



Progression of Skills PDL

Year	Autumn		Spring		Summer	
Lower School Cycle B	Stone Age to Iron Age (Iron Rocks!)		Mountains, rivers and coasts. (Mountain High... River Deep)		The Egyptians (Tomb Raiders)	
	<p><i>SEAL: New beginnings</i></p> <p>The children will be learning how to:</p> <p>I can tell you one special thing about me.</p> <p>I know how to make someone feel welcomed and valued at school.</p> <p>I know how it feels to be happy, sad or scared and can usually tell if other people are feeling these emotions</p>	<p><i>Getting on and falling out</i></p> <p><i>SEAL: Say "No" to bullying (Nov)</i></p> <p>The children will be learning how to:</p> <p>I can tell you what bullying is.</p> <p>I know what my triggers for anger are and some ways to calm down.</p> <p>I can use peaceful problem solving to sort out difficulties</p>	<p><i>SEAL: Going for goals</i></p> <p>The children will be learning how to:</p> <p>I can tell you about myself as a learner</p> <p>I can set success criteria so that I know whether I have reached my goal.</p> <p>I can manage frustration by using a number of strategies.</p> <p>I can predict the consequences of my actions or goals for myself or others.</p>	<p><i>SEAL: Good to be me</i></p> <p>The children will be learning how to:</p> <p>I can tell you whether I like surprises or I like things to stay the same.(change)</p> <p>I can think about my worries and decide what I might do about them.</p> <p>I know how to be assertive without causing offense.</p>	<p><i>SEAL: Relationships</i></p> <p>The children will be learning how to:</p> <p>I can take responsibility for my behaviour.</p> <p>I know when I will feel guilty and use this when I make a choice.</p> <p>I can tell you some ways to make amends if I have done something cruel or unkind.</p>	<p><i>SEAL: Changes</i></p> <p>The children will be learning how to:</p> <p>I know that change can be really good and can tell you about some changes that have made our lives much better.</p> <p>I know some ways of dealing with the feelings that sometimes arise from changes.</p> <p>I can think about and plan to overcome obstacles.</p>
Lower School Cycle A	What did the Romans do for us? (Rotten Romans)		Natural Disasters and Rainforests (What a disaster!)		Saxons and Vikings (Kingdom Invasion)	
	<p><i>SEAL: New beginnings</i></p> <p>The children will be learning how to:</p> <p>I understand inclusive strategies for learning and playing together.</p> <p>I know how to join a group.</p> <p>I can manage my feelings in a new or challenging situation.</p> <p>I recognise my rights and responsibilities in a community</p>	<p><i>SEAL: Getting on and falling out</i></p> <p><i>Say "No" to bullying</i></p> <p>The children will be learning how to:</p> <p>I understand why it is important to calm down before I am overwhelmed by feelings of anger</p> <p>I can discuss in a group how well we are working together.</p> <p>I can describe what makes a good friend.</p>	<p><i>SEAL: Going for goals</i></p> <p>The children will be learning how to:</p> <p>I can use my strengths as a learner. (Develop positive learning behaviours)</p> <p>I can identify some barriers to my learning.</p> <p>I know how others can help me to achieve my goals and how I can help others.</p>	<p><i>SEAL: Good to be me</i></p> <p>The children will be learning how to:</p> <p>I can recognise what makes me feel good.</p> <p>I can use strategies to help me cope with feelings of disappointment and feelings of hopelessness.</p> <p>I understand why we sometimes fight or run away when we feel threatened.</p>	<p><i>SEAL: Relationships</i></p> <p>The children will be learning how to:</p> <p>I understand how I might hurt others.</p> <p>I know how most people feel when they lose something or someone they love.</p> <p>I understand that we remember people even if we no longer see them.</p>	<p><i>SEAL: Changes</i></p> <p>The children will be learning how to:</p> <p>I know that what we feel and think affects what we do (how we behave).</p> <p>I know some of the reasons that change can feel uncomfortable and scary.</p> <p>I can tell you how it feels to belong to a group, and know it is important for everyone.</p>



