

# Pathfinders 1

## Personal Wellbeing Skills Ladder

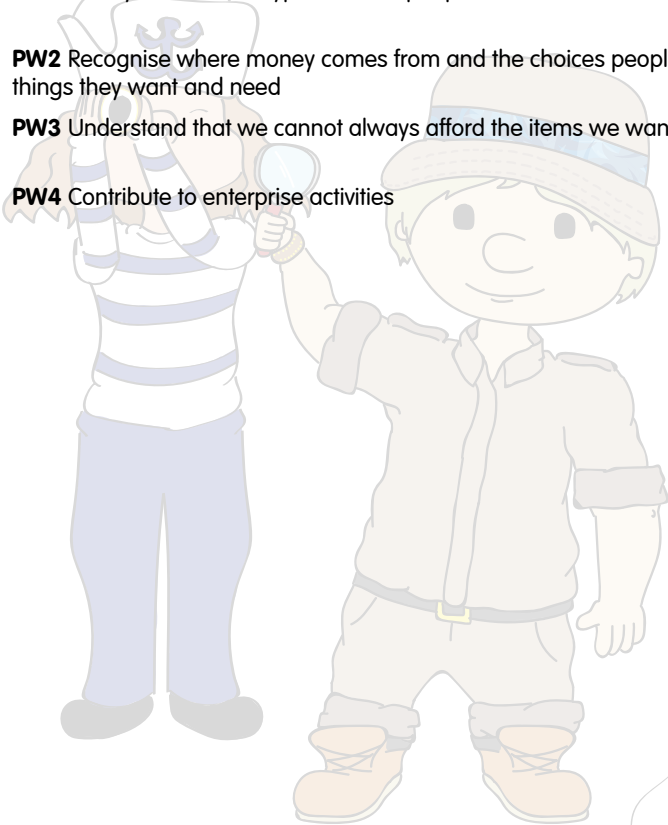
### Economic Wellbeing

**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

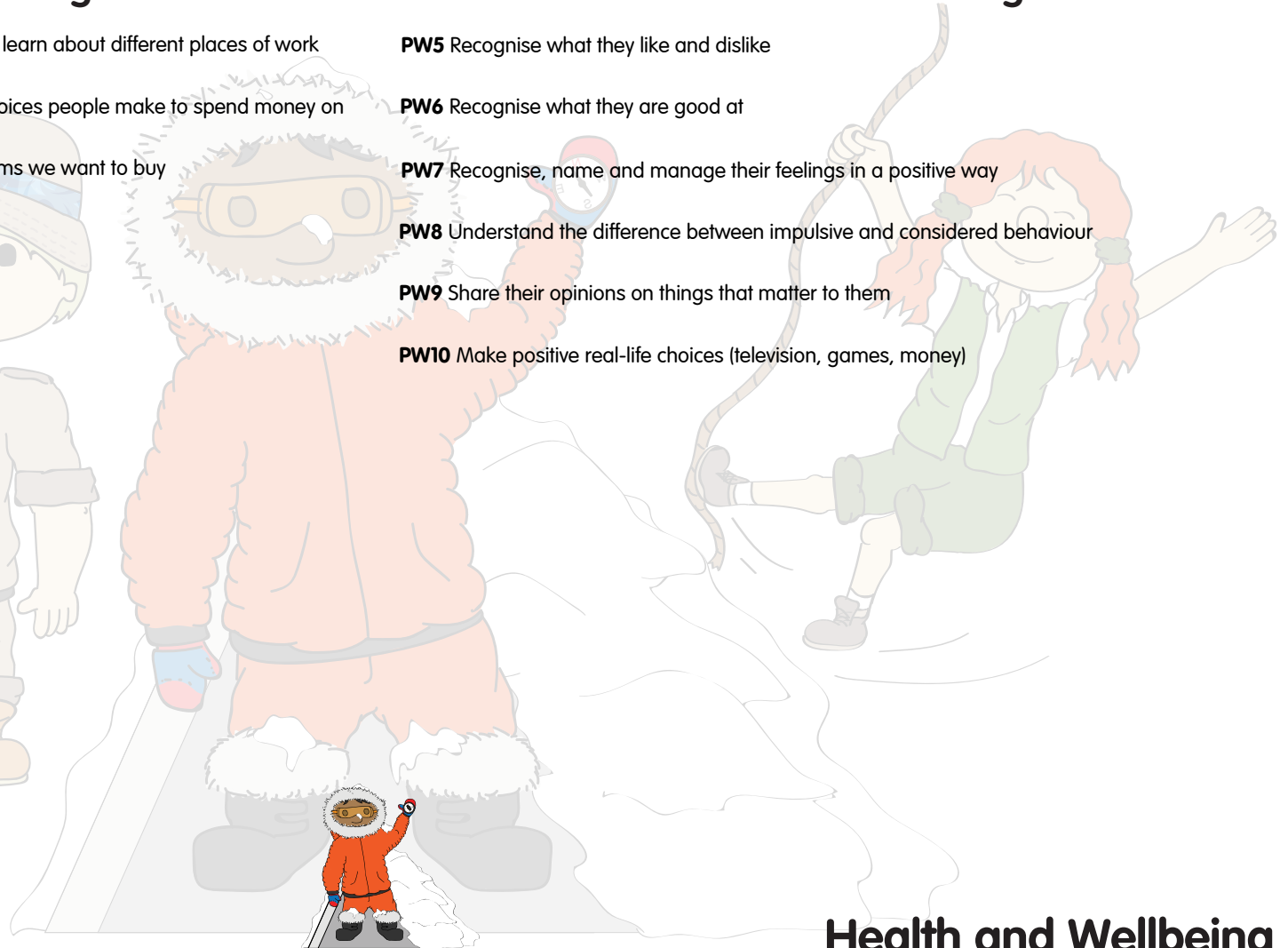
