their understanding - hold conversation when engaged in back-and-forth exchanges with their teacher and peers <p>ELG: Speaking</p> <ul style="list-style-type: none"> - Express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses and making use of conjunctions, with modelling and support from their teacher. 		
At Colmers:	<ul style="list-style-type: none"> • Children understand the school rules of ready, respectful and safe and this language is used when discussing behaviour and expectations. Children create class rules and routines. All adults model positive behaviour and highlight exemplary behaviour of children in class, narrating what was kind and considerate about the behaviour. • Excellent oracy practice (Voice 21 school) • No Outsiders scheme and theme of diversity and equality runs through all we do. • Our Thrive approach allows children to see themselves as a valuable individual, sharing information about ourselves and our families and sharing our interests with others – weekly circle time. • Continuous provision and use of all staff in this learning time supports children to build relationships, identify and moderate feelings and consider the feelings of others • Weekly circle time includes the theme of getting on and falling out including asking children to explain to others how they thought about a problem or an emotion and how they dealt with it. What makes a good friend? • The classroom is a safe space where children feel confident asking for help and emotional resilience is built • Share resources, ideas and take turns – reinforced across all curriculum areas • Marvellous Me topic: I know the people in my family are special / I can tell you who loves me (extended to lots of different adults that love and care for us) Changing me Look how far I've come! • Show resilience and perseverance in the face of a challenge provide opportunities for children to tell each other about their work and play. Help them reflect and self-evaluate their own work, highlighting mistakes are an important part of learning and going back is trial an error not failure • Talk through why we take turns, wait politely, tidy up after ourselves and so on. • Taking part in sports day – Winning and losing: Show resilience and perseverance in the face of a challenge. • Weekly celebration assemblies – celebrating each other's achievements. 		
KSI readiness objectives	<ul style="list-style-type: none"> • Knows right from wrong and can explain why it is important to have boundaries and routines • Working and play co-operatively and taking turns with others • Recognise and show sensitivity to their own and others needs • Recognise similarities and differences between themselves and others 	<ul style="list-style-type: none"> • Managing their own personal hygiene and basic needs • Shows an understanding of their own feelings; and those of others • Being to regulate their behaviour • Shows an understanding of how to stay safe in a range of common situations. 	<ul style="list-style-type: none"> • Shows care and concern for living things. • Name and describe people who might help us in the local community (police, fire service, doctors and teachers).

Whole school	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Respectful Relationships	To understand that healthy friendships are positive and welcoming towards others	To recognise different types of behaviour and how you can help someone in this challenging situation	To understand what discrimination means	To be able to define a good and bad secret	To understand how to report concerns or abuse and to know when to tell a secret	To understand that you have the right to say 'no' to unwanted touch
	To understand that we are all different	To understand that bodies and feelings can be hurt	To recognise bullying and what bullying is	To understand what physical contact is acceptable and unacceptable	To recognise feelings in others and have a range of strategies to help	To understand peer on peer abuse and what to do if someone experience abuse
	To recognise the importance of sharing feelings	To understand the difference between appropriate and inappropriate touch	To know what to do if you do not like a touch	To explore and understand courtesy	To recognise and manage dares and understand consequences	To understand what can happen if pictures are shared online
	To understand the importance of not keeping secrets that make them feel uncomfortable	To understand that bullying and teasing is hurtful and what you can do if it happens	To explore caring relationships and what these should look like	To recognise the skills needed to solve conflict	To confidently express opinions as long as they do not hurt others (segregation)	To understand how to manage conflict online
	To understand that families are important because they can give love, security, and stability	To understand how to share views and opinions with others and speak clearly	To recognise safe and unsafe behaviour and understand both bodies and feelings can be hurt	To understand that there are different points of view	To listen and respond respectfully to a wide range of people	To understand what appearance ideals are
	To share views and opinions with others	To understand what diversity is	To consider and understand different types of relationships	To be able to express my own opinion as long as it does not offend others (segregation)	To understand that marriage represents a formal and legally recognized commitment of two people to each other, which is intended to be lifelong.	To recognise how images in the media do not always reflect reality
