

Wirksworth Junior School. PSHCE and Relationship Education: Skills Ladder



Year A	Being Safe	Difference and Diversity	Bullying Matters	Money Matters	Drug Education	Relationships
Year B	Being Responsible	Being Me	Being Healthy	Exploring Emotions	Changes	Growing Up

	Year 3/4	Year 5/6
Being safe.	<p>Procedural: I recognise how to predict and assess risks in different situations. I have developed strategies for keeping physically and emotionally safe in different situations.</p> <p>Declarative: I know how to make informed choices. I know that increased independence brings increased responsibility to keep themselves safe. I know rules can keep me safe. I know where and how to get help. I know how to become digitally responsible. I know the importance of protecting information particularly online.</p>	<p>Procedural: I have strategies for keeping physically and emotionally safe in different situations.</p> <p>Declarative: I know how to make informed choices. I know that increased independence brings increased responsibility to keep myself safe. I know rules can keep me safe. I know where and how to get help. I know how to become digitally responsible. I know the importance of protecting information particularly online. I know how to recognise, predict and assess risks in different situations. I know what the term 'habit' is.</p>
Difference and Diversity	<p>Procedural: I can listen and respond respectfully to a wide range of people.</p> <p>Declarative: I know the differences and similarities between people, but understand everyone is equal. I know the nature and consequences of discrimination. Recognising and challenging stereotypes. (English, reading texts)</p>	<p>Procedural: I can listen and respond respectfully to a wide range of people. I can recognise and challenge stereotypes.</p> <p>Declarative: I know the factors that make people the same or different. I know the nature and consequences of discrimination. I know the correct use of the terms sex, gender identity and sexual orientation.</p>
Bullying Matters	<p>Procedural: I have developing strategies for getting support for myself or for others at risk.</p>	<p>Procedural: I have developing strategies for getting support for myself or for others at risk.</p>

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	<p>Declarative: I know that my actions affect themselves and others. I know the importance of working towards shared goals. I know the differences and similarities arise from a number of factors. I know the nature and consequences of discrimination, teasing, bullying and aggressive behaviour (including cyberbullying, prejudice-based language, 'trolling'). I know how to recognise bullying and abuse in all its forms.</p>	<p>Declarative: I know that my actions affect themselves and others. I know the differences and similarities arise from a number of factors. I know the nature and consequences of discrimination, teasing, bullying and aggressive behaviour (including cyberbullying, prejudice-based language, 'trolling'). I know how to recognise bullying and abuse in all its forms.</p>
<p>Money Matters</p>	<p>Procedural: I am starting to understand how to manage money. I can explain the importance of money in people's lives and how money is obtained. I am beginning to develop enterprise skills.</p> <p>Declarative: I know the role of voluntary and charity groups. I know there are different values and customs. I know what interest, loan, debt and tax are. I know what enterprise is</p>	<p>Procedural: I can develop enterprise skills. I can critique how social media presents information. I can recognise and managing dares.</p> <p>Declarative: I know how finance plays an important part in people's lives. I know about being a critical consumer. I know the concepts of interest, loan, debt and tax. I know how resources are allocated and the effects on individuals, communities and the environment.</p>
<p>Drug Education</p>	<p>Procedural: I can recognise how to make informed choices. I can recognise, predict and assessing risks in different situations. I can distinguish between safe and harmful and to know some substances can be harmful if misused.</p> <p>Declarative: I know where to get help and how to ask for help. I know that people have different attitudes to risk. I know rules about keeping myself staying safe.</p>	<p>Procedural: I can identify a range of drugs/substances and assess some of the risks/effects. I am developing skills of how to ask for help.</p> <p>Declarative: I know how to make informed choices. I know what an influence is and when an influence becomes a pressure. I know basic emergency procedures. I know the term 'habit' and why habits can be hard to change.</p>
<p>Relationship</p>	<p>Procedural: I am developing the skills to form positive and healthy relationships. I can recognise different types of relationship. I can listen and respond respectfully.</p> <p>Declarative: I know what constitutes a healthy relationship</p>	<p>Procedural: I can recognise different types of relationship, including those between acquaintances, friends, relatives and families. I can resolve conflicts.</p> <p>Declarative: I know what a healthy relationship is. I know ways in which a relationship can be unhealthy and whom to talk to if they need support.</p>

