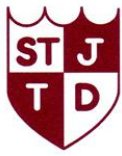




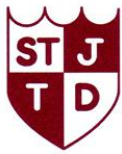
Progression of knowledge and skills in PSHE

		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships	Family	Know families are important because they give love. Identify important people in their family.	Recognise that other families may look different from their family.	Understand that families are characterized by love and care.	Understand characteristics of healthy family life—time together, protection, care, overcoming difficulties, commitment.	Know that caring relationships are at the heart of families and these are important because they give stability.	Recognise if family relationships make them feel unhappy or unsafe. Know how to seek help.
	Friends	Know how friendships make use feel happy and secure. Identify how people choose and make friends.	Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	Recognise that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	Know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	Know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable.	Know strategies to managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
	Online	Understand that rules are the same in different contexts, including online.	Recognise online bullying as a type of bullying.	Understand that the same principles apply to online relationships as to face-to-face relationships. Know how to respond to and report abuse. Know what is appropriate to say and not to say online.	Understand the importance of respect for others online including when we are anonymous. Know how online information influences our understanding of different people.	Know how to critically consider their online friendships. Know how to identify hate speech online.	Demonstrate awareness of the risks associated with people they have never met. Know how to report hate speech online.
	Healthy relationships	Identify what makes themselves special.	Identify special people and how they should care for each other.	Recognise what makes a positive, healthy friendship and develop skills to form and maintain healthy friendships.	Recognise ways that relationships can be unhealthy and who to talk to if they need help.	Know that civil partnerships and marriage are public demonstrations of commitment between 2 people who love each other and are of legal age to marry.	Know that marriage is freely entered into by 2 people. Know that 2 people can be in a committed relationship without being married. Understand that forced marriage is a crime.
	Respect difference	Identify & respect similarities and differences between people and their families. Understand how and why people use manners in a range of situations. Apply this to everyday life.	Identify & respect similarities and differences between cultures. Identify similarities and difference between types of families and individuals. Understand how and why people show courtesy in a range of situations. Apply this to everyday life.	Recognise different types of relationships—friendships, acquaintances, relatives, immediate family. Understand the importance of respecting others, even when they make different choices or have different preferences.	Recognise similarities and differences between people including different types of disability. Understand the concept of self-respect and how this affects their happiness.	Recognise similarities and differences between people including sexual orientation. Identify practical steps they can take in a range of different contexts to improve or support respectful relationships.	Recognise similarities and differences between people including gender identity. Know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. Understand the importance of permission-seeking and giving in relationships with friends, peers and adults.
	Anti-bullying	Recognise what is fair/unfair, right/wrong. Recognise when people are being unkind, how to respond—who to tell and what to say.	Listen to others. Work and play cooperatively including strategies to resolve simple arguments through negotiation. Recognise types of teasing and bullying, including online, and understand its wrong.	Recognise similarities and differences can arise from a number of factors—family, cultural, ethnicity, racial, religious, disability, age and gender.	Recognise and challenge stereotypes. Realise the nature of discrimination, teasing and bullying. Know how to respond and get help.	Realise the nature of discrimination, teasing, bullying and aggressive behaviours & how to respond and get help.	Identify how to recognise bullying in all forms, including through different types of technology.

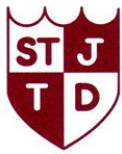


			Know strategies to resist teasing/bullying if they see it—who to go to and how to get help.	Recognise the difference between teasing and bullying.			
	Mental health	Name a range of feelings and identify when they experience them.	Know how to judge if feeling is appropriate/proportionate. Know how to get help.	Identify connection between physical health and mental health.	Identify positive and negative factors that influence mental health. Identify self-care strategies people use to improve mental health.	Understand isolation and loneliness can affect mental health & know who to talk to.	Recognise mental ill health is common and can be resolved if help sought early enough.
	Mental health: Loss, change, bereavement	Identify the feelings associated with losing toys, moving house and changing class.	Identify the feelings associated with losing pets, losing friends and changing class/key stage.	Identify the feelings associated with transition, changing class/key stage.	Identify the feelings associated with separation, divorces and changing class.	Identify the feelings associated with bereavement and changing class.	Identify the feelings associated with changing school.
	Mental health: Transition	Ask questions about their next teacher/classroom.	Identify things that will change and things that will stay the same when they change class.	Identify things they are looking forward to next year and any worries they have.	Understand that everyone feels a range of emotions during transitional points. Identify who they can talk to about any worries they have.	Identify the bigger changes that will happen over the next year.	Identify how the bigger changes that will happen over the next year make them feel. Identify how to deal with these feelings.
	Healthy eating	Identify healthy and unhealthy food. Understand making sugar swaps as a way of making diet healthier. Identify tooth decay as a risk of unhealthy eating.	Know that food can be sorted into food groups. Understand the proportions of each group recommended for a balanced diet. Plan and create a healthy uncooked meal applying this knowledge.	Plan and create a healthy cooked meal based on knowledge of food groups.	Understand how food makes us feel, the social element of eating together and how an absence of food makes us feel.	Identify when they make food choