

Personal Wellbeing Skills Ladder

YEAR THREE / FOUR

	ECONOMIC WELLBEING	EMOTIONAL WELLBEING	PHYSICAL WELLBEING	RELATIONSHIPS
RECOGNISE	<p>PW24 Recognise why people work</p> <p>PW25 Identify the range of jobs carried out by the people they know</p> <p>PW26 Recognise what influences the choices people make about how money is spent</p>	<p>PW29 Face new challenges positively and know when to seek help</p>	<p>PW35 Show awareness of changes that take place as they grow</p> <p>PW36 Recognise that there are medicines and some other substances that can be used in a safe way to improve health</p>	<p>PW42 Identify strategies to respond to negative behaviour constructively and ask for help</p>
REFLECT	<p>PW27 Reflect on the range of skills needed in different jobs</p>	<p>PW30 Begin to reflect on their worth as individuals by identifying positive things about themselves and their achievements</p> <p>PW31 Reflect on own mistakes and make amends</p>	<p>PW37 Explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle</p>	<p>PW43 Understand the nature and consequences of negative behaviours such as bullying, aggressiveness</p>
RESPOND	<p>PW28 Suggest how they can contribute to a range of activities that help them to become more enterprising</p>	<p>PW32 Talk about their views on issues that affect themselves and their class</p> <p>PW33 Begin to make responsible choices and consider consequences</p> <p>PW34 Develop strategies for managing and controlling strong feelings and emotions</p>	<p>PW38 Extend strategies to cope with risky situations</p> <p>PW39 Behave safely and responsibly in different situations</p> <p>PW40 Follow school rules about health and safety and know where to get help</p> <p>PW41 Begin to make informed lifestyle choices</p>	<p>PW44 Empathise with another viewpoint</p> <p>PW45 Form and maintain appropriate relationships with a range of different people</p>

Personal Wellbeing Skills Ladder

YEAR FIVE / SIX

	ECONOMIC WELLBEING	EMOTIONAL WELLBEING	PHYSICAL WELLBEING	RELATIONSHIPS
RECOGNISE	<p>PW46 Identify the skills they need to develop to make their own contribution in the working world in the future</p> <p>PW47 Recognise how people manage money and learn about basic financial capability</p>	<p>PW51 Recognise that people can feel alone and misunderstood and learn how to give appropriate support</p>	<p>PW57 Identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</p> <p>PW58 Recognise that when the body changes during puberty it can affect feelings and behaviour</p> <p>PW59 Recognise when physical contact is acceptable and unacceptable</p>	<p>PW63 Recognise that positive friendships and relationships can promote health and wellbeing</p> <p>PW64 Identify how to find information and advice through help lines</p> <p>PW65 Recognise how new relationships may develop</p>
REFLECT	<p>PW48 Make connections between their learning, the world of work and their future economic wellbeing</p>	<p>PW52 Talk, write and explain their views on issues that affect the wider environment</p> <p>PW53 Reflect on how to deal with feelings about themselves, their family and others in a positive way</p>	<p>PW60 Understand the physical and emotional changes that take place during puberty, why they are taking place and the importance of personal hygiene</p>	<p>PW66 Reflect on the many different types of relationships that exist</p> <p>PW67 Judge what kind of physical contact is acceptable or unacceptable in relationships</p>
RESPOND	<p>PW49 Look after their money and realise that future wants and needs may be met through saving</p> <p>PW50 Show initiative and take responsibility for activities that develop enterprise capability</p>	<p>PW54 Begin to set personal goals</p> <p>PW55 Take action based on responsible choices</p> <p>PW56 Develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures</p>	<p>PW61 Take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle</p> <p>PW62 Make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</p>	<p>PW68 Manage changing emotions and recognise how they can impact on relationships</p> <p>PW69 Talk with a wide range of adults</p>