**PW6** Recognise what they are good at

**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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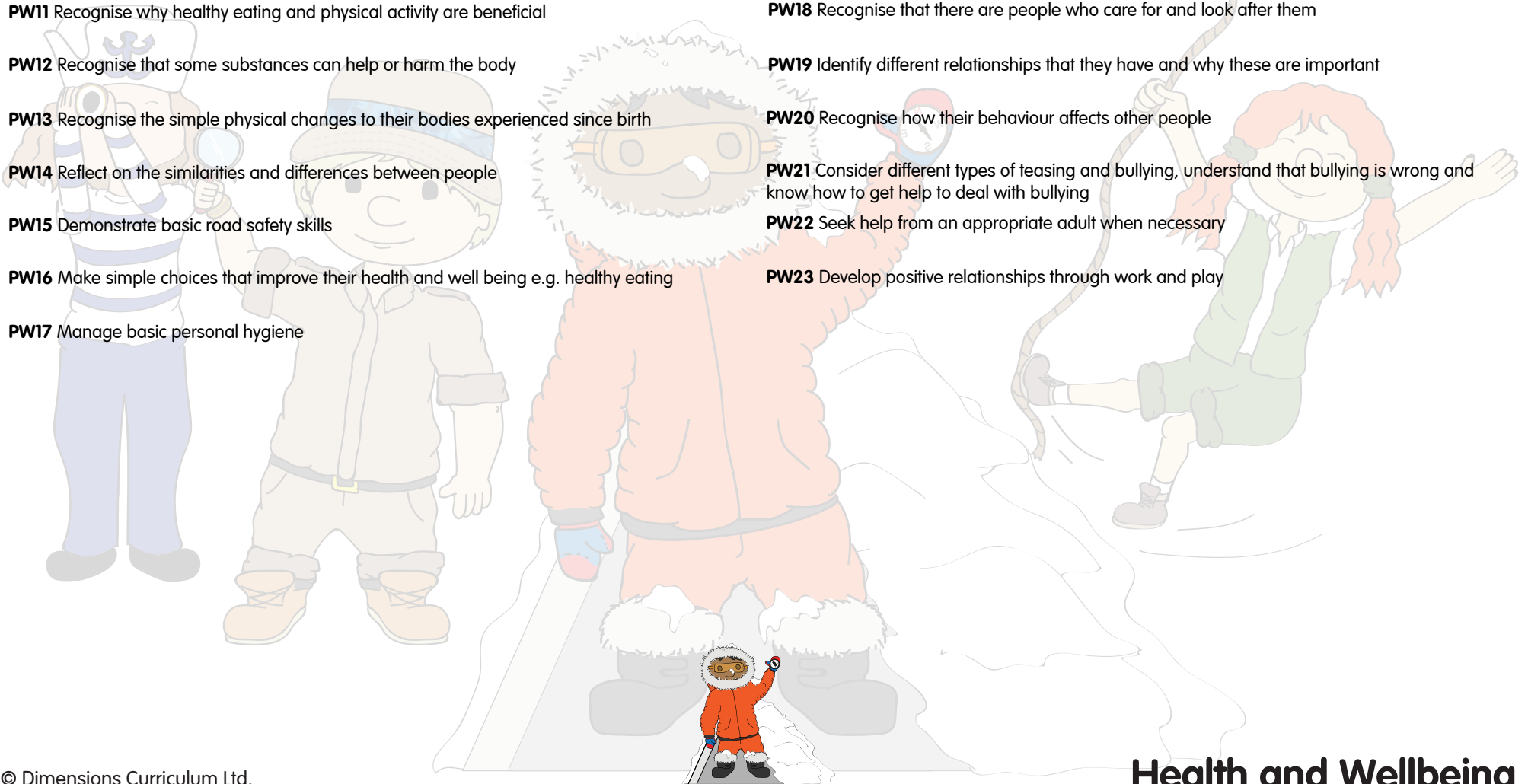
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### Physical Wellbeing

