

Personal Wellbeing Skills Ladder

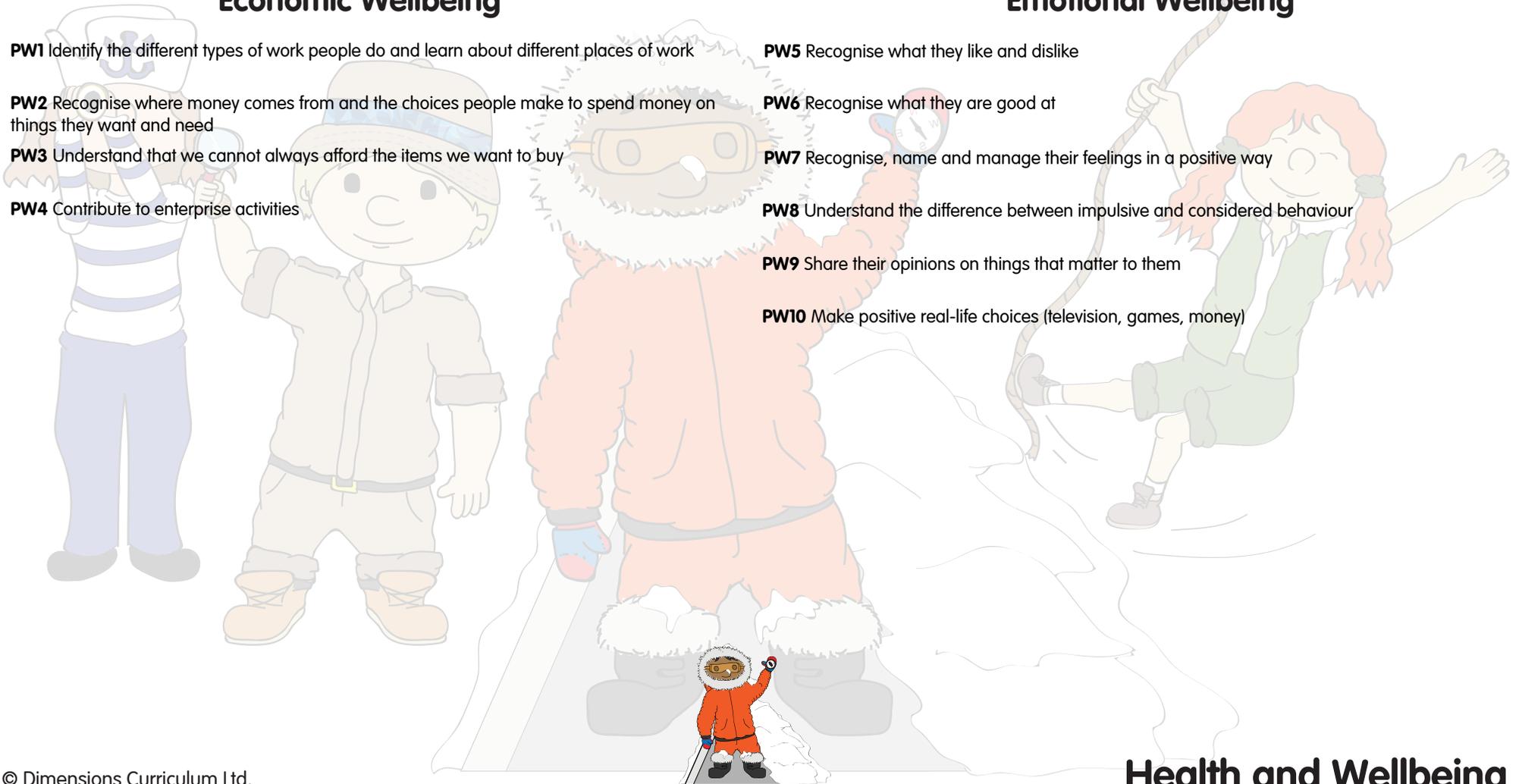
Pathfinders 1 / Pathfinders 2

Economic Wellbeing

- PW1** Identify the different types of work people do and learn about different places of work
- PW2** Recognise where money comes from and the choices people make to spend money on things they want and need
- PW3** Understand that we cannot always afford the items we want to buy
- PW4** Contribute to enterprise activities