	<p>I know ways in which a relationship can be unhealthy and whom to talk to if they need support.</p> <p>I know and understand personal boundaries.</p> <p>I know the correct terms for sexual body parts and other major organs in the body.</p> <p>I know when it is right to 'break a confidence' or 'share a secret' to keep myself and others safe.</p>	<p>I know the true meaning behind civil partnerships and marriage.</p> <p>I know that forcing anyone to marry is a crime.</p> <p>I know about confidentiality and about times when it is necessary to break a confidence.</p>
Being responsible	<p>Procedural:</p> <p>I can research, discuss and debate topical issues.</p> <p>I can identify why rules are needed in different situations.</p> <p>I can explore rights and responsibilities, rights and duties at home, school, community and the environment.</p> <p>I can develop my skills to carry out my responsibilities.</p> <p>I can explore how to resolve differences and respect others' points of view.</p> <p>Declarative:</p> <p>I know there are human rights to protect everyone.</p> <p>I know what being part of a community means and how they belong.</p>	<p>Procedural:</p> <p>I can research, discuss and debate topical issues.</p> <p>I can identify why rules are needed in different situations.</p> <p>I can explore rights and responsibilities at home, school, community and the environment.</p> <p>I can develop skills to carry out my responsibilities.</p> <p>I can explore others' points of view.</p> <p>Declarative:</p> <p>I know that there are human rights to protect everyone.</p> <p>I know there are some cultural practices against British law.</p> <p>I know what being part of a community means and how they belong.</p>
Being me	<p>Procedural:</p> <p>I can explore different kinds of responsibilities at school and in the community.</p> <p>I can identify what being part of a community means.</p> <p>I can appreciate the range of identities in the UK.</p> <p>Declarative:</p> <p>I know the differences and similarities between people arise from a number of factors.</p>	<p>Procedural:</p> <p>I can explore different kinds of responsibilities at school and in the community.</p> <p>I can identify what being part of a community means.</p> <p>Declarative:</p> <p>I know that differences and similarities between people arise from a number of factors.</p>
Being Healthy	<p>Procedural:</p> <p>I can explore what affects my physical, mental and emotional health.</p> <p>I can understand the concept and benefits of a balanced healthy lifestyle.</p> <p>I can set healthy goals for myself (Science, PE)</p> <p>Declarative:</p> <p>I know how to make informed choices.</p> <p>I know what is included in a balanced diet.</p> <p>I know what may influence my choices of foods.</p>	<p>Procedural:</p> <p>I can explore what affects my physical, mental and emotional health.</p> <p>I can explore how I can make choices about the food that I eat. Identifying how to I can make informed choices.</p> <p>I can set simple but challenging goals to keep myself healthy.</p> <p>Declarative:</p> <p>I know that images in the media do not always reflect reality.</p> <p>I know the concept and benefits of a balanced healthy lifestyle.</p> <p>I know that a habit is a routine and these can be hard to change.</p>
Exploring Emotions	<p>Procedural:</p> <p>I can recognise a wide range of emotions in myself and others.</p>	<p>Procedural:</p>

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	<p>I can respond appropriately to a range of emotions in myself and others. I have developed strategies to resolve disputes. I have an extensive vocabulary to help explain the range and intensity of feelings I have. I can recognise when I have conflicting emotions.</p> <p>Declarative: I know that my actions affect myself and others. I know strategies to manage my negative emotions I know the difference between good and not so good feelings.</p>	<p>I can recognise a wider range of feelings in others and how to respond appropriately. I am developing strategies to resolve disputes. I am deepening my understanding of good and not so good feelings. I am exploring the intensity and range of my feelings. I can recognise when I am experiencing conflicting emotions and how to manage these</p> <p>Declarative: I know my actions can affect myself and others I know vocabulary to describe my emotions.</p>
Changes	<p>Procedural: I can understand good and not so good feelings including their range and intensity. I can acknowledge, explore and identify how to manage change positively.</p> <p>Declarative: I know that change can cause conflicting emotions. I know where to go for help and how to ask for help when there is change in my life.</p>	<p>Procedural: I can explain intensity of feelings. I can explore and managing the difficult emotions. I can acknowledge and managing change positively. I can manage transition to secondary school. I can explore and managing loss, separation, divorce and bereavement. I can practise asking for help.</p> <p>Declarative: I know when I need help and where to get this from</p>
Growing up	<p>Procedural: I can recognise and challenge stereotypes. I can celebrate my strengths/qualities.</p> <p>Declarative: I know that images in the media do not always reflect reality. I know about the kind of changes that happen in life and the associated feelings. I know that simple hygiene routine can prevent the spread of bacteria. I know about the changes that happen as they grow up. I know the right to protect our bodies I know about differences and similarities between people, but understand everyone is equal. I know about the difference between acceptable and unacceptable physical contact. I know the names of the body parts. I know about the physical and emotional changes during puberty.</p>	<p>Procedural: I can identify the intensity of feelings. I can recognise conflicting feelings. I can identify the differences between pressures and influences. I can identify qualities of a healthy relationship I know that simple hygiene routine I can debate topical issues.</p> <p>Declarative: I know that images in the media and online do not always reflect reality. can prevent the spread of bacteria. I know the changes that happen at puberty. I know what puberty and human reproduction is. I know what a committed loving relationship looks like. I know about differences and similarities between people, but understand everyone is equal.</p>