- 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



# Pathfinders 2

## Personal Wellbeing Skills Ladder

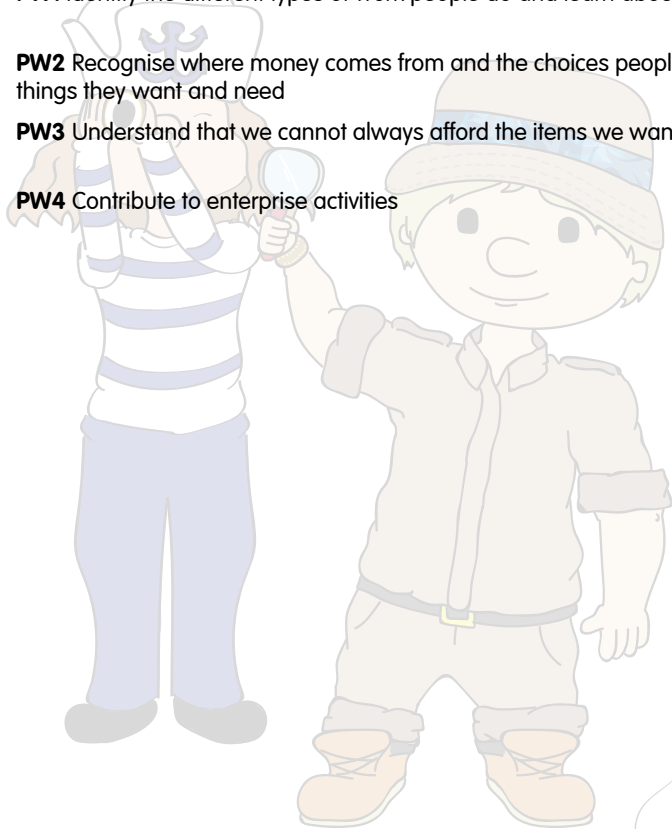
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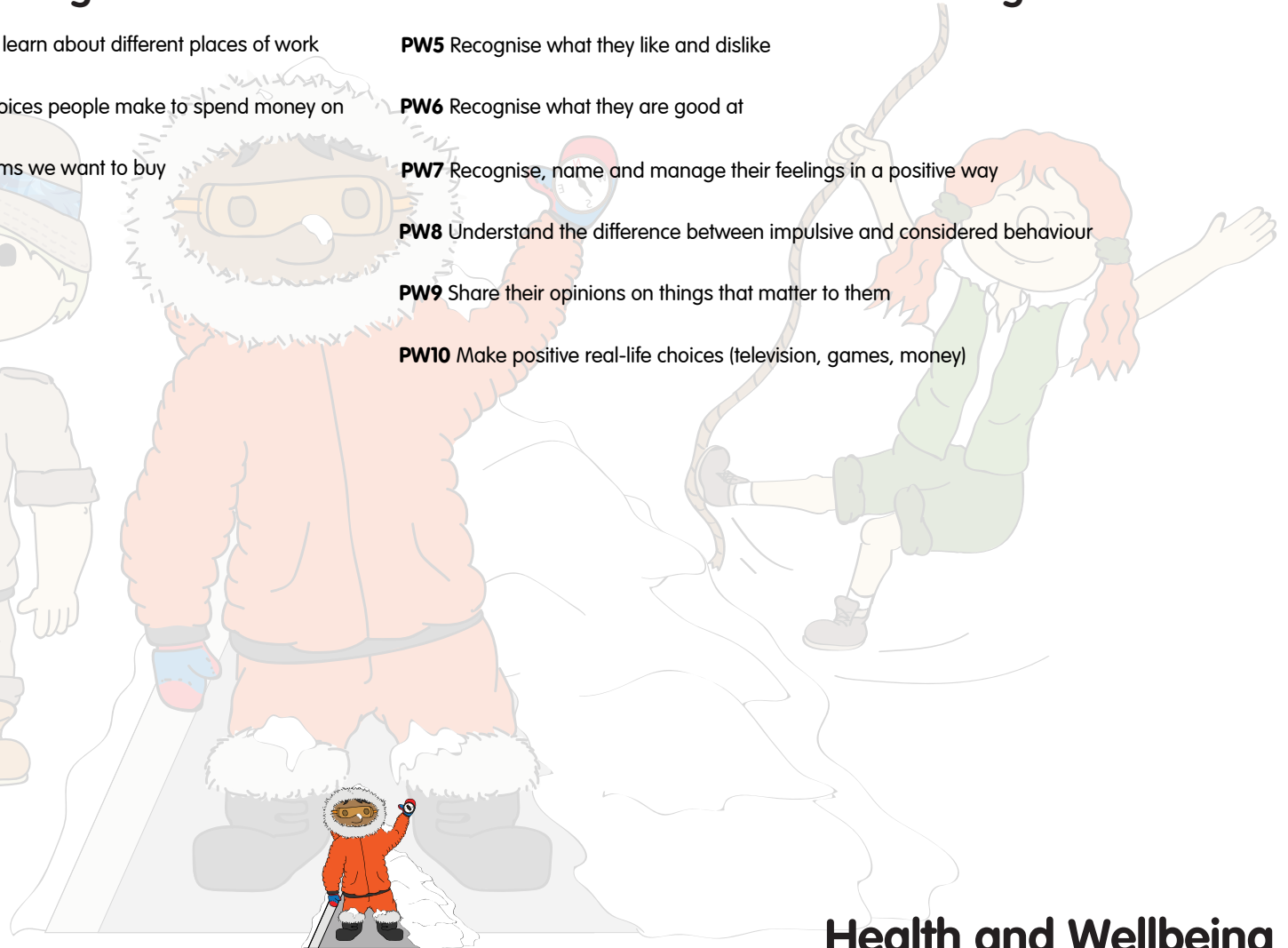
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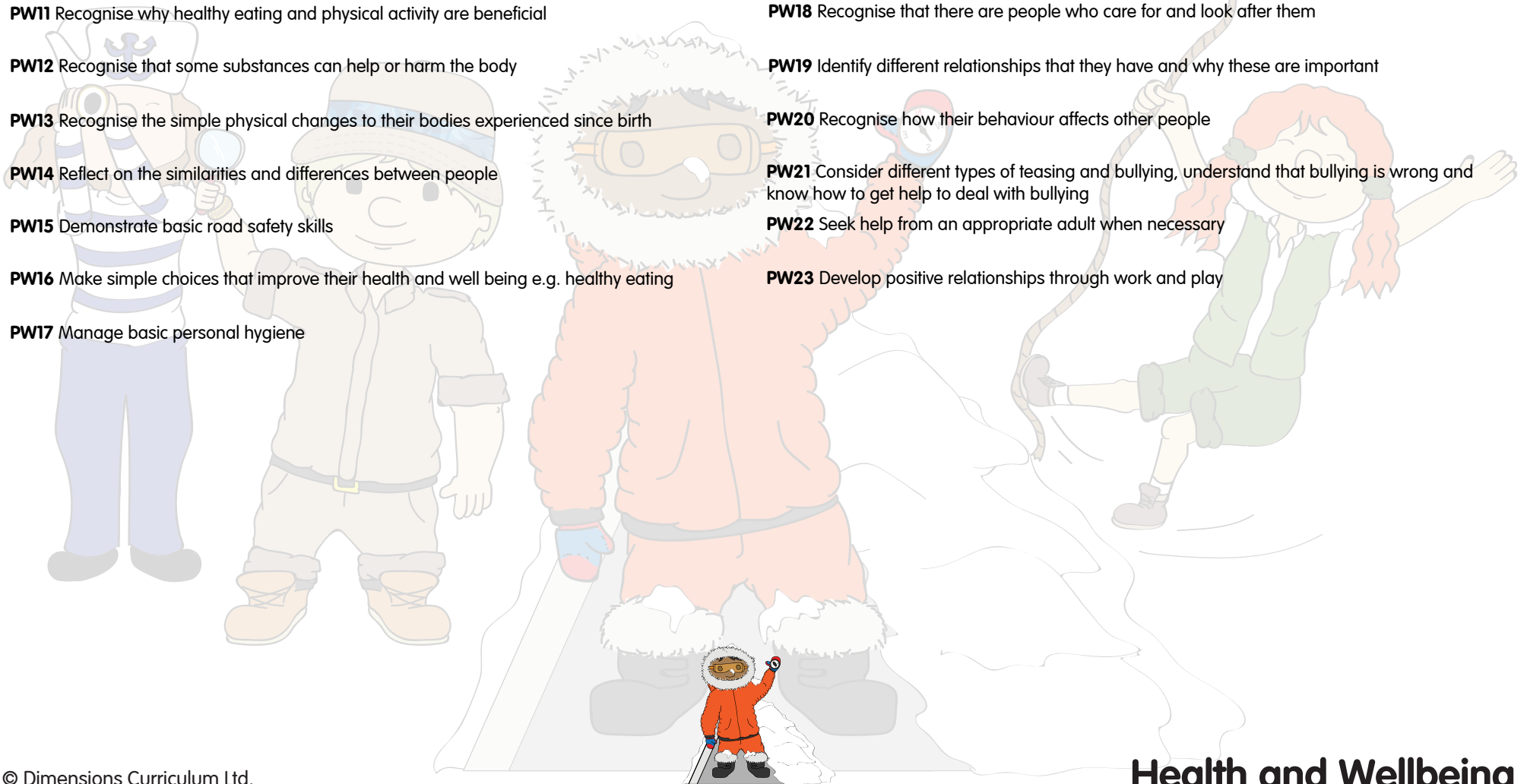
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# Adventurers 1

