



Life Skills Progression

Personal, social, health and economic (PSHE) education (Life Skills) is an important and necessary part of all pupils' education. At The Hermitage Schools, we aim to use PSHE education to build, where appropriate, on the statutory content outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, relationship and sex education (RSE) and the importance of physical activity and diet for a healthy lifestyle.

The Hermitage Schools uses the SCARF programme to support teaching and learning of PSHE, underpinned by our school values of Positivity, Respect, Responsibility, Resilience, Integrity and Co-operation. The SCARF programme provides the framework for a whole-school approach to improving children's wellbeing and progress in making healthy choices.

Topics Studied in each year group	<p>Me and My Relationships Explores feelings and emotions, develops skills to manage conflict, helps identify our special people and equips children to recognize the qualities of healthy friendships and how to manage them.</p>	<p>Valuing Difference Includes a focus on British Values, supports children to develop respectful relationships with others, recognise bullying and know their responsibilities as a bystander.</p>	<p>Keeping Myself Safe Covers a number of safety aspects from statutory Relationships Education including being able to identify trusted adults in their lives, what to do when faced with a dilemma and recognizing appropriate and inappropriate touch.</p>
	<p>Rights and Responsibilities Explores broader topics including looking after the environment, economic education and the changing rights and responsibilities children have as they grow older.</p>	<p>Being My Best Includes a focus on keeping physically healthy, developing a growth mindset to facilitate resiliency, setting goals and ways to achieve them.</p>	<p>Growing and Changing Has age-appropriate plans to cover the physical and emotional changes that happen as children as they grow older, including changes at puberty and how to approach this with confidence. Age-appropriate lessons on relationships and sex education are also included.</p>

	EYFS	Year 1	Year 2
Me and My Relationships	What makes me special. People close to me. Getting help.	Feelings. Getting help. Classroom help. Special people. Being a good friend.	Bullying and teasing. Our school rules and bullying. Being a good friend. Feelings/self regulation.
Valuing Difference	Similarities and differences. Celebrating differences. Showing kindness.	Recognising, valuing and celebrating differences. Developing respect and accepting others. Bullying and getting help.	Being kind and helping others. Celebrating difference. People who help us. Listening skills.
Keeping Myself Safe	Keeping my body safe. Safe secrets and touches. People who help to keep us safe.	How our feelings can keep us safe – including online safety. Safe and unsafe touches. Medicine safety. Sleep.	Safe and unsafe secrets. Appropriate touch. Medicine safety.
Rights and Responsibilities	Looking after things: friends, environment and money	Taking care of things. Myself. My Money. My environment.	Cooperation. Self regulation. Online safety. Looking after money – saving and spending.
Being my Best	Keeping my body healthy – food, exercise, sleep, growth mindset	Growth Mindset Healthy eating. Hygiene and health. Co-operation.	Growth mindset. Looking after my body. Hygiene and health. Exercise and sleep.
Growing and Changing	Cycles. Life Stages.	Getting help. Becoming independent. My body parts. Taking care of self and others.	Life cycles. Dealing with loss. Being supportive. Growing and changing/Privacy.