Emotional Wellbeing

- PW5** Recognise what they like and dislike
- PW6** Recognise what they are good at
- PW7** Recognise, name and manage their feelings in a positive way
- PW8** Understand the difference between impulsive and considered behaviour
- PW9** Share their opinions on things that matter to them
- PW10** Make positive real-life choices (television, games, money)



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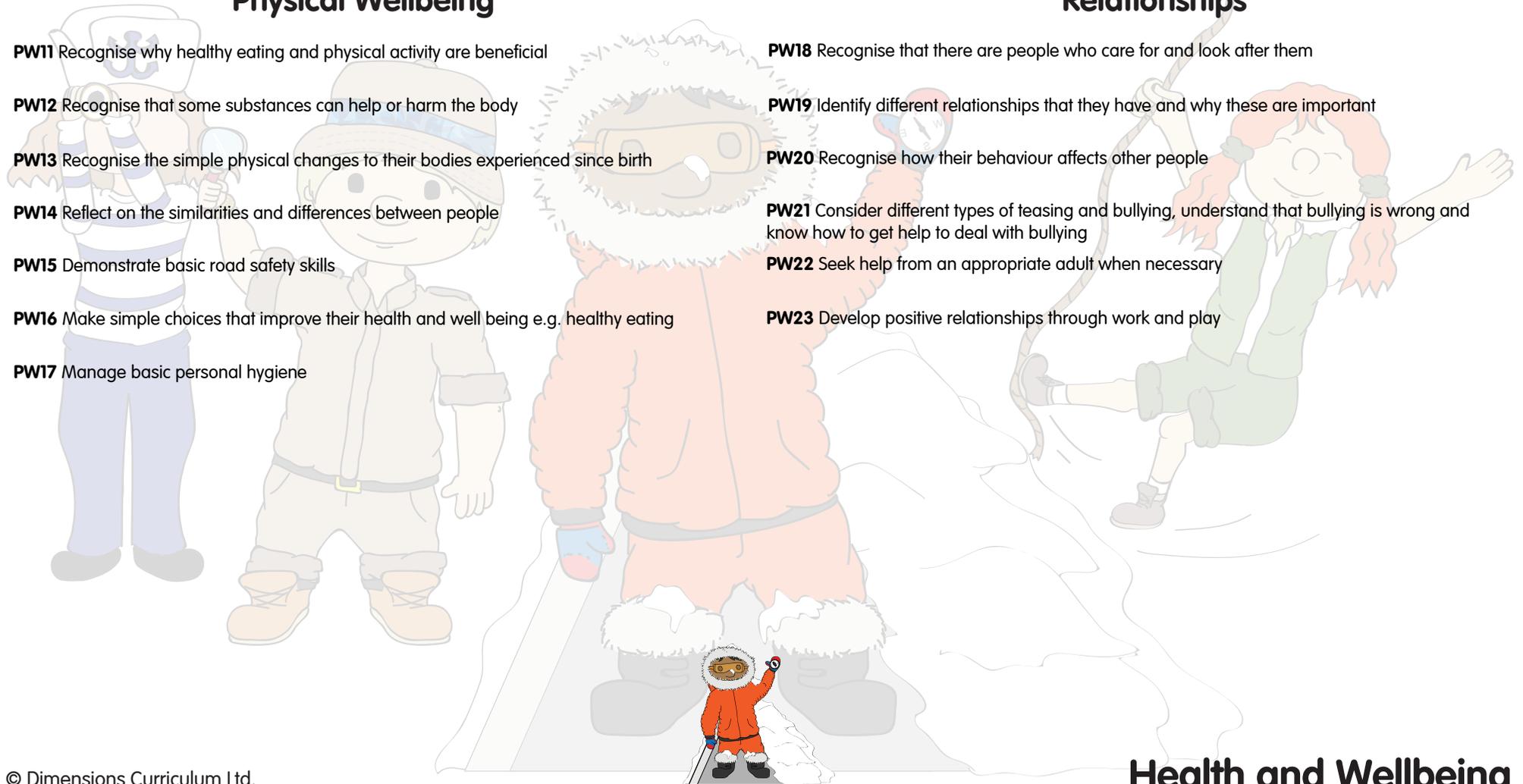
Pathfinders 1 / Pathfinders 2

