



Hillborough Infant and Nursery School

Skills Progression: KS1 PSHE/RSHE

Autumn Term				
1 Decision strand	Year 1	Vocabulary	Year 2	Vocabulary
Feelings and Emotions	• understand a range of emotions and how they make us feel physically and mentally • be able to recognise and name emotions and their physical effects • know the difference between pleasant and unpleasant emotions • learn a range of skills for coping with unpleasant/uncomfortable emotions • understand that feelings can be communicated with and without words	Recognising Identifying someone or something from previous experience or contact. Loneliness The feeling of being alone, even when people are around. Frustration Feeling upset or annoyed because you cannot change or achieve something. Experience Gaining knowledge or skill from doing, seeing, or feeling things. Jealousy A feeling of envy towards another person and what they have or can do.	• be able to recognise and name emotions and their physical effects • know the difference between pleasant and unpleasant emotions • learn a range of skills for coping with unpleasant/uncomfortable emotions • understand that feelings can be communicated with and without words • be able to recognise and name emotions and their physical effects • know the difference between pleasant and unpleasant emotions • learn a range of skills for coping with unpleasant/uncomfortable emotions • understand that feelings can be communicated with and without words	Fidgety To make small, restless movements using your hands or other body parts. Annoyed Irritated, disturbed, or slightly angry. Worry To feel anxious or troubled about actual or potential problems. Anger A strong feeling of annoyance, displeasure, or hostility. Manage Maintain control over or be in charge of. Control The power to influence or direct people's behaviour or the course of events. Trust Firm belief in the reliability, truth, or ability of someone or something.
Relationships	• understand different types of relationships • understand how to be a good friend	Relationship - A connection between two or more people or things. Love -	• be able to name a range of feelings • understand why we should care about other people's feelings	Bullying -A repeated aggressive or unkind behaviour. Mean- Unkind, spiteful, or unfair.



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	• be able to recognise kind and thoughtful behaviours • understand the importance of caring about other people's feelings • be able to see a situation from another person's point of view	Strong feelings of affection for another person, activity, or object. Security- Feeling safe and free from fear or danger. Stability - Reliable or unlikely to change suddenly. Disagree - To have a different opinion. The opposite of agree.	• be able to see and understand bullying behaviours • know how to cope with these bullying behaviours • be able to recognise and name a range of feelings • understand that feelings can be shown without words • be able to see a situation from another person's point of view • understand why it is important to care about other people's feelings	Describe - To say or write what someone or something is like. Teasing - To laugh at someone or say unkind things about them. Threatening - Expressing a threat of something unpleasant or violent. Advice - An opinion that someone offers you about what you should do or how you should act in a particular situation. Imagine - To form or have a mental picture or idea of something. Anti-bullying - Opposed to or acting against bullying.
Fire Safety	• understand the importance of being responsible and how our actions/ choices can affect others • know what a 'hoax call' is and why it can be risky • explain why our emergency services are an important part of our community • show my knowledge of fire safety to others	Burgled - When a building is illegally entered and items are stolen. Collapsed - A person or structure that suddenly falls down. Hoax - When you trick someone into believing that something fake is real or genuine. Emergency - A crisis or dangerous situation that requires immediate action.	• explain and understanding the importance of being responsible and how our actions/ choice can affect others • show my knowledge of fire safety to others • practise simple ways of staying safe and finding help	Flammable - Can easily catch fire. Arson - Petty arson -
Spring Term				



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1 Decision strand	Year 1	Vocabulary	Year 2	Vocabulary
Being Responsible	Baseline & Water spillage • understand what we are responsible for • be able to recognise how responsibilities will change as we grow • know how you can help people around you • understand the types of things you are responsible for • know how and understand the importance of preventing accidents • be able to recognise the differences between being responsible and being irresponsible	Responsibility Something you are expected to do. Responsible To have control or be in charge of something. Capable of being trusted. Accident Something that is unplanned. It happens by chance and is often a negative event. Honesty To speak the truth. Dishonest To not tell the truth or to tell lies.	Practise makes perfect & Helping someone • be able to name ways you can improve in an activity or sport • understand the importance of trying hard and not giving up • be able to see the benefits of practising an activity or sport • be able to learn ways to set goals and work to reach them • know how you can help other people • be able to recognise kind and thoughtful behaviours and actions • understand the risks of talking to people you don't know very well in the community • be able to identify the differences between being responsible and being irresponsible	Abilities The physical or mental power or skill needed to do something. Thoughtful Caring about or showing consideration for others. Qualities The features or characteristics of a person or thing. Manners Polite social behaviour or habits. Courteous Polite, respectful, or considerate in manner. Appropriately Suitable or right for a particular situation or occasion. Self-respect Respect for yourself that shows that you value yourself. Improve To get better.
Computer Safety	• understand computers, the internet, and rules to keep safe • understand how your online activity can affect others	Online Connected to or controlled by a computer or network. Positive Full of hope and confidence. Negative Not helpful or constructive.	• understand how your online actions can affect others • be able to name the positive and negative ways you can use technology • know the risks of sharing images without permission	Permission Allowing someone to do something. Opinion A view or judgement formed about something, not necessarily based on fact or knowledge.



