



Subject Skills Ladder	SRE, PSHE and Values	CAT: Understanding the World
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Year Group	Phase	Skills and Knowledge
Nursery	Foundation Stage	<p>Locate and use activities and resources, with help when needed. Develop their sense of responsibility and membership of a community. Show more confidence in new social situations. Play with one or more other children, extending and elaborating play ideas. Help to work out solutions to conflicts and rivalries. Talk with others to solve conflicts. Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'. Begin to understand how others might be feeling. Learn to play alongside and with other Think about how others feel Begin to accept the needs of others. Understand that their own actions affect other people. Work as part of a group or class, and understand and follow the rules.</p>
Reception	Foundation Stage	<p>Self-Regulation 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. Listen to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>Managing Self Take part in 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.</p> <p>Building Relationships Take part in playing cooperatively and taking turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs.</p>
Year 1	Key Stage 1	<ul style="list-style-type: none"> • To understand their rights and responsibilities as a member of their class. • To recognise that their choices affect others and can have positive and negative consequences. • To identify and celebrate similarities and differences between people in their class. • Awareness of what bullying is and why it is never okay.



- I understand that bullying is sometimes about differences.
- I can be kind to children who are bullied.
- I know when to stand up for myself and others.
- I know how to get help if I or someone else is being bullied.
- I know some ways to make new friends.
- I know how it feels to be a friend and have a friend.
- To identify the characteristics of a good friend and how it makes them feel to have friends.
- To explore how they are similar and different to their friends.
- I understand that differences makes us special and unique.
- To identify some ways to keep safe and healthy.
- I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.
- I can identify members of my family and understand that there are lots of different types of family.
- I know how it feels to belong to a family and care about the people who are important to me.
- I can identify what being a good friend means to me.
- I know how to make a new friend.
- I know appropriate ways of physical contact to greet my friends and know which ways I prefer.
- I can recognise which forms of physical contact are acceptable and unacceptable.
- I know who can help me in my school community.
- I can recognise my qualities as a person and a friend.
- I know ways to praise myself.
- I can tell you why I appreciate someone who is special to me. I can express how I feel about them.
- I understand that changes happen as we grow and that this is okay.
- I understand that growing up is natural and everybody grows at different rates.
- I can tell you how my body has changed since I was a baby.
- I can identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles and vagina.
- I can identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.



Year 2		<ul style="list-style-type: none">• To understand their rights and responsibilities as a member of their class.• To recognise when I am feeling worried and know who to ask for help.• I can listen to other people and contribute my own ideas.• I can help make my class a safe and fair place.• To recognise that their choices affect others and can have positive and negative consequences.• I am starting to understand that sometimes people make assumptions about boys and girls.• I understand some ways in which boys and girls are similar and feel good about this.• I understand some ways in which boys and girls are different and accept that this is okay.• I know what I need to keep my body healthy.• I can identify the different members of my family, understand my relationships with each of them and know why it is important to share and cooperate.• I accept that everyone's family is different and understand that most people value their family.• 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.• I know which types of physical contact I like and don't like and can talk about this.• I can identify some things that cause conflict with my friends.• I can demonstrate how to use positive problem-solving techniques to resolve conflicts with my friends.• I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.• 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.	<ul style="list-style-type: none">• To understand their rights and responsibilities as a member of their class.• To recognise that their choices affect others and can have positive and negative consequences.• I can demonstrate how to use positive problem-solving techniques to resolve conflicts with my friends.• I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.
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		<ul style="list-style-type: none">• I recognise and appreciate people who can help me in my family, my school and my community.• I understand how it feels to trust somebody.• I can express my appreciation for the people in my special relationships.• I am comfortable accepting appreciation from others.• I understand that there are some changes that are outside of my control and can recognise how I feel about this.• I can identify people I respect who are older than me.• I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.• I feel proud about becoming independent.• I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private.• I know that animals, including humans, have offspring which grow into adults.• I can tell you what I like/don't like about being a boy/girl.• I understand there are different types of touch and can tell you which ones I like and don't like.• I am confident to say what I like and don't like and can ask for help.	
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Year 3	Lower Key Stage 2	<ul style="list-style-type: none">• I recognise my worth and can identify positive things about myself and my achievements.• I value myself and know how to make someone else feel welcome and valued.• I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions.• I can make responsible choices and ask for help when I need it.• I understand why rules are needed and how they relate to rights and responsibilities.• I understand that my actions affect myself and other and I care about other people's feelings.• I understand that my behaviour brings rewards/consequences.• I can make responsible choices and take action.• I can work cooperatively in a group.• I try to see things from other people's points of view.• I understand that everybody's family is different and important to them.• I appreciate my family/the people who care for me.• I understand that differences and conflicts sometimes happen among family members.• I know how to calm myself down and can use the 'Solve It Together' technique.• I know what it means to be a witness to bullying.• I know some ways of helping make someone who is bullied feel better.• I know that witnesses can make the situation better or worse by what they do.• I can problem-solve a bullying situation with others.• I recognise that some words are used in hurtful ways.• I try hard not to use hurtful words (e.g. gay, fat).• I can tell you about a time when my words affected someone's feelings and what the consequences were.	<ul style="list-style-type: none">• I value myself and know how to make someone else feel welcome and valued.• I can make responsible choices and ask for help when I need it.• I understand why rules are needed and how they relate to rights and responsibilities.• I understand that my actions affect myself and other and I care about other people's feelings.• I can work cooperatively in a group.• I recognise that some words are used in hurtful ways.• I try hard not to use hurtful words (e.g. gay, fat).• I can empathise with children whose lives are different to mine and appreciate what I may learn from them.
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- I know how to give and receive compliments.
- I understand how complex my body is and how important it is to take care of it.
- I can identify the roles and responsibilities of each member of my family and can reflect on stereotypical roles of males and females.
- I can describe how taking some responsibility in my family makes me feel.
- I can identify and put into practice some of the skills of friendship (e.g. taking turns and being a good listener).
- I know how to negotiate in conflict situations to try to find a win-win situation.
- I know and can use some strategies for keeping myself safe.
- I know who to ask for help if I am worried or concerned.
- I can explain how some of the action and work of people around the world help and influence my life.
- I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.
- I can empathise with children whose lives are different to mine and appreciate what I may learn from them.
- I know how to express my appreciation to my friends and family.
- I enjoy being part of a family and friendship groups.
- I understand that it is typically a female who has babies but that, for some animals species, males give birth (e.g. seahorses) or take a significant role before birth (e.g. emperor penguins).
- I understand what a baby needs to live and grow.
- I can express how I might feel if I had a new baby in my family.
- I can start to recognise stereotypical ideas about parenting and family.



