Little Houghton CEVA Primary School Progression Map					
Me and My Relationships	I can say why someone is special to me. I can recognise ways in which my family/carer is special. I can recognise what I am good at from what others tell me. I show a willingness to care about others. I can learn when to say "thank you" and "sorry".	I can name a variety of different feelings and explain how these might make me behave. I can think of some different ways of dealing with 'not so good' feelings. I know when I need help and who to go to for help. I can tell you some different classroom rules. I can say ways in which people are similar as well as different. I can say why things sometimes seem unfair, even if they are not. I can say what I can do if I have strong, but not so good feelings, to help me stay safe (e.g. sad - talk to someone).	I can usually accept the views of others and understand that we don't always agree with each other. I can give you lots of ideas about what I do to be a good friend and tell you some different ideas for how I make up with a friend if we've fallen out. I can give examples of different community groups and what is good about having different groups. I can talk about examples in our classroom where respect and tolerance have helped to make it a happier, safer place. I can say what I could do to	I can give a range of examples of our emotional needs and explain why they are important. I can explain why these qualities are important. I can give a few examples of how to stand up for myself (be assertive) and say when I might need to use assertiveness skills. I can give examples of different faiths and cultures and positive things about having these differences. I can explain how people sometimes aim to create an impression of themselves in what they post online that is not real and what might make them	
Valuing Difference	I recognise that I am unique. I can express my own likes, dislikes and preferences.	I can give examples of how I keep myself healthy. I can say when medicines might be harmful (e.g. overdose, if not needed, another person's medicine, etc.)	make a situation less risky or not risky at all. I can say why medicines can be helpful or harmful. I can tell you a few things about keeping my personal details safe	do this. I can give examples of things that might influence a person to take risks online. I can explain that I have a choice. I can say the percentage of	
	I understand that we have lots of similarities and differences. I am beginning to appreciate that others might think differently to me or believe in different things.	I can give some examples of how I look after myself and my environment - at school or at home. I can also say some ways that we look after money. I can name a few different ideas	online. I can explain why information I see online might not always be true. I can say some ways of checking whether something is a fact or just an opinion. I can say how I can help the	people aged 11-15 years old that smoke in the UK (3%) and I can give reasons why some people think it's a lot more than this. I can give examples of some of the rights and related	
Keeping Myself Safe	I understand that bullying is something that happens repetitively and it is not ok. I can make simple choices between activities, foods, etc. I know when I feel well or unwell.	of what I can do if I find something difficult. I can say why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.	people who help me, and how I can do this. I can give an example of this. I can give a few examples of things that I can take responsibility for in relation to my healthy and give an example of	responsibilities I have as I grow older, at home and school. I can also give real examples of each that relate to me. I can give a few different examples of things that I am responsible for to keep myself healthy.	

	I am beginning to Identify some	I can identify an adult I can talk	something that I've done which	I can explain that local councils
	dangers in pictures e.g. around	to at both home and school. If I	shows this.	have to make decisions about
	the home.	need help.	I can explain and give an	how money is spent on things
	Loop chow oversee of	I can tell you some things I can	example of a skill or talent that	we need in the community. I can
	I can show awareness of keeping safe within the indoor	do now that I couldn't do when I	I've developed and the goal-	also give an examples of some
	and outdoor learning	was a toddler.	setting that I've already done (or	of the things they have to
	environments.	I can tell you what some of my	plan to do) in order to improve it.	allocate money for.
		body parts do.	I can name a few things that	I can give an example of when I
			make a positive relationship and	have had increased
		I can tell you some ways that I	some things that make a	independence and how that has
		can get help, if I am being bullied	negative relationship.	also helped me to show
	I can take turns.	and what I can do if someone	I can tell you what happens to	responsibility.
Rights and Responsibilities		teases me.	the woman's body when the egg	I can name several qualities that
	I understand classroom rules	I can suggest rules that will help	isn't fertilised, recognising that it	make people attractive that are
	and routines.	to keep us happy and friendly	is the lining of the womb that	nothing to do with how they look,
	I understand that we have	and what will help me keep to	comes away.	but about how they behave.
	different roles within school	these rules. I can also tell you	I can identify when someone	I can explain what resilience is
	including being in charge of our	about some classroom rules we	hasn't been invited into my body	and how it can be developed.
	tidy up areas.	have made together.	space and show how I can be	I can list ways that I can prepare
		I can give you lots of ideas about	assertive in asking them to leave	for changes (e.g. to get the
	I am beginning to understand	being what makes a good friend	it if I feel uncomfortable.	facts, talk
	and take ownership of own learning and which areas I learn.	and also tell you how I try to be a		to someone).
	learning and which areas riearn.	good friend.	I can give a lot of examples of	I am able to identify when I need
Being My Best	I can name parts of the body,	Most of the time I can express	how I can tell a person is feeling	help and can identify trusted
	linked to my learning.	my feelings in a safe, controlled	worried just by their body	adults in my life who can help
		way.	language.	me.
