



Year Group	Step 1: Introduction	Step 2: Basic Understanding	Step 3: Developing Skills	Step 4: Applying Skills	Step 5: Independent Reflection	Endpoint
Year 1	Identify and describe personal experiences	Recognise and discuss feelings and emotions	Begin to use basic reflective techniques (e.g., drawing, writing)	Apply reflective skills to personal experiences	Reflect on personal growth and changes	Independently reflect and analyse personal experiences
Year 2	Share personal experiences and reflections with others	Explore different perspectives and viewpoints	Develop and use a range of reflective techniques	Apply reflective skills to different contexts	Reflect on personal values and beliefs	Independently analyse personal experiences and growth
Year 3	Discuss the impact of personal experiences on beliefs and actions	Explore different religious and non-religious perspectives on reflection	Apply reflective skills to analyse and evaluate personal experiences	Apply reflective skills to analyse and evaluate different viewpoints	Reflect on personal growth in relation to religious and non-religious values	Independently analyse and evaluate personal experiences and growth
Year 4	Compare and contrast personal reflections with religious and non-religious perspectives	Examine the role of reflection in different religious and non-religious traditions	Apply reflective skills to critically analyse personal experiences	Apply reflective skills to critically analyse different perspectives	Reflect on personal growth in relation to ethical and moral values	Independently critically analyse personal experiences and growth
Year 5	Articulate personal reflections and their impact on beliefs and actions	Analyse the role of reflection in personal and spiritual development	Apply reflective skills to evaluate personal experiences	Apply reflective skills to evaluate different viewpoints	Reflect on personal growth in relation to spirituality and transcendence	Independently evaluate personal experiences and growth
Year 6	Engage in deep and meaningful personal reflections	Critically evaluate the role of reflection in personal and societal contexts	Apply reflective skills to analyse and evaluate personal experiences	Apply reflective skills to analyse and evaluate different perspectives	Reflect on personal growth in relation to meaning and purpose in life	Independently analyse, and evaluate personal experiences and growth