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		<ul style="list-style-type: none">• I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes.• I know what the NSPCC PANTS rule is.• I can make a clear and efficient call to emergency services if necessary.• I know the concepts of basic first-aid, for example dealing with common injuries, including head injuries.	
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Year 4

- I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them.
- I try to accept people for who they are.
- I can question why I think what I think about other people.
- I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure.
- I know how it might feel to be a witness to and a target of bullying.
- I can tell you why witnesses sometimes join in with bullying and sometimes don't tell.
- I can problem solve a bullying situation with others.
- I can identify what is special about me and value the ways in which I am unique.
- I like and respect unique features of my physical appearance.
- I can tell you when my first impression of someone changed when I got to know them.
- I can explain why it is good to accept people for who they are.
- I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most.
- I recognise when other people's actions make me feel embarrassed, hurt or inadequate and I can help myself to manage these emotions.
- I can recognise when people are putting me under pressure and can explain ways to resist this when I want.
- I can identify feelings of anxiety and fear associated with peer pressure.
- I know myself well enough to have a clear picture of what is right and wrong.
- I can tap in to my inner strength and know how to be assertive.

- I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them.
- I try to accept people for who they are.
- I can explain why it is good to accept people for who they are.
- I can recognise when people are putting me under pressure and can explain ways to resist this when I want.
- I can tap in to my inner strength and know how to be assertive.



- I can identify the web of relationships that I am part of, starting from those closest to me and including those more distant.
- I know how it feels to belong to a range of different relationships and can identify what I contribute to each of them.
- I can identify some I love and can express why they are special to me.
- I know how most people feel when they lose someone or something they love.
- I can tell you about someone I know that I no longer see.
- I understand that we can remember people even if we no longer see them.
- I understand how people feel when they love a special pet.
- I can understand that losing a special pet brings feelings that can be hard to cope with, but that it can be helpful to mark loss by celebrating special things about the pet.
- I know how to show love and appreciation to the people and animals who are special to me.
- I can love and be loved.
- I understand that some of my personal characteristics have come from my birth parents. Need to be mindful of any children who are fostered or adopted.
- I appreciate that I am a truly unique human being.
- I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult.
- I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this. ▪ I have strategies to help me cope with the physical and emotional changes I will experience during puberty.
- I can recognise and challenge stereotypical ideas about female and male characteristics.



