PSPE – Identity Scope and Sequence

	Phase 1	Phase 2	Phase 3	Phase 4
Overall expectations	Learners have an awareness of themselves and how they are similar and different to others. They can describe how they have grown and changed, and they can talk about the new understandings and abilities that have accompanied these changes. They demonstrate a sense of competence with developmentally appropriate daily tasks and can identify and explore strategies that help them cope with change. Learners reflect on their experiences in order to inform future learning and to understand themselves better.	Learners understand that there are many factors that contribute to a person's identity and they have an awareness of the qualities, abilities, character and characteristics that make up their own identity. They are able to identify and understand their emotions in order to regulate their emotional responses and behaviour. Learners explore and apply different strategies that help them approach challenges and new situations with confidence.	Learners understand that a person's identity is shaped by a range of factors and that this identity evolves over time. They explore and reflect on the strategies they use to manage change, approach new challenges and overcome adversity. They analyse how they are connected to the wider community and are open to learning about others. Learners use their understanding of their own emotions to interact positively with others. They are aware that developing self-reliance and persisting with tasks independently will support their efforts to be more autonomous learners.	Learners understand that the physical changes they will experience at different stages in their lives affect their evolving identities. They understand that the values, beliefs and norms within society can impact on an individual's self-concept and self-worth. Learners understand that being emotionally aware helps them to manage relationships. They recognize and describe how a sense of self-efficacy contributes to human accomplishments and personal well-being. Learners apply and reflect on strategies that develop resilience and, in particular, help them to cope with change, challenge and adversity in their lives
Conceptual understandings	• Each person is an individual. • As people grow and change they develop new skills, understandings and abilities. • Emotions, attitudes and beliefs influence the way we act. • Positive thoughts help us to develop a positive attitude. • Knowing how we are similar to and different from others helps shape our understanding of self. • Reflecting on our experiences helps us to understand ourselves better. • Developing independence builds • self-worth and personal responsibility.	• There are many factors that contribute to a person's individual identity. • Understanding and respecting other peoples' perspectives helps us to develop empathy. • Identifying and understanding our emotions helps us to regulate our behaviour. • A positive attitude helps us to overcome challenges and approach problems. • A person's self-concept can change and grow with experience. • Using self- knowledge allows us to embrace new situations with confidence. • Different challenges and situations require different strategies.	• A person's identity evolves as a result of many cultural influences. • A person's self-concept is influenced by how others regard and treat him or her. • Embracing and developing optimism helps us to have confidence in ourselves and our future. • Understanding ourselves helps us to understand and empathize with others. • Self-efficacy influences the way people feel, think and motivate themselves, and behave. • Reflecting on the strategies we use to manage change and face challenges helps us to develop new strategies to cope with adversity. • Increasing our self-reliance and persisting with tasks independently supports our efforts to be more autonomous.	• Many different and conflicting cultures influence identity formation. • The physical changes people experience at different stages in their lives affect their evolving identities. • Stereotyping or prejudging can lead to misconceptions and conflict. • The values, beliefs and norms of a society can impact on an individual's self-concept and self-worth. • Being emotionally aware helps us to manage relationships and support each other. • A person's self-worth is reinforced and reflected in engagement with and/or service to others. • A strong sense of self-efficacy enhances human accomplishments and personal well-being. • Coping with situations of change, challenge and adversity develops our resilience.

	Phase 1	Phase 2	Phase 3	Phase 4
Learning outcome	Learners identify themselves in relation to others (for example, family, peers, school class, ethnicity, gender) Learners describe how they have grown and changed Learners describe some physical and personal characteristics and personal preferences Learners talk about similarities and differences between themselves and others Learners identify their feelings and emotions and explain possible causes Learners recognize that others have emotions, feelings and perspectives that may be different from their own Learners identify and explore strategies that help them to cope with change Learners identify positive thoughts and attitudes in themselves and others Learners willingly approach and persevere with new situations Learners reflect on their experiences in order to build a deeper understanding of self Learners demonstrate a sense of competence with developmentally appropriate daily tasks and seek support to develop independence.	Learners describe similarities and differences between themselves and others through the exploration of cultures, appearance, gender, ethnicity, and personal preferences Learners describe how personal growth has resulted in new skills and abilities Learners explain how different experiences can result in different emotions Learners identify feelings and begin to understand how these are related to behaviour Learners express hopes, goals and aspirations Learners solve problems and overcome difficulties with a sense of optimism Learners examine possible strategies to deal with change, including thinking flexibly and reaching out to seek help Learners recognize others' perspectives and accommodate these to shape a broader view of the world Learners identify and understand the consequences of actions Learners are aware of their emotions and begin to regulate their emotional responses and behaviour Learners reflect on inner thoughts and self-talk Learners demonstrate a positive belief in their abilities and believe they can reach their goals by persevering.	Learners explain how a person's identity is made up of many different things, including membership in different cultures, and that this can change over time Learners examine different factors (heritable and non-heritable) that shape an identity (for example, gender, sexuality, nationality, language group) Learners identify how their attitudes, opinions and beliefs affect the way they act and how those of others also impact on their actions Learners recognize personal qualities, strengths and limitations Learners analyse how they are connected to the wider community Learners reflect on how they cope with change in order to approach and manage situations of adversity Learners reflect on their own cultural influences, experiences, traditions and perspectives, and are open to those of others Learners use understanding of their own emotions to interact positively with others Learners embrace optimism to shape a positive attitude towards themselves and their future Learners explain how self-talk can influence their behaviour and their approach to learning Learners motivate themselves intrinsically and behave with belief in themselves Learners work and learn with increasing independence.	Learners examine the complexity of their own evolving identities Learners recognize how a person's identity affects self-worth Learners recognize how a person's identity affects how they are perceived by others and influences interactions Learners analyse how society can influence our concept of self-worth (for example, through the media and advertising) Learners identify how aspects of a person's identity can be expressed through symbols, spirituality, dress, adornment, personal attitudes, lifestyle, interests and activities pursued Learners analyse how assumptions can lead to misconceptions Learners recognize, analyse and apply different strategies to cope with adversity Learners accept and appreciate the diversity of cultures, experiences and perspectives of others Learners identify causal relationships and understand how they impact on the experience of individuals and groups Learners use emotional awareness and personal skills to relate to and help others Learners identify how their self-knowledge can continue to support the growth and development of identity Learners understand the role of and strategies for optimism in the development of their own well-being Learners analyse self-talk and use it constructively Learners embrace a strong sense of self-efficacy that enhances their accomplishments, attitudes and personal well-being.