## Personal Wellbeing Skills Ladder

### 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

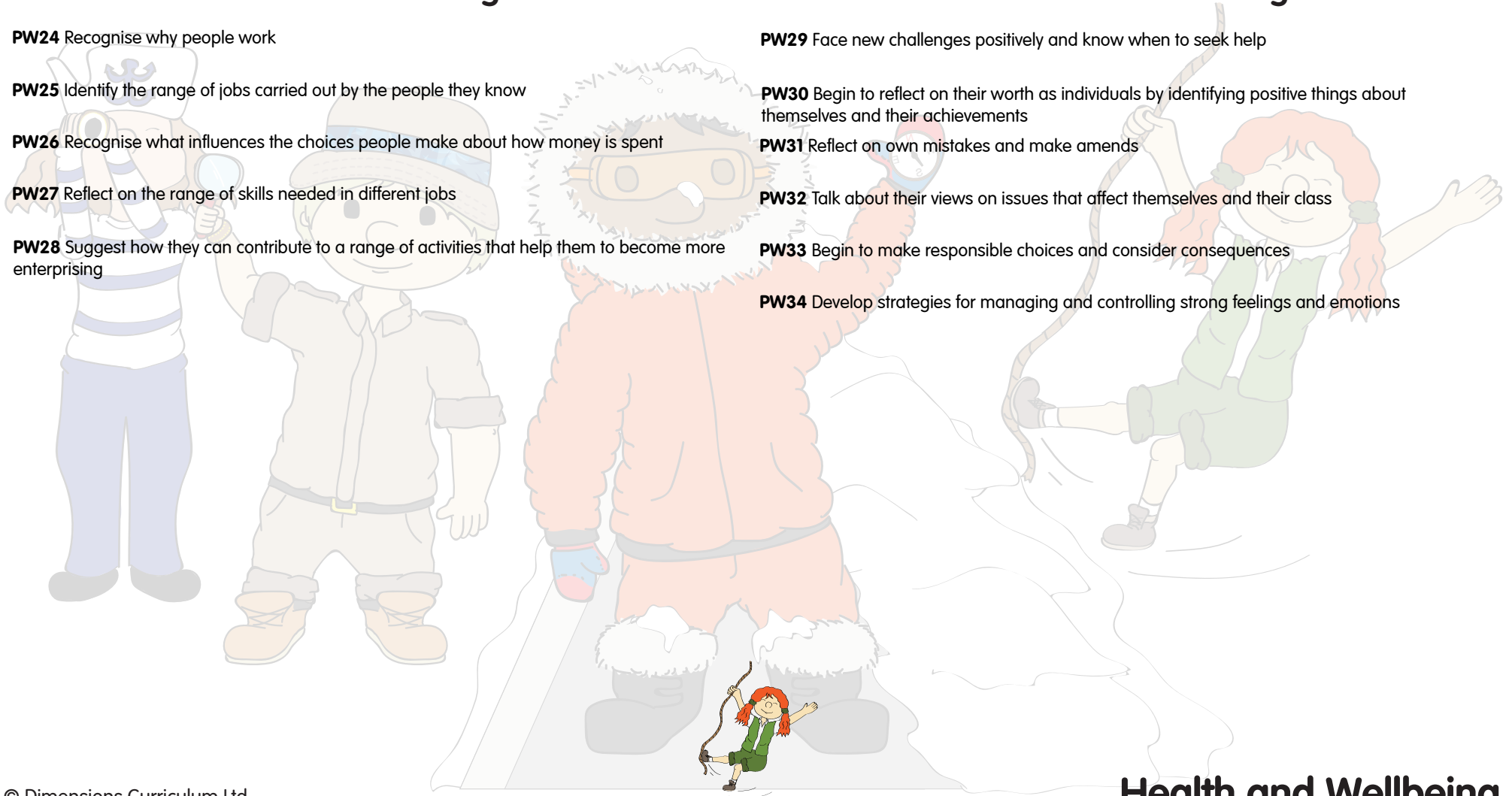
**PW30** Begin to reflect on their worth as individuals by identifying positive things about themselves and their achievements

