



**BRACKENWOOD JUNIOR SCHOOL**  
**PROGRESSION CHART- PERSONAL, SOCIAL AND HEALTH EDUCATION**

<b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b> Learning a range of physical movements and sporting techniques.			
	YEAR 1 AND 2	YEAR 3 AND 4	YEAR 5 AND 6
<b>TRY NEW THINGS</b>	<ul style="list-style-type: none"> <li>• Try new things with the help of others.</li> <li>• Talk about some things of personal interest.</li> <li>• Join in with familiar activities.</li> <li>• Concentrate on things of interest.</li> </ul>	<ul style="list-style-type: none"> <li>• Try new things when encouraged.</li> <li>• Enjoy new experiences.</li> <li>• Join clubs or groups.</li> <li>• Talk about new experiences with others.</li> </ul>	<ul style="list-style-type: none"> <li>• Enjoy new things and take opportunities wherever possible.</li> <li>• Find things to do that give energy.</li> <li>• Become fully involved in clubs or groups.</li> <li>• Meet up with others who share interests in a safe environment.</li> </ul>
<b>WORK HARD</b>	<ul style="list-style-type: none"> <li>* Work hard with the help of others</li> <li>* Enjoy the results of effort in areas of interest.</li> <li>* Take encouragement from others in areas of interest.</li> </ul>	<ul style="list-style-type: none"> <li>• Enjoy working hard in a range of activities.</li> <li>• Reflect on how effort leads to success.</li> <li>• Begin to encourage others to work hard.</li> </ul>	<ul style="list-style-type: none"> <li>• Have fun working hard.</li> <li>• Understand the benefits of effort and commitment.</li> <li>• Continue to practise even when accomplished.</li> <li>• Encourage others by pointing out how their efforts gain results.</li> </ul>
<b>CONCENTRATE</b>	<ul style="list-style-type: none"> <li>• Give attention to areas of interest.</li> <li>• Begin to 'tune out' distractions.</li> <li>• Begin to show signs of concentration.</li> <li>• Begin to seek help when needed</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on activities.</li> <li>• 'Tune out' some distractions.</li> <li>• Search for methods to help with concentration.</li> <li>• Develop areas of deep interest.</li> </ul>	<ul style="list-style-type: none"> <li>• Give full concentration.</li> <li>• 'Tune out' most distractions.</li> <li>• Understand techniques and methods that aid concentration.</li> <li>• Develop expertise and deep interest in some things.</li> </ul>
<b>PUSH THEMSELVES</b>	<ul style="list-style-type: none"> <li>• Express doubts and fears.</li> <li>• Explain feelings in uncomfortable situations.</li> <li>• Begin to push past fears (with encouragement).</li> <li>• Listen to people who try to help.</li> <li>• Begin to try to do something more than once.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to understand why some activities feel uncomfortable.</li> <li>• Show a willingness to overcome fears.</li> <li>• Push past fears and reflect upon the emotions felt afterwards.</li> <li>• Begin to take encouragement and advice from others.</li> </ul>	<ul style="list-style-type: none"> <li>• Find ways to push past doubts, fears, or a drop in motivation even in challenging circumstances.</li> <li>• Push oneself in areas that are not so enjoyable.</li> <li>• Listen to others who encourage and help, thanking them for their advice.</li> </ul>

		<ul style="list-style-type: none"> <li>• Keep trying after a first attempt.</li> </ul>	<ul style="list-style-type: none"> <li>• Reflect upon how pushing past doubts, fears or a drop in motivation leads to a different outlook.</li> </ul>
IMAGINE	<ul style="list-style-type: none"> <li>• With help, develop ideas.</li> <li>• Respond to the ideas of others'.</li> <li>• Respond to questions about ideas.</li> <li>• Act on some ideas.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to enjoy having new ideas.</li> <li>• Show some enthusiasm for the ideas of others.</li> <li>• Ask some questions in order to develop ideas.</li> <li>• Show enjoyment in trying out some ideas.</li> </ul>	<ul style="list-style-type: none"> <li>• Generate lots of ideas.</li> <li>• Show a willingness to be wrong.</li> <li>• Know which ideas are useful and have value.</li> <li>• Act on ideas.</li> <li>• Ask lots of questions.</li> </ul>
IMPROVE	<ul style="list-style-type: none"> <li>• Share with others likes about own efforts.</li> <li>• Choose one thing to improve (with help).</li> <li>• Make a small improvement (with help).</li> </ul>	<ul style="list-style-type: none"> <li>• Share with others a number of positive features of own efforts.</li> <li>• Identify a few areas for improvement.</li> <li>• Attempt to make improvements.</li> </ul>	<ul style="list-style-type: none"> <li>• Clearly identify own strengths.</li> <li>• Identify areas for improvement.</li> <li>• Seek the opinion of others to help identify improvements.</li> <li>• Show effort and commitment in refining and adjusting work.</li> </ul>
UNDERSTAND OTHERS	<ul style="list-style-type: none"> <li>• Show an awareness of someone who is talking.</li> <li>• Show an understanding that ones own behaviour affects other people.</li> <li>• Listen to other people's point of view.</li> </ul>	<ul style="list-style-type: none"> <li>• Listen to others, showing attention.</li> <li>• Think of the effect of behaviour on others before acting.</li> <li>• Describe the points of view of others.</li> </ul>	<ul style="list-style-type: none"> <li>• Listen first to others before trying to be understood.</li> <li>• Change behaviours to suit different situations.</li> <li>• Describe and understand others' points of view.</li> </ul>
NOT GIVE UP	<ul style="list-style-type: none"> <li>• Try again with the help of others.</li> <li>• Try to carry on even if a failure causes upset.</li> <li>• Keep going in activities of interest.</li> <li>• Try to think of oneself as lucky.</li> </ul>	<ul style="list-style-type: none"> <li>• Find alternative ways if the first attempt does not work.</li> <li>• Bounce back after a disappointment or failure.</li> <li>• Show the ability to stick at an activity (or a club or interest).</li> <li>• See oneself as lucky.</li> </ul>	<ul style="list-style-type: none"> <li>• Show a determination to keep going, despite failures or set backs.</li> <li>• Reflect upon the reasons for failures and find ways to bounce back.</li> <li>• Stick at an activity even in the most challenging of circumstances.</li> <li>• See possibilities and opportunities even after a disappointment.</li> <li>• Consider oneself to be lucky and understand the need to look for luck.</li> </ul>