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Upper School Cycle B	History of Baghdad (Arabian Nights) and Mexico Study (Los misterios de Mexico)		Space (Out of this world) and Local area study (Denmead past, present and future)		Forces (Flight) and Changes (SRE/Geography)	
	<p><i>SEAL: New beginnings</i></p> <p>The children will be learning how to:</p> <p>I can feel positive even when things are going wrong.</p> <p>I know how others may be feeling when they are in an unfamiliar situation.</p> <p>I have some strategies to cope with uncomfortable feelings and to calm myself when necessary. Understand and live by the rules of society</p>	<p><i>SEAL: Getting on and falling out</i></p> <p><i>Say "No" to bullying</i></p> <p>The children will be learning how to:</p> <p>I can tell you things that I or other people sometimes do or say in a conflict situation that usually make things worse.</p> <p>I can accept and appreciate people's friendship and try not to demand more than they are able or wish to give.</p> <p>I can tell you some things that a good leader should do.</p>	<p><i>SEAL: Going for goals</i></p> <p>The children will be learning how to:</p> <p>I know the skills and attributes to be an effective learner.</p> <p>I know what some of the people in my class like or admire about me.</p> <p>I can be a critical friend to others and myself.</p>	<p><i>SEAL: Good to be me</i></p> <p>The children will be learning how to:</p> <p>I can explain how I am feeling even if I have mixed feelings. I can tell the difference between showing I am proud and boasting</p> <p>I understand that sometimes the feeling part of my brain takes over and I might make mistakes.</p> <p>I can make a judgement about whether to take a risk.</p>	<p><i>SEAL: Relationships</i></p> <p>The children will be learning how to:</p> <p>I know some things to do when I feel embarrassed that will not make things worse.</p> <p>I know how to make people feel good about themselves.</p> <p>I can recognise and challenge stereotypes</p>	<p><i>SEAL: Changes</i></p> <p>The children will be learning how to:</p> <p>I am aware of common responses to difficult changes, and that they are sometimes similar to our responses when experiencing loss.</p> <p>I recognise that my behaviour is my responsibility.</p> <p>I can try to understand why people might behave the way they do when they are facing a difficult change</p>



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Upper School Cycle A	Water as a resource and renewable energy (Fuelling the Future)		Ancient Greek democracy and monarchs past and present (Power!)		Evolution and inheritance (Discovering Darwin)	
	<p><i>Changing Mindsets</i> 8 weeks</p> <p>The children will be learning how to: I understand the difference between growth and fixed mindsets.</p> <p>I understand how to deal with mistakes and emotions</p> <p>I understand that we can all 'grow our brains'</p> <p>I appreciate the use of feedback and understand that everyone can improve, no matter what their ability</p>	<p><i>SEAL: Getting on and falling out</i> <i>Say "No" to bullying</i> (Nov)</p> <p>The children will be learning how to: I know how it might feel to be excluded or treated badly because of being different in some way.</p> <p>I can stop and try to get an accurate picture before I act.</p> <p>I know that it is important in a conflict situation to talk about what someone has done or said, not the person themselves</p>	<p><i>SEAL: Going for goals</i></p> <p>The children will be learning how to: I can recognise when I am using an excuse instead of finding a way around a problem.</p> <p>I can make a personal or long-term plan and break it down into smaller, achievable goals.</p> <p>I can consider the consequences of possible solutions or reaching my goal for myself, others and for communities or groups.</p>	<p><i>SEAL: Good to be me</i></p> <p>The children will be learning how to: I accept myself for who and what I am.</p> <p>I can recognise when I am beginning to be overwhelmed by my feelings and can use a calming down strategy.</p> <p>I can behave in an assertive way using appropriate body language and tone of voice.</p>	<p><i>SEAL: Relationships</i> SRE- See scheme of work</p> <p>The children will be learning how to: I can use some strategies to manage feelings associated with loss.</p> <p>I can tell you about the people who are important to me.</p> <p>I can help support someone who is unhappy because they have lost someone or something.</p>	<p><i>SEAL: Changes</i></p> <p>The children will be learning how to: I can tell you some of the good things about me that my classmates like and value.</p> <p>I know that it is natural to be wary of change, and can tell you why.</p> <p>I can tell you about how people might feel and behave when they go to a new school.</p>