**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



# Adventurers 1

## Personal Wellbeing Skills Ladder

### 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

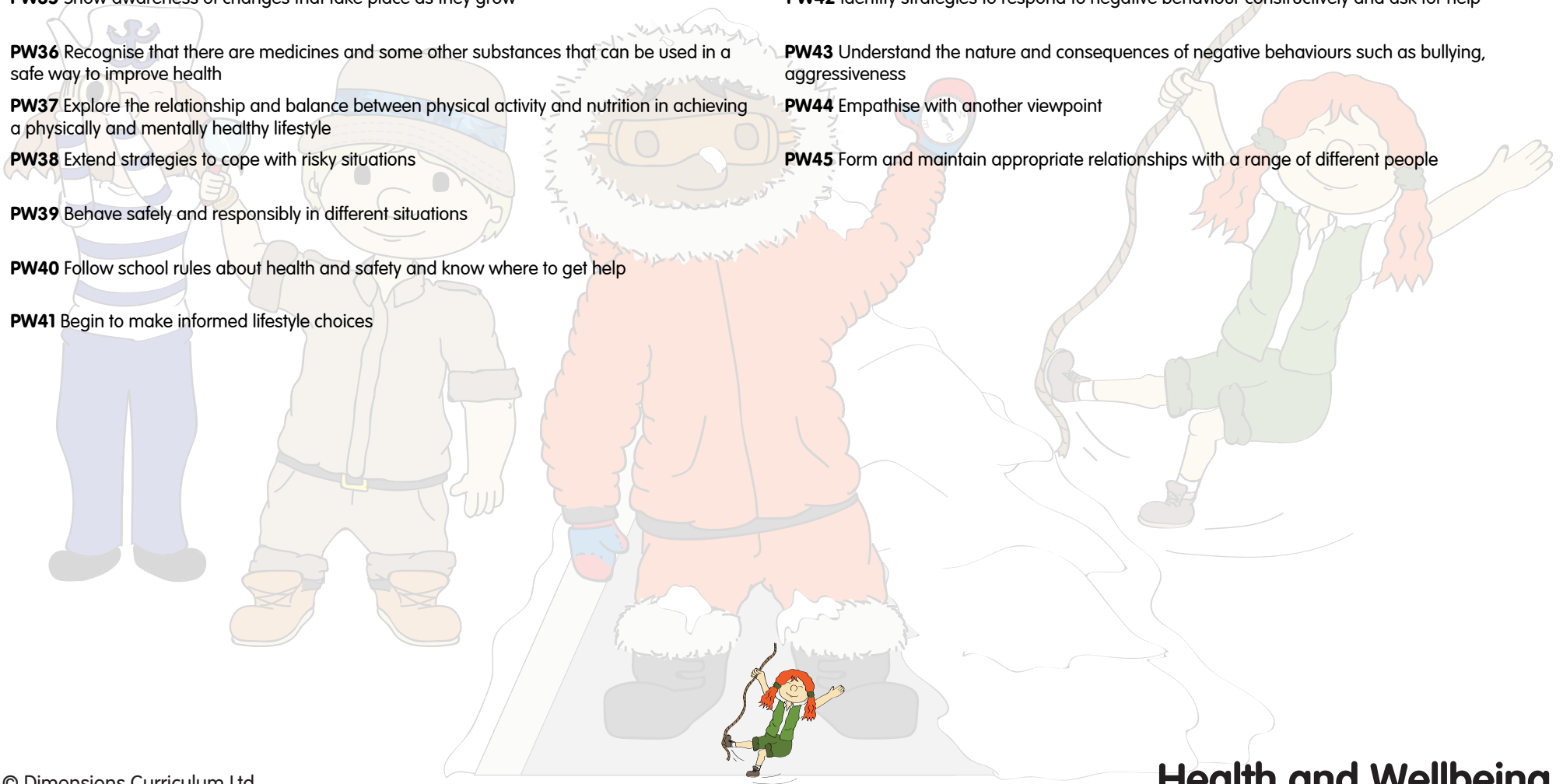
### Relationships

**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



