

# PSHE PROGRESSION OF SKILLS KS3

RELATIONSHIPS		
Year 7	Year 8	Year 9
I can describe different types of relationship	I can describe how to develop and maintain a variety of healthy relationships in a range of contexts	I can explain how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts
I can distinguish between healthy and unhealthy relationships	I can recognise and manage my emotions	I can evaluate my success at managing my emotions in different contexts
I can name and describe my emotions	I can explain how to deal with negative relationships, including bullying, abuse and online encounters	I can give advice about how to deal with negative relationships, including bullying, abuse, violence and online encounters
I can suggest some strategies for dealing with bullying, both on and offline	I can justify my values on moral issues	I can justify my values on moral issues using mature and detailed argument which is backed up by evidence
I can describe my views on basic moral issues and begin to critically assess others' views	I can effectively assess others' arguments and can identify thinking traps	I can demonstrate discernment in assessing others' arguments and can identify increasingly sophisticated thinking traps
I can suggest ways to manage peer pressure	I can explain strategies to manage peer influence	I can effectively demonstrate strategies to manage peer influence
I can define the concept of consent	I can explain the concept of consent in a variety of contexts	I can explain the importance of consent in all relevant contexts
I can recognise the feelings associated with loss	I can describe ways to manage loss	I can explain how to manage loss related to bereavement & divorce
I can describe how to show respect and equality to others	I can demonstrate how to respect equality and be a productive member of a diverse community	I can critically assess the importance of equality in a diverse community and the ways in which I and my
I can discuss ways to manage risk in relationships	I can express increased confidence in my ability to manage risk in relationships	
I can identify where I could find advice and support	I can identify and access appropriate advice and	

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	support	<p>society promote this</p> <p>I can express increased confidence in my ability to manage risk in relationships and demonstrate effective strategies in doing so.</p> <p>I can evaluate the effectiveness of different sources of support</p>
HEALTH AND WELLBEING		
Year 7	Year 8	Year 9
<p>I can identify transitional stages in my life and discuss ways of managing them</p> <p>I can suggest some ways to promote my health</p> <p>I can state basic differences between safe and unsafe choices for my health and wellbeing</p> <p>I can describe the role of a parent</p> <p>I can state basic risks to my health</p> <p>I can list some support services</p> <p>I can recognise emergency situations and follow instructions to keep myself safe</p> <p>I can identify some forms of media that might influence me and my health choices</p>	<p>I can manage transitions between important stages in my life, demonstrating a positive mindset in the face of change</p> <p>I can describe ways to promote my physical, mental and emotional health</p> <p>I can identify choices for my health and wellbeing that are safe and unsafe</p> <p>I can describe features of parenthood and the risks of unplanned pregnancy</p> <p>I can assess risks to my health</p> <p>I can explain a range of different support available including on- and off-line services</p> <p>I can explain how to respond in emergency situations</p> <p>I can explain the role of the media in influencing</p>	<p>I can pre-empt and prepare myself for transitional phases in my life, consistently demonstrating resilience and a positive mindset in the face of change</p> <p>I can explain a range of techniques to promote my physical, mental and emotional health</p> <p>I can evaluate the safety of my health and wellbeing choices</p> <p>I can confidently explain what it means to be a good parent</p> <p>I can describe the health and wellbeing risks of unplanned pregnancy</p> <p>I can make regular, accurate assessments of risks to my health</p> <p>I can evaluate the effectiveness of a range of different support available including on- and off-line services</p>

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	lifestyle choices	<p>I can demonstrate how to respond in emergency situations</p> <p>I can evaluate the role and effectiveness of the media's influence on my own and others' lifestyle choices</p>
<b>LIVING IN THE WIDER WORLD</b>		
<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>
<p>I can state my rights and responsibilities as a member of my local community</p> <p>I can describe what an active citizen does</p> <p>I can define the economy and how I contribute to it</p> <p>I can identify different careers and pathways</p> <p>I can describe what it means to be ambitious</p> <p>I can sometimes, with support, demonstrate teamwork and resilience skills</p> <p>I can reflect on my strengths and identify an area to improve</p> <p>I know about the role of business in the economy</p> <p>I can explain what it is to be enterprising</p> <p>I can describe possible personal finance choices</p>	<p>I can explain my rights and responsibilities as a member of a diverse community</p> <p>I can explain my role as an active citizen and as a participant in the local and national economy</p> <p>I can explain how to make informed career choices</p> <p>I can explain how to be ambitious and enterprising</p> <p>I can demonstrate employability skills, including teamwork, leadership, flexibility and resilience</p> <p>I can reflect effectively on my strengths and areas for development in order to improve</p> <p>I can describe the national economic and business environment</p> <p>I can demonstrate enterprise skills</p> <p>I can explain how personal financial choices</p>	<p>I can meaningfully debate my rights and responsibilities in promoting diversity in my community</p> <p>I can demonstrate active citizenship and assess my contributions to the local and national economy</p> <p>I can explain how to make informed career choices and explain the pathways leading to and from these choices</p> <p>I can demonstrate ambition and lead enterprise projects</p> <p>I can confidently demonstrate a range of employability skills</p> <p>I can reflect on my strengths and areas for development with precision and insight, and respond constructively to feedback</p> <p>I can explain the economic and business environment</p>

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<p>and identify potential risks and benefits of those choices</p> <p>I can describe my role as a consumer</p>	<p>affect me and assess financial risk in relation to those choices</p> <p>I can describe my rights and responsibilities as a consumer</p>	<p>locally, nationally and globally</p> <p>I can demonstrate a wide range of enterprise skills confidently</p> <p>I can evaluate how personal financial choices affect myself and others and confidently assess financial risk in relation to those choices</p> <p>I can explain examples of how to claim my rights and meet my responsibilities as a consumer.</p>
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