Physical Wellbeing

- PW11** Recognise why healthy eating and physical activity are beneficial
- PW12** Recognise that some substances can help or harm the body
- PW13** Recognise the simple physical changes to their bodies experienced since birth
- PW14** Reflect on the similarities and differences between people
- PW15** Demonstrate basic road safety skills
- PW16** Make simple choices that improve their health and well being e.g. healthy eating
- PW17** Manage basic personal hygiene

Relationships

- PW18** Recognise that there are people who care for and look after them
- PW19** Identify different relationships that they have and why these are important
- PW20** Recognise how their behaviour affects other people
- PW21** Consider different types of teasing and bullying, understand that bullying is wrong and know how to get help to deal with bullying
- PW22** Seek help from an appropriate adult when necessary
- PW23** Develop positive relationships through work and play



Personal Wellbeing Skills Ladder

Adventurers 1 / Adventurers 2

Economic Wellbeing

PW24 Recognise why people work

PW25 Identify the range of jobs carried out by the people they know

PW26 Recognise what influences the choices people make about how money is spent

PW27 Reflect on the range of skills needed in different jobs

PW28 Suggest how they can contribute to a range of activities that help them to become more enterprising

Emotional Wellbeing

PW29 Face new challenges positively and know when to seek help

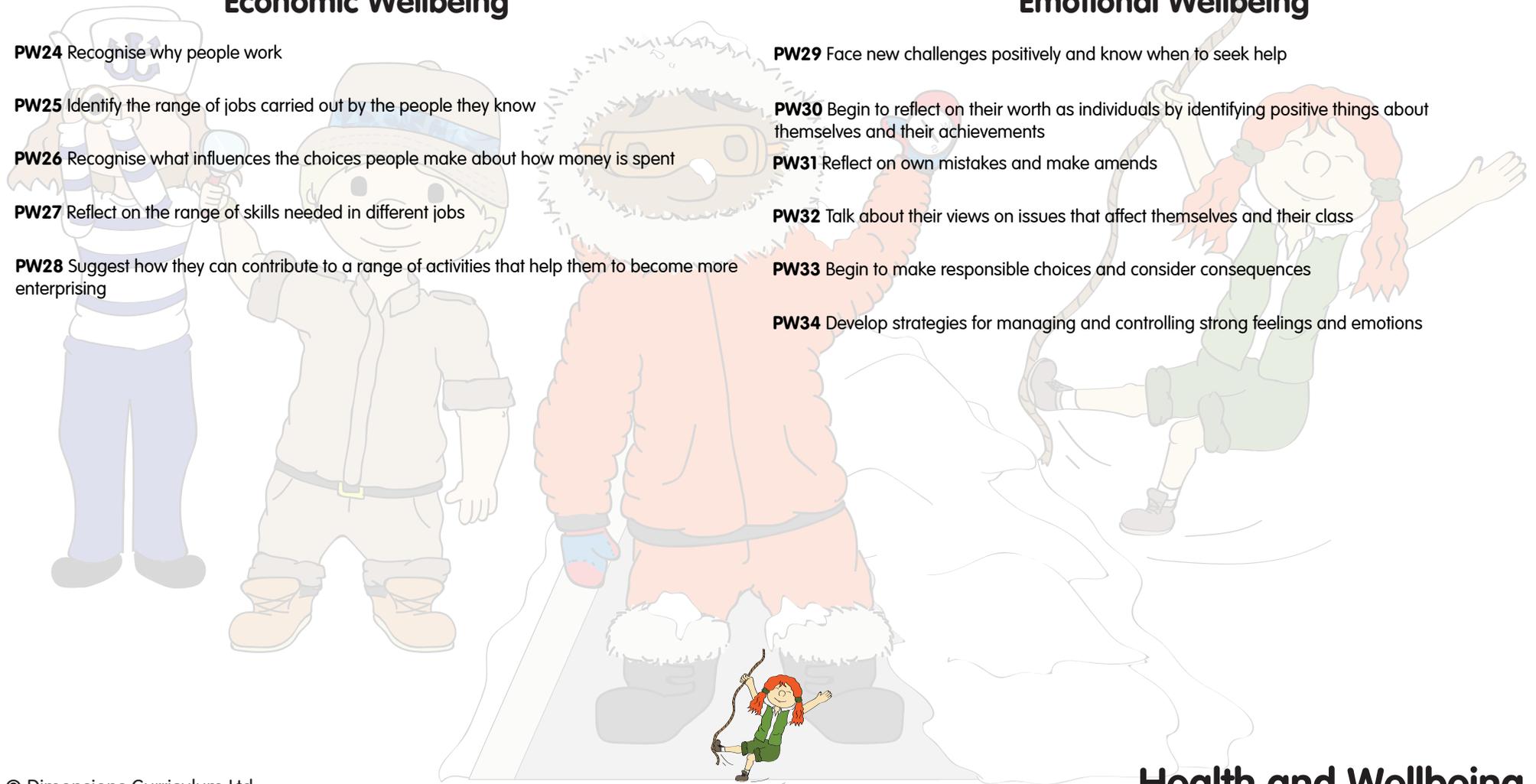
PW30 Begin to reflect on their worth as individuals by identifying positive things about themselves and their achievements

