

Progression of Skills

Self-Confidence

	L1	L2	L3	L4	L5	L6
FS	Recognising what confidence looks like – facial expressions	Understanding how we can become more confident -through trying	Knowing what we can do when we want to give up – keep going	Knowing what we can do when we find things tricky – ask others, use technology, look around the room	Recognising confidence in others – facial expressions, body language	Assessment: Explaining how personal confidence has grown at home and school
Year 1	Identifying activities in which we have low, medium or high levels of confidence	Identifying who can support us to have a 'can-do' attitude	Understanding why it's important to become more independent	Understanding the role we can play in completing a team challenge	Completing tasks without the help of a grown-up – 4Bs	Assessment: Identifying how we have become more independent
Year 2	Understanding how others see us	Understanding how we can help others to become more confident and happier	Identifying a previous problem and how it could have been solved	Understanding the benefits of working in a team/ on our own when faced with a challenge	Setting personal targets to complete a challenge	Assessment: Assessing personal progress on a learning journey –including levels of confidence and independence
Year 3	Identifying what confidence means to us	Knowing how our body language can show that we are confident	Recognising a 'can-do' attitude in others – how people overcome setbacks	Having a 'can-do' attitude and pushing ourselves to complete a challenge	Becoming increasingly independent – using dictionaries, electronic devices and reference books	Assessment: Identifying words and phrases that now apply to us that show we have become more confident
Year 4	Explaining why we are awesome – using the '5 whys' to encourage deeper thinking	Using our body language to show that we are confident	Understanding how others develop a 'can-do' attitude through planning	Setting personal targets and pushing ourselves to complete a challenge	Setting others challenges to complete independently	Assessment: Creating a chant, to show how we have become more independent
Year 5	Understanding what confidence means to us – using the confidence meter and confidence wheel	Identifying what we need to be doing now, to become more confident in the future	Understanding how confident body language can help us to be successful- overcoming negative mind chatter and limiting beliefs	Developing positive mind chatter and self-talk to rise to a challenge	Recognising that confidence comes from becoming increasingly independent, being a self-starter, thinking creatively, analysing situations and using self-help techniques	Assessment: Showing that I understand the effect of mind chatter, self-talk and limiting beliefs on my achievements
Year 6	Thinking of ways in which we can be confident in the future – using the '5 hows' to encourage deeper thinking	Creating pep talks – to encourage us to be confident and awesome in the future	Further understanding how self-talk, positive mind chatter and team togetherness can help to overcome a challenge	Considering our personal best when completing a challenge and understanding the importance of intrinsic rewards	Recognising that confidence comes from becoming increasingly independent, being a self-starter, thinking creatively, analysing situations and using self-help techniques. Also understanding that there are times when an adult must be involved if someone's safety is at risk	Assessment: Creating Top Tips to be used in the future at times when we need to be self-confident