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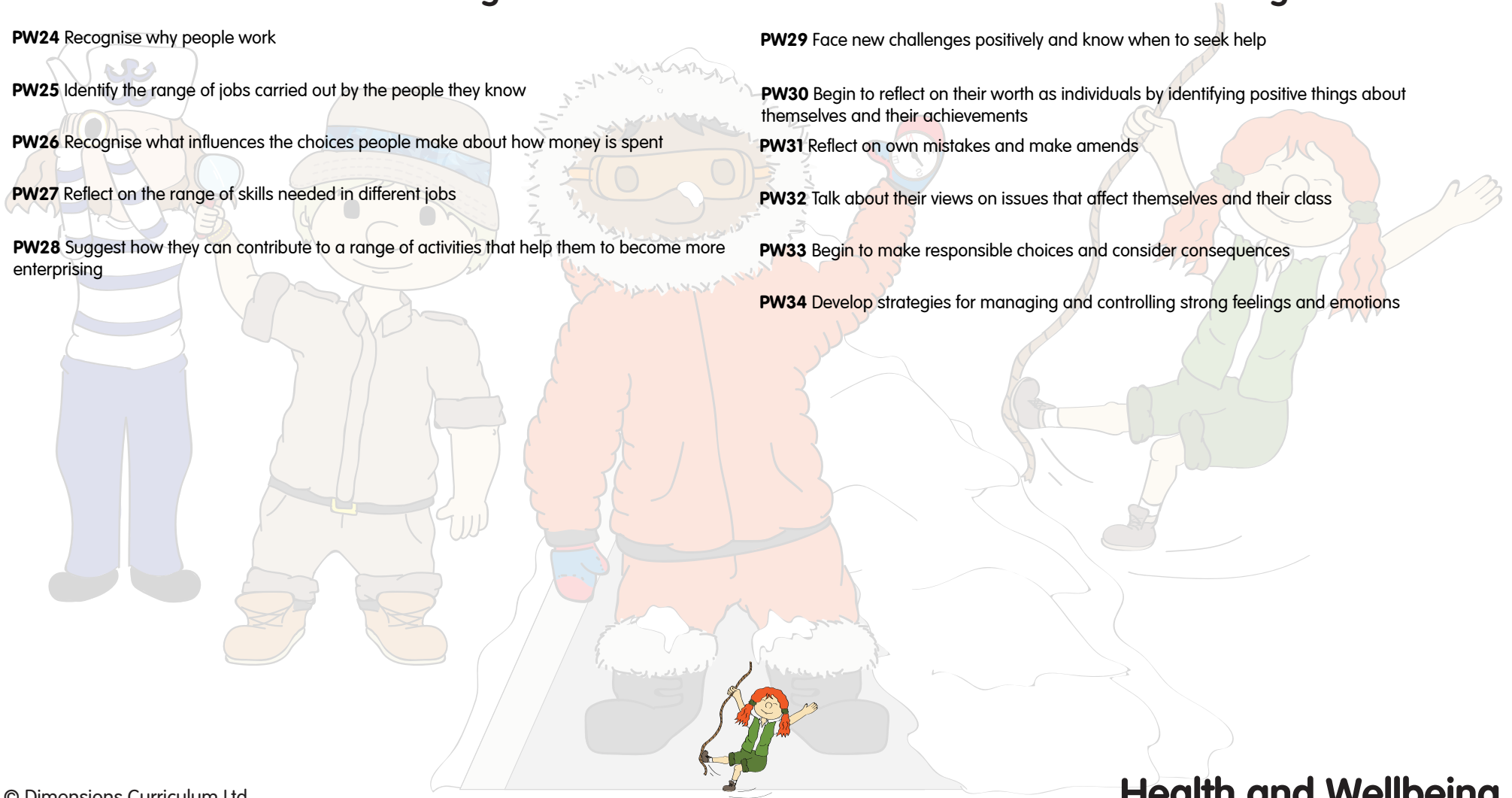
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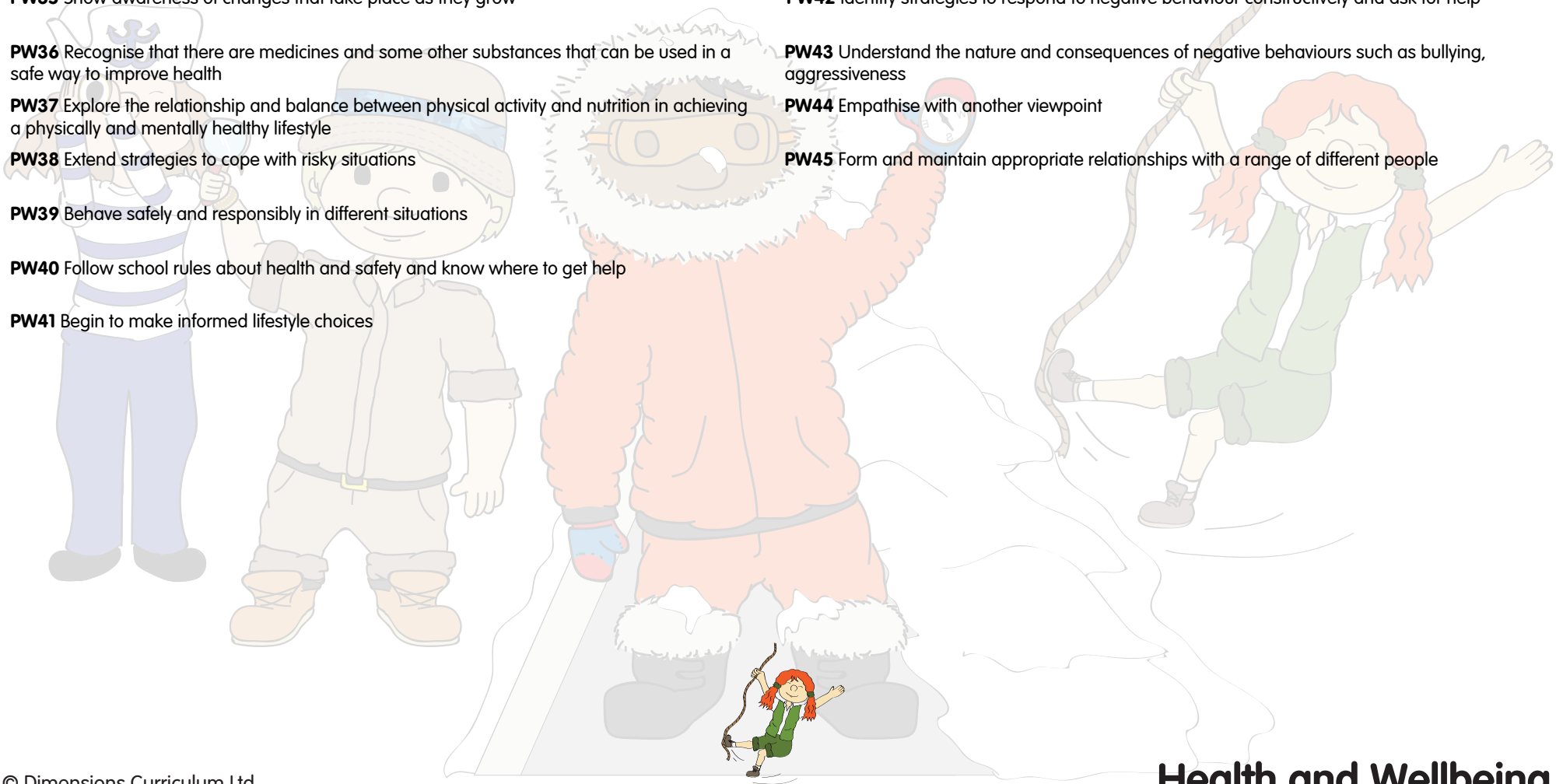
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# Navigators 1