PW31 Reflect on own mistakes and make amends

PW32 Talk about their views on issues that affect themselves and their class

PW33 Begin to make responsible choices and consider consequences

PW34 Develop strategies for managing and controlling strong feelings and emotions



Personal Wellbeing Skills Ladder

Adventurers 1 / Adventurers 2

Physical Wellbeing

- PW35** Show awareness of changes that take place as they grow
- PW36** Recognise that there are medicines and some other substances that can be used in a safe way to improve health
- PW37** Explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle
- PW38** Extend strategies to cope with risky situations
- PW39** Behave safely and responsibly in different situations
- PW40** Follow school rules about health and safety and know where to get help
- PW41** Begin to make informed lifestyle choices

Relationships

- PW42** Identify strategies to respond to negative behaviour constructively and ask for help
- PW43** Understand the nature and consequences of negative behaviours such as bullying, aggressiveness
- PW44** Empathise with another viewpoint
- PW45** Form and maintain appropriate relationships with a range of different people

Personal Wellbeing Skills Ladder

Navigators 1 / Navigators 2

Economic Wellbeing

- PW46** Identify the skills they need to develop to make their own contribution in the working world in the future
- PW47** Recognise how people manage money and learn about basic financial capability
- PW48** Make connections between their learning, the world of work and their future economic wellbeing
- PW49** Look after their money and realise that future wants and needs may be met through saving
- PW50** Show initiative and take responsibility for activities that develop enterprise capability

Emotional Wellbeing

- PW51** Recognise that people can feel alone and misunderstood and learn how to give appropriate support
- PW52** Talk, write and explain their views on issues that affect the wider environment
- PW53** Reflect on how to deal with feelings about themselves, their family and others in a positive way
- PW54** Begin to set personal goals
- PW55** Take action based on responsible choices
- PW56** Develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures

Personal Wellbeing Skills Ladder

Navigators 1 / Navigators 2

Physical Wellbeing

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

PW58 Recognise that when the body changes during puberty it can affect feelings and behaviour

PW59 Recognise when physical contact is acceptable and unacceptable

PW60 Understand the physical and emotional changes that take place during puberty, why they are taking place and the importance of personal hygiene

PW61 Take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle

PW62 Make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs

Relationships

PW63 Recognise that positive friendships and relationships can promote health and wellbeing

PW64 Identify how to find information and advice through help lines

PW65 Recognise how new relationships may develop

PW66 Reflect on the many different types of relationships that exist

PW67 Judge what kind of physical contact is acceptable or unacceptable in relationships

PW68 Manage changing emotions and recognise how they can impact on relationships

PW69 Talk with a wide range of adults