	I understand that the idea of	I can say how I could help myself	I can say what I could do if	
	growing from a baby to an adult and some of the steps in	if I was being left out.	someone was upsetting me or if I	I can explain bystander
	between.	I can give a few examples of	was being bullied.	behaviour by giving examples of
		good listening skills and I can	I can explain what being	what bystanders do when
		explain why listening skills help	'assertive' means and give a few	someone is being bullied.
		to understand a different point of	examples of ways of being	I can give examples of
Growing and Changing		view.	assertive.	negotiation and compromise.
Growing and Changing		I can give some examples of	I can say a lot of ways that	I can explain what inappropriate
		safe and unsafe secrets and I	people are different, including	touch is and give example.
		can think of safe people who can	religious or cultural differences.	I can reflect on and give reasons
		help if something feels wrong.		for why some people show
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I can give other examples of	I can explain why it's important to	prejudiced behaviour and
touches that are ok or not ok	challenge stereotypes that might	sometimes bully for this reason.
(even if they haven't happened	be applied to me or others.	I can explain the difference
to me) and I can identify a safe	I can give examples of people or	between a passive bystander
person to tell if I felt 'not OK'	things that might influence	and an active bystander and
about something.	someone to take risks (e.g.	give an example of how active
•		•
I can explain that medicines can	friends, peers, media,	bystanders can help in bullying
be helpful or harmful, and say	celebrities), but that people have	situations.
some examples of how they can	choices about whether they take	I can explain why emotional
be used safely.	risks.	needs are as important as
I can give examples of when I've	I can say a few of the risks of	physical needs and what might
used things to help me when I	smoking or drinking alcohol on a	happen if a person doesn't get
am not settled.	person's body and give reasons	their emotional needs met.
I can name different parts of my	for why most people choose not	I can explain some ways of
body that are <i>inside</i> me and help	to smoke, or drink too much	making sure that I keep myself
to turn food into energy. I know	alcohol.	safe when using a mobile
what I need to get energy.	I can give examples of positive	phone, including safety around
I can explain how setting a goal	and negative influences,	sharing personal information or
or goals will help me to achieve	including things that could	images, and that there are laws
what I want to be able to do.	influence me when I am making	relating to this.
I can tell you who helps us grow	decisions.	I can explain why some people
(people who look after us) and	I can explain how a 'bystander'	believe that more young people
what things I can now do myself	I can have a positive effect on	drink alcohol than actually do
that I couldn't when I was	negative behaviour they witness	(misperceive the norm).
younger.	(see happening) by working	I can explain why people might
I can give examples of how it	together to stop or change that	do this (why they are showing
feels when you have to say	behaviour.	certain aspects of themselves)
goodbye to someone or	I can explain how these reports	and how social media can affect
something (e.g. move house).	(TV, newspapers or their	how a person feels about
I can give examples of how to	websites) can give messages	themself.
give feedback to someone.	that might influence how people	I can explain that what
	think about things and why this	'environmentally sustainable'
	might be a problem.	living means and give an
	I can give examples of these	example of how we can live in a
	decisions and how they might	more 'sustainable' way.
	relate to me.	I can explain the advantages
	I can give a few examples of	and disadvantages of different
	different things that I do already	ways of saving money.
	that help to me keep healthy.	I can tell you how I can
	I can give different examples of	overcome problems and
	some of the things that I do	challenges on the way to
	already to help look after my	achieving my goals.
	environment.	
		emotional risk and a physical
		risk.
	different things that I do already that help to me keep healthy. I can give different examples of some of the things that I do already to help look after my	ways of saving money. I can tell you how I can overcome problems and challenges on the way to achieving my goals. I can give examples of an emotional risk and a physical

			I can label some parts of the body that only boys have and only girls have. I can list some of the reasons why a teenager might have these difficult feelings (e.g. conflict with parents). I can tell you why people get married.	I can give an example of a secret that should be shared with a trusted adult. I can tell you some emotional changes associated with 'puberty' and how people may feel when their bodies change. I can give examples of other ways in which the way a person feels about themself can be affected (e.g. images of celebrities).
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