	To understand what respect means and how we can respect others	To understand what worrying is and recognise when you are worrying	To explore what makes a friendship	To help someone to accept difference	To understand empathy and know that people have different life experiences	To understand the importance of being proud of who you are
	To understand the importance of self-respect and how this links to our own happiness	To understand the conventions of courtesy and manners	To understand equality and treating everyone equally	To talk openly about worries and how to overcome them	To understand hope and the importance of self-respect	To understand the Equality Act 2010 and children's rights
	To recognise that we might like different things. Recognising the importance of inclusion within a game	To understand what a friend is and how to be a good friend	To recognise how to work together as a team	To understand resilience and how to develop resilience skills	To understand how to be assertive	To stand up to discrimination and different stereotypes
	To recognise the importance of trying new things	To recognise that friendships can change and that they have their ups and downs	To understand how to start a conversation	To understand how to be assertive	To understand what mental health is and find strategies to support mental health	To explore ways to address homophobic bullying
To ensure that everyone can join in	To understand the importance of keeping your classroom safe	To understand how to share ideas within a classroom environment	To understand how to be assertive	To understand different points of view and the importance of speaking up	Understand the terms 'transitioning' and what 'transgender' means	
To understand that we share the world with different people (diversity)	To know where you belong and recognise how you are different	To understand that there are No Outsiders	To understand how to be assertive	To overcome worries about what others might think		
		To confidently use voice and understand what a bystander is	To understand how to be assertive	To recognise situations that can affect mental health		
		To recognise and understand what a stereotype is				

	<p>To accept and enjoy differences and be tolerant of others</p> <p>To help others to make friends</p> <p>To understand the importance of speaking up</p> <p>To find strategies to help us to calm down</p> <p>To celebrate and accept differences</p> <p>To understand that families can be different</p>	<p>To understand what adoption is and understand that families are different</p> <p>To confidently speak up about differences and what to do if someone is being teased</p> <p>To understand how to help others make friends</p> <p>To understand what identity is and the importance of self-respect</p> <p>To find ways to manage anger appropriately</p> <p>To understand how to help someone feel confident</p> <p>To help others and discuss practical ways to improve respectful relationships</p>	<p>To explore the meaning of compromise</p> <p>To understand how to give someone confidence</p> <p>To act with respect and consideration</p> <p>To know what to do if someone is lonely</p> <p>To welcome different people and understand the meaning of diversity</p> <p>To know where I belong and understand what belonging feels like</p> <p>To speak up when I think something is wrong and understand the importance of having rules</p>	<p>To understand how to control anger and find solutions</p> <p>To identify strategies to stop bullying</p> <p>To explore different families and understand that difference is acceptable</p> <p>To accept change</p> <p>To be aware of how behaviour affects others</p> <p>To be proud of who I am and accept that everyone is different</p> <p>To understand how we live together in Britain and how I am valued in school</p>	<p>To encourages others to express themselves freely</p> <p>To understand the universal legislation on human rights</p> <p>To understand consequences and that all actions have consequences</p> <p>To find similarities with children around the world (diversity)</p> <p>To welcome and celebrate differences and stand up to discrimination</p> <p>To understand what change is and how change can interfere with our feelings</p> <p>To know who I am and understand the meaning of 'identity'</p> <p>To understand the life cycle and consider life changes</p> <p>To understand regret</p>	<p>To have self-respect and respect others</p> <p>To overcome fears about difference and look for solutions to challenging situations</p> <p>To recognise domestic violence and challenge this type of behaviour</p> <p>To understand that marriage is a commitment freely entered into by both people</p> <p>To consider when perseverance is the right choice</p> <p>To explore feelings about loss and what advice you might give</p>
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Living in the wider world