## Personal Wellbeing Skills Ladder

### 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

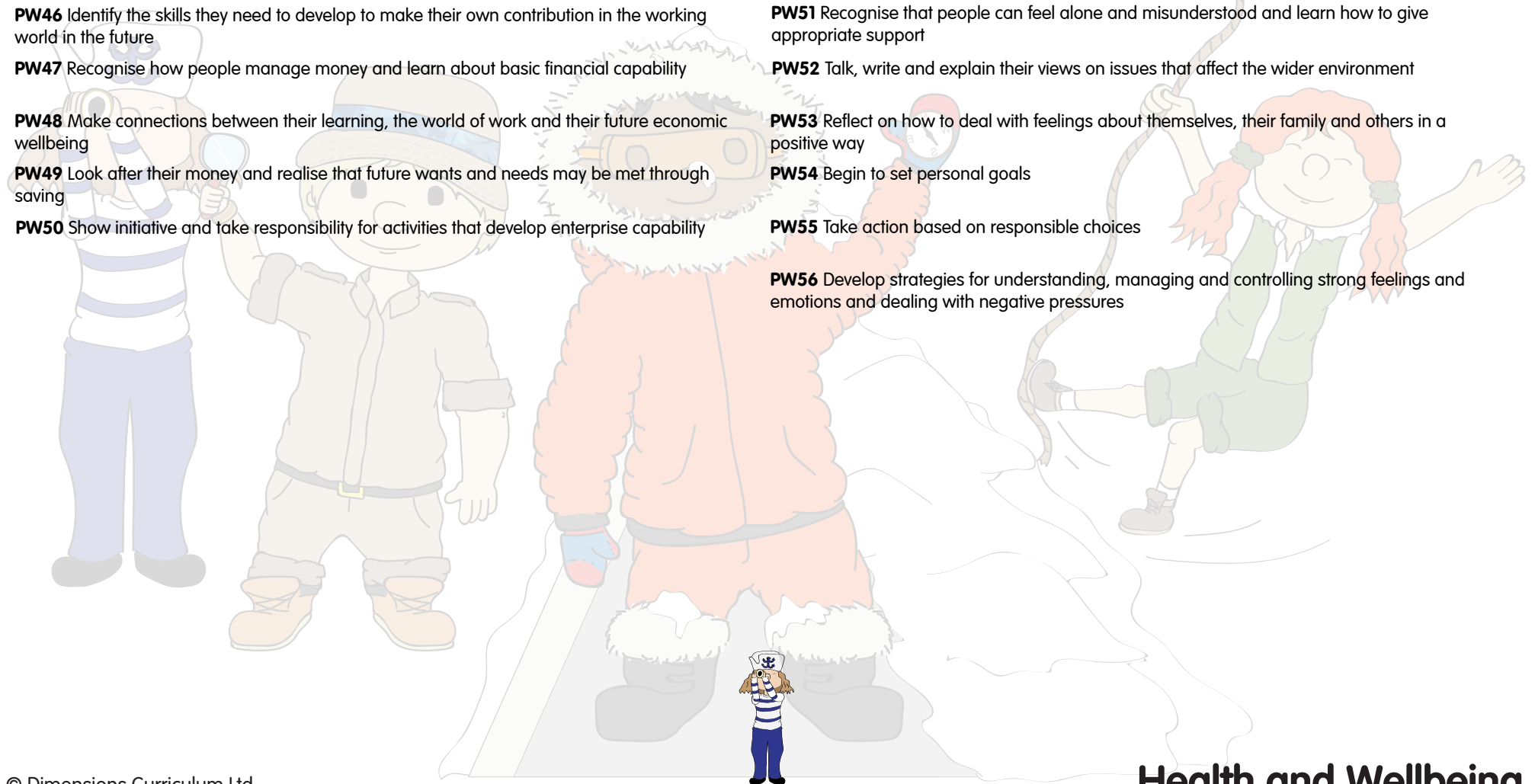
**PW52** Talk, write and explain their views on issues that affect the wider environment

**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



# Navigators 1

## Personal Wellbeing Skills Ladder

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**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