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	• be able to identify the positives and negatives of using technology • know who and how to ask for help • be able to recognise kind and unkind comments		• understand the types of images that you should and should not post online • understand how your online activity can affect others • be able to identify the positives and negatives of using technology • know who and how to ask for help • be able to list rules for keeping and staying safe	Rules An instruction which tells you what you are allowed or are not allowed to do. Declaration An important spoken or written agreement.
Keeping/ Staying Safe	Baseline & Staying safe • understand what I need to keep safe from • be able to recognise what may put me or others at risk • understand why it is important to stay safe when crossing the road • be able to recognise a range of safe places to cross the road • understand the differences between safe and risky choices • know different ways to help us stay safe	Community A group of people living in the same place or sharing a common interest. Discuss To talk about something with another person or group. Choice To pick or choose between two or more possibilities. Pedestrian A person walking rather than travelling in a vehicle, such as a car. Zebra Crossing A black and white road crossing where drivers should stop to let any pedestrians cross. Pelican Crossing A road crossing controlled by traffic lights. Puffin Crossing A road crossing with sensors that can detect when a pedestrian is still on the crossing. Toucan Crossing A road crossing which both pedestrians and cyclists can use.	Staying safe • Know rules to keep yourself and others safe • Understand the differences between safe and risky choices	Accident An event that happens by chance. Rules An instruction which tells you what you are allowed or are not allowed to do. Unsafe Not safe; dangerous.



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		Avoid To keep away from. Situation What is happening now. Risk The possibility that something unpleasant or dangerous will happen. Safe Not likely to cause or lead to harm or injury. Imaginary Something that only exists in your mind or imagination.		
Summer Term				
1 Decision strand	Year 1	Vocabulary	Year 2	Vocabulary
Keeping/Staying Healthy	understand what we can do to keep healthy • understand why we need to wash our hands • know how germs are spread and how they can affect our health • be able to practise washing your hands • know the differences between healthy and unhealthy choices	Healthy In good physical or mental condition. Unhealthy Not in good physical or mental condition. Germs Tiny organisms that can cause disease.	• know that food is needed for our bodies to be healthy and to grow • understand that some foods are better for good health than others • be able to list different types of healthy food • understand how to keep yourself and others healthy • know the differences between healthy and unhealthy choices • understand why we need to brush our teeth • be able to practise brushing your teeth • know the differences between healthy and unhealthy choices • be able to develop strategies to help you remember to brush	Ingredients Items that are used to make food, a product, etc. Energy The power and ability to be physically and mentally active. Repair To put something that is damaged, broken, or not working correctly, back into good condition. Vitamins A group of natural substances that are necessary in small amounts for the growth and good health of the body. Natural Derived from nature; not made or caused by humankind. Saturated fat A type of fat found in meat, eggs, milk, cheese, etc



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			your teeth when you forget, are tired, or busy	Decay To become gradually damaged, worse, or less
Our World	understand how we care for others • understand the needs of a baby • be able to recognise what you can do for yourself now you are older • be able to describe the common features of family life • be able to recognise the ways in which your family is special and unique	Planet A planet is a large object that orbits a star. World The earth, together with all of its countries and people. Environment The surroundings or conditions in which a person, animal, or plant lives or operates. Humans Being, relating to, or belonging to a person or to people. Reproduce To create another life. Protect Keep safe from harm or injury. Unique Being the only one of its kind; unlike anything else. Common Occurring, found, or done often.	understand why we should look after living things • be able to identify how we can look after living things both inside and outside of the home • recognise why it is important to keep our communities and countryside clean • be able to encourage others to help keep their communities and countryside clean • understand different ways we can receive money • know how to keep money safe • be able to describe the skills you may need in a future job or career • be able to recognise the differences between wants and needs	Community A group of living things that share the same environment. Credit Card A card that allows the owner to buy goods or services and pay for them later. Debit Card A card that allows the owner to withdraw money or pay for goods or services using money in their bank account. Spend To exchange money or vouchers when buying a product or service. Receive To get or be given something. Save To place money in a money box or bank account to use at a later date.
A World Without Judgement	What I Know Now share their existing ideas about rules, fairness and how we treat others kindly • begin to recognise why rules help keep classrooms and	Democracy A way people choose leaders by voting and sharing ideas together. Individual Liberty - Being free to make your own choices while respecting others' rights.	Individual Liberty • understand that people can make their own choices and that these choices may be different from others • explain why it is important that everyone can make safe choices	Choices - Different options you can pick from when deciding what to do. Freedom to choose - Being able to pick what you want without unfair control.



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	communities fair and safe • identify ways they can show kindness, respect and fairness to others • suggest simple ways they can make positive choices and help everyone feel understand what a democracy is Democracy - • spot times when people vote or choose things together • know that people can think differently • talk about ways to make fair choices when we do not agree	Rule of Law - Everyone must follow the same laws, even leaders and people in power. Tolerance - Accepting people who are different from you and treating them kindly. Fair - Treating everyone equally, sharing nicely, and making sure rules are followed Rules - Clear instructions about what we should do to stay safe and kind. Included - Feeling welcomed and part of a group where everyone gets a turn. Vote - To choose something or someone by raising a hand or marking paper. Choose - Pick what you like best from different options or ideas given.	• recognise ways to respect the choices of others while making responsible choices themselves • identify their own strengths, interests and goals, understanding that these may be different from those around them Rule of Law - • explain how rules help groups work and learn together at home, at school and in the community • understand why rules are important in helping people stay safe and treat others fairly • identify examples of rules that people follow in everyday life	Express opinions - Share what you think or feel using words, drawings, or actions. Celebrate differences - Enjoy and respect how people are not all the same. Respectful - Being kind, polite, and caring about other people's feelings and ideas. Pressure - When someone tries to push you to do something you may not want. Law - Rules made by leaders to keep people safe and things fair. Rules - Directions that tell us how to behave and keep everyone safe. Chaotic - Very messy, loud, and confusing, where things feel out of control. Agree - Think the same as someone else or say yes to an idea. Disagree - Think differently from someone else or say no to an idea.
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