<p>To understand what rules are and why they are important</p> <p>To understand the importance treating everyone equally</p> <p>To understand how to join in with others and what we can learn from others</p> <p>To understand how we are similar and different</p> <p>To understand how we can look after the environment</p> <p>To understand how to work together</p> <p>To understand the importance of being proud of who we are</p> <p>To understand what manners are and how being polite affects others</p> <p>To understand where money comes from</p> <p>To understand how to keep money safe</p> <p>To understand why we include everyone</p> <p>To know that all families are different and who is in my family</p> <p>To understand that everyone can play together no matter what their gender</p>	<p>To understand what groups and communities I belong to</p> <p>To understand how people in my community can help me</p> <p>To understand how to face challenges and the importance of relying on friends</p> <p>To understand that we all welcome difference and different people</p> <p>To know that there are different ways to communicate</p> <p>To understand how we can look after our local environment</p> <p>To know why it is important to save energy</p> <p>To understand the difference between things I need and things I want</p> <p>To understand why it is important to save money and how money can be saved</p> <p>To know how to cope with worries</p> <p>To know how to start a conversation</p> <p>To know do to make friends</p>	<p>To understand where money comes from and what it is used for</p> <p>To understand difference and how we are all different</p> <p>To show respect for diversity within my community</p> <p>To understand the characteristics of a family life and know that all families are different</p> <p>To know the importance of saving energy</p> <p>To understand what a diverse community is</p> <p>To know how to get help in an emergency</p> <p>To understand what gender equality means</p> <p>To understand appearance and not to make judgements about other people's appearance</p> <p>To understand and promote mental health and well being</p> <p>To understand how to ask for help politely</p>	<p>To help others accept difference</p> <p>To understand change and positive feelings regarding the future</p> <p>To know and understand the importance of being proud of who you are</p> <p>To understand the impact of difficult situations and how to overcome them</p> <p>To show acceptance</p> <p>To know how friends can make a difference</p> <p>To understand that customs around the world are different</p> <p>To understand how choices can have an affect on the people around me</p> <p>To understand how choices I make can affect the environment</p> <p>To understand the importance of managing money</p> <p>To understand the concept of what interest, loans, debts and tax are</p> <p>To understand empathy and to tell someone you are proud of them</p>	<p>To know how and why laws are made</p> <p>To understand the effects and consequences of anti-social behaviour</p> <p>To know what my rights and responsibilities are in my local community</p> <p>To know what my rights and responsibilities are towards sustaining the environment</p> <p>To understand the role money plays in life and what is meant by tax.</p> <p>To understand that life holds many different possibilities</p> <p>To understand that there are different ideas about equality around the world and the importance of expressing an opinion</p> <p>To understand what racism is and consider appropriate responses</p> <p>To know and understand how to justify my actions</p> <p>To know how to express an opinion respectfully</p> <p>To understand how we can find hope if we are lost</p>	<p>To be critical of what I see and read in the media</p> <p>To understand how resources in the community are allocated</p> <p>To understand how resources are allocated and the effects this has on the environment</p> <p>To understand and consider the causes of racism</p> <p>To understand empathy and what immigrations means</p> <p>To consider language4 and the freedom of speech</p> <p>To understand how laws are made and that we live in a democracy</p>
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	<p>To know how homes are different</p> <p>To understand the importance of respecting others and their choices</p> <p>To understand difference and treating everyone with tolerance and respect</p> <p>To understand how choices affect people and their feelings</p>	<p>To understand how to try new things and take risks</p> <p>To understand friendships and how they help me to grow</p> <p>To recognise when someone needs help and how to help others</p> <p>To recognise when and how to say sorry</p> <p>To recognise and understand how teasing affects me</p> <p>To understand how we make someone feel welcome and show empathy</p>	<p>To understand that we all have different life experiences and how to be respectful</p> <p>I know how people with differences have adapted to succeed</p> <p>To understand that friendships have ups and downs and how to repair friendships</p> <p>To recognise that everyone should be accepted for who they are</p> <p>To understand independence and that it is okay to be on your own</p> <p>To understand teamwork and the benefits of working together as a team</p>	<p>To understand stereotypes and assumptions</p> <p>To understand the importance of being accepting and welcoming others</p> <p>To understand how we can be better together</p> <p>To understand the concept of marriage and what marriage symbolizes</p> <p>To recognise how to manage worries and fears</p>	<p>To know where I belong and to understand what security feels like</p> <p>To recognise how to inspire others to remain hopeful</p> <p>To understand and be respectful towards difference</p> <p>To understand what the future might hold</p> <p>To understand how the choices I make affect others</p>	