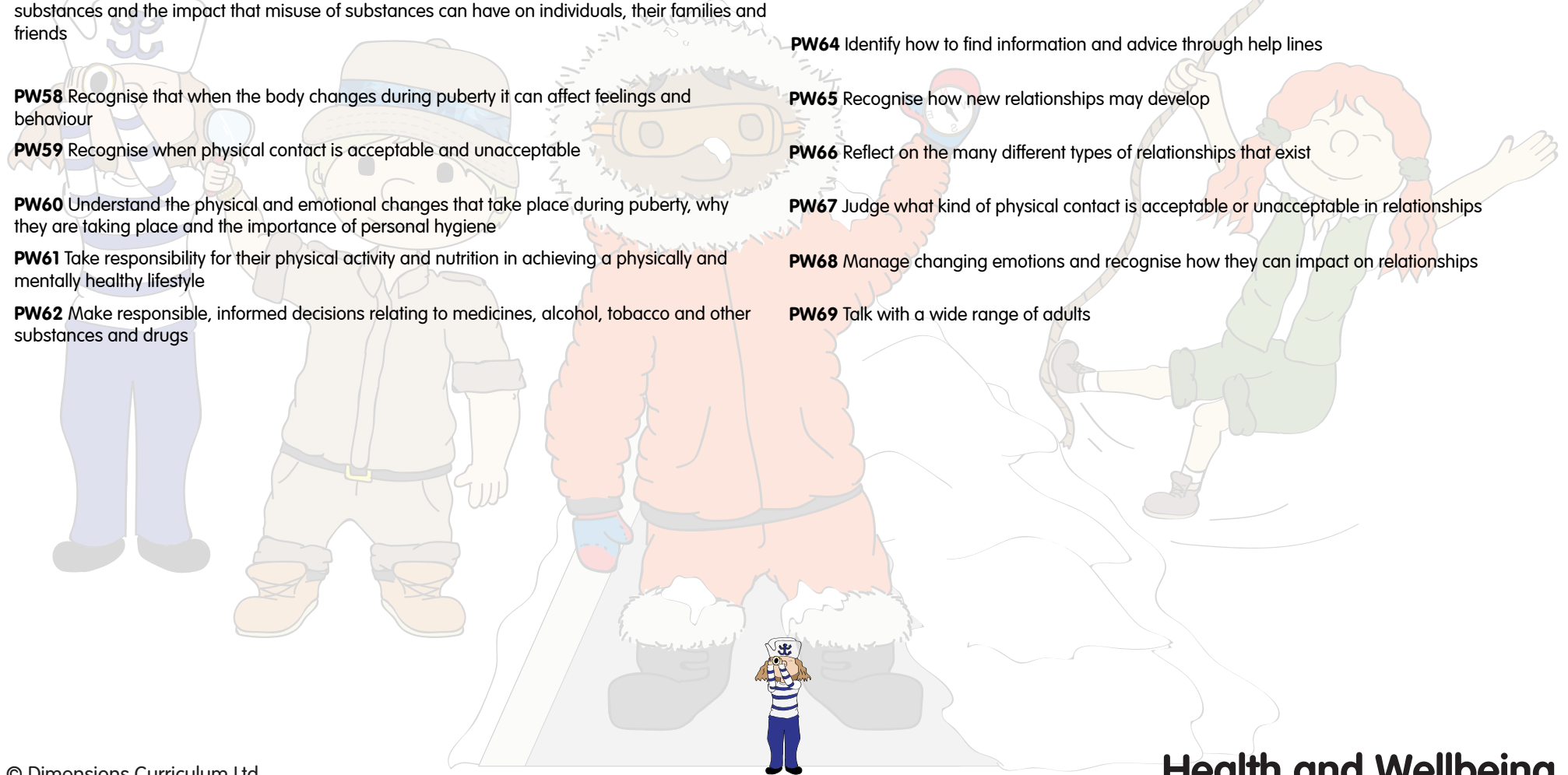
**PW65** Recognise how new relationships may develop

**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



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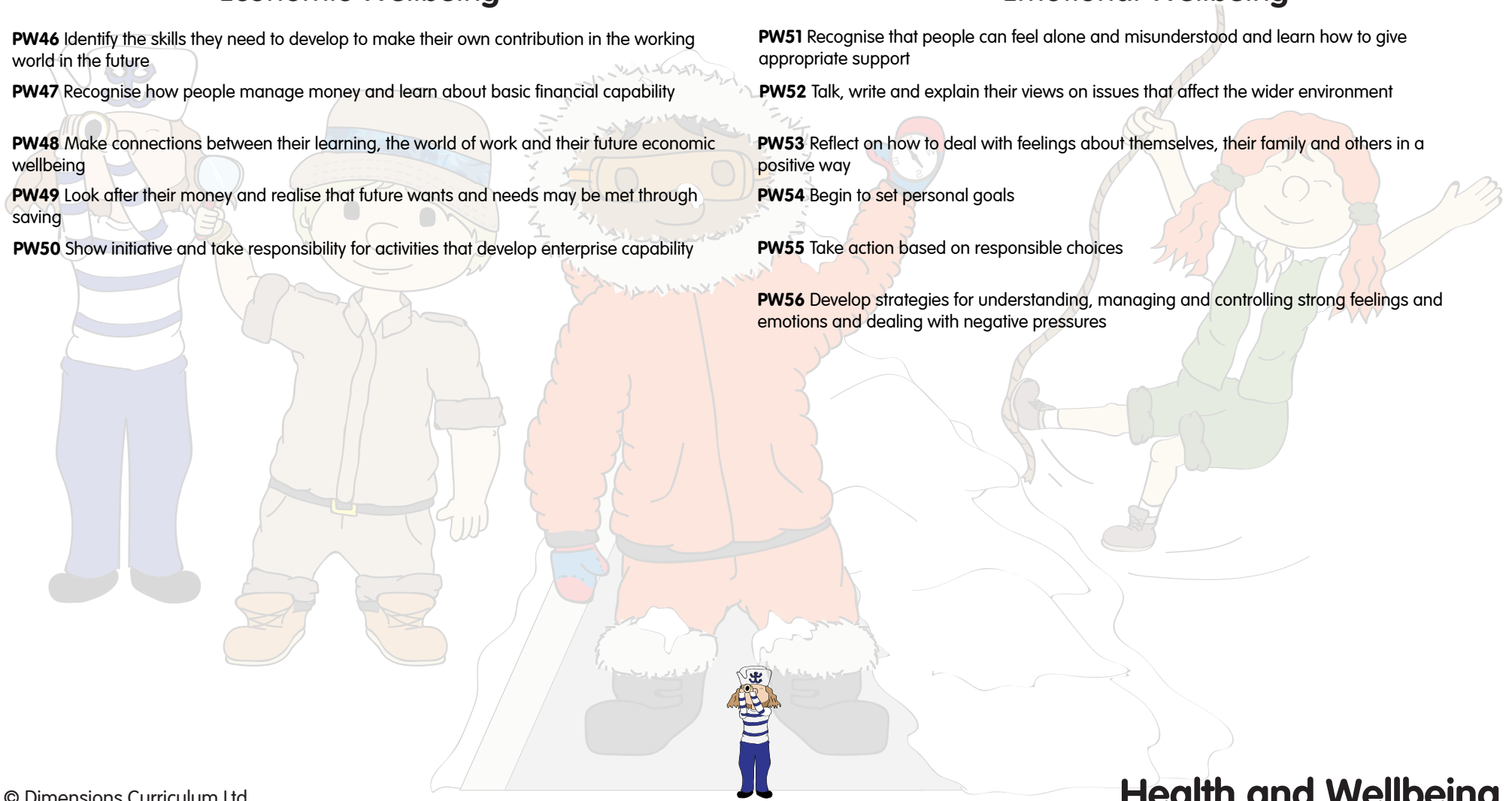
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