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		<ul style="list-style-type: none">• I understand that families are important for children growing up because they can give love, security and stability.	
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Year 5	Upper Key Stage 2	<ul style="list-style-type: none">• I understand my rights and responsibilities as a British citizen.• I can empathise with people in this country whose lives are different to my own.• I can make choices about my own behaviour because I understand how rewards and consequences feel.• I understand that my actions affect me and others.• I understand how an individual's behaviour can impact on a group.• I understand that cultural differences sometimes cause conflict.• I am aware of my own culture.• I understand what racism is.• I am aware of my attitude towards people from different races.• I understand how rumour-spreading and name-calling can be bullying behaviours.• I can tell you a range of strategies in managing my feelings in bullying situations and for problem solving when I'm part of one.• I can explain the difference between direct and indirect bullying.• I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied.• I can appreciate the value of happiness regardless of material wealth.• I respect my own and other people's cultures.• I understand how the media and celebrity culture promotes certain body types.• I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am.• I respect and value my body.• I know what makes a healthy lifestyle.	<ul style="list-style-type: none">• I understand my rights and responsibilities as a British citizen.• I can empathise with people in this country whose lives are different to my own.• I can make choices about my own behaviour because I understand how rewards and consequences feel.• I understand that my actions affect me and others.• I understand how rumour-spreading and name-calling can be bullying behaviours.• I can appreciate the value of happiness regardless of material wealth.• I respect my own and other people's cultures.
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		<ul style="list-style-type: none">• I am motivated to keep myself healthy and happy.• I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.• I know how to keep building my own self-esteem.• I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.• I know how to stand up for myself and how to negotiate and compromise.• I understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean.• I understand that relationships are personal and there is no need to feel pressurised into having a boyfriend/girlfriend.• I understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean.• I can recognise the feeling of jealousy, where it comes from and how to manage it.• I understand how to stay safe when using technology to communicate with my friends.• I can recognise and resist peer pressure to use technology in ways that may be risky or may cause harm to others.• I can explain how to stay safe when using technology to communicate with my friends.• I am aware of my own self-image and how my body image fits into that.• I know how to develop my own self-esteem.• I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally (single sex groups).• I understand that puberty is a natural process that happens to everybody and that it will be okay for me.• I can describe how boys' and girls' bodies change during puberty.	
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		<ul style="list-style-type: none">• I can express how I feel about the changes that will happen to me during puberty.• I understand that sexual intercourse can lead to conception and that it how babies are usually made.• I appreciate how amazing it is that human bodies can reproduce in these ways.• I can identify what I looking forward to about becoming a teenage and understand this brings growing responsibilities (age of consent).• I am confident that I can cope with the changes that growing up will bring.• I can describe the changes as humans develop to old age.• Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.• I understand that there are different types of love (e.g. love of a pet, love of yourself, love of a friend, love of a parent, love of someone you are attracted to, love of an activity...).	
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Year 6	<ul style="list-style-type: none">• I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities.• I understand there are different perceptions about what 'normal' means.• I can empathise with people who are living with disabilities.• I understand how living with disabilities could affect someone's life.• I am aware of my attitude towards people with disabilities.• I can explain some of the ways in which one person or a group can have power over another.• I know how it can feel to be excluded or treated badly by being different in some way.• I know some of the reasons why people use bullying behaviours.• I can tell you a range of strategies in managing my feelings in bullying situations and for problems solving when I'm part of one.• I appreciate people for who they are.• I can show empathy with people in conflict.• I know what some people in my class like or admire about me and can accept praise.• I can give praise and compliments to other people when I recognise their contributions and achievements.• I know how to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen.• I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness.• I know how to help myself feel emotionally healthy and can recognise when I need help with this.	<ul style="list-style-type: none">• I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities.• I can tell you a range of strategies in managing my feelings in bullying situations and for problems solving when I'm part of one.• I appreciate people for who they are.• I can show empathy with people in conflict.• I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness.• I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control.• I can use technology positively and safely to communicate with my friends and family.
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- I can recognise when I feel stressed and the triggers that cause this.
- I can use different strategies to manage stress and pressure.
- I can identify the most significant people to be in my life so far.
- I understand how it feels to have people in my life that are special to me.
- I know some of the feelings we can have when someone dies or leaves.
- I can use some strategies to manage feelings associated with loss and can help other people to do so.
- I understand that there are different stages of grief and that there are different types of loss that cause people to grieve.
- I can recognise when I am feeling those emotions and have strategies to manage them.
- I can recognise when people are trying to gain power or control.
- I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control.
- I understand how technology can be used to try to gain power and I can use strategies to prevent this from happening.
- I can take responsibility for my own safety and well-being.
- I can use technology positively and safely to communicate with my friends and family.
- I can take responsibility for my own safety and well-being.
- I am aware of my own self-image and how my body image fits into that.
- I know how to develop my own self-esteem.
- I can recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.



- I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.
- I can express how I feel about the changes that will happen to me during puberty.
- I can ask questions that I need answered about changes during puberty (single sex groups).
- I can reflect on how I feel about asking the questions and about the answers I receive (single sex groups)
- I can describe how a baby develops from conception through to nine months of pregnancy, and how it is born.
- I recognise how I feel when I reflect on the development and birth of a baby.
- I understand how being physically attracted to someone changes the nature of the relationship.
- I can express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this.
- I know what body dysmorphia is and how the media and celebrity culture can impact on people's self-concept and self-esteem.
- I understand the importance of self-acceptance.
- I understand the difference between biological sex and gender.
- I know that we are all on a gender spectrum.
- I can begin to understand that some people identify as transgender and that is okay.
- I can begin to understand that we are all different - we have our own gender identity, gender expression, sex assigned at birth, physical attraction to others and emotional attraction to others.
- I understand what gender-based violence is and what a hate crime is.