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Health and wellbeing</p>	<p>To know what keeps our bodies healthy and clean</p> <p>To know how to stay safe at home</p> <p>To know how to ask for help when needed</p> <p>To recognise successes and setting targets</p>	<p>To make informed choices about my health</p> <p>To recognise feelings and describe them</p> <p>To know how to stay safe outside (road, water, fire)</p> <p>To know how to stay safe online</p> <p>To recognise successes and setting goals independently</p>	<p>To understand what habits are hygienic</p> <p>To understand what makes a balanced diet</p> <p>To describe my feelings to others and understand conflicting feelings</p> <p>To understand who helps me keep healthy and safe (doctor/dentist)</p> <p>To understand how to help people in need (fires)</p>	<p>To understand what makes a balanced lifestyle</p> <p>To promote mental health and wellbeing</p> <p>To recognise and understand that emotions might change</p> <p>To understand how to stay safe online</p> <p>To recognise why it sometimes hard to be assertive</p>	<p>To recognise what affects your health and wellbeing</p> <p>To manage change(loss, separation, divorce and bereavement)</p> <p>To understand the effects smoking and alcohol have on the body</p> <p>To understand the difference between legal and illegal drugs</p> <p>To explore online safety and consider the consequences of sharing pictures online</p>	<p>To recognise how content online does not always reflect reality</p> <p>To explore the effects of commonly available drugs and substances</p> <p>To recognise peer pressure</p> <p>To celebrate personal achievements and identify goals</p> <p>To consider feelings around transition day to secondary school</p>

	<u>Growing and caring for ourselves</u>	<u>Differences</u>	<u>Valuing Difference and keeping safe</u>	<u>Growing up</u>	<u>Puberty</u>	<u>Puberty, relationships and reproduction</u>
	<p>To understand that we are all different but can still be friends</p> <p>To understand that babies need care and support</p> <p>To recognise that older children can do more by themselves.</p> <p>To know that there are different types of families</p> <p>To know which people we can ask for help</p>	<p>To understand that some people have fixed ideas about what boys and girls can do</p> <p>To describe the differences between male and female babies</p> <p>To describe some of the difference between male and female animals</p> <p>To know that making a new life needs a male and female</p> <p>To describe the physical differences between males and females and to name body parts</p>	<p>To know and respect the body differences between ourselves and others</p> <p>To name male and female body parts using agreed words</p> <p>To understand that each person's body belongs to them</p> <p>To understand personal space and unwanted touch</p> <p>To understand that all families are different and have different family members</p> <p>Identify who to go to for help and support</p>	<p>To understand that puberty is an important stage in the human lifecycle</p> <p>To know some of the changes that happen during puberty</p> <p>To know about the physical and emotional changes that happen in puberty</p> <p>To understand that children change into adults to be able to reproduce if they choose to</p> <p>To know the respect is important in all relationships including online</p> <p>To explain how friendships can make people feel unhappy or uncomfortable</p> <p>To understand what harassment is and the forms it can take</p> <p>To recognise what to do if I experience or witness harassment</p>	<p>To explain the main physical and emotional changes that happen during puberty</p> <p>To ask questions about puberty with confidence</p> <p>To understand how puberty affects the reproductive organs</p> <p>To describe what happens during menstruation and sperm production</p> <p>To explain how to keep clean during puberty</p> <p>To understand how emotions/relationships change during puberty</p> <p>To understand how to get help and support during puberty</p> <p>To understand what harassment is and the forms it can take</p> <p>To understand what sexual harassment is and what we can do about it</p> <p>To understand what is online sexual harassment and to know what to do in this difficult situation</p>	<p>To describe how and why the body changes during puberty in preparation for reproduction</p> <p>To talk about puberty and reproduction with confidence</p> <p>To explain the differences between healthy and unhealthy relationships</p> <p>To know and understand that communication and permission seeking are important</p> <p>To describe the decisions that have to be made before having children</p> <p>To understand facts about conception and pregnancy</p> <p>To have considered when it is appropriate to share personal/private information in a relationship</p> <p>To know how and where to get support if an online relationship goes wrong</p> <p>To recap harassment and sexual harassment</p> <p>To recognise why people stop speaking up about sexual harassment</p> <p>To understand ways to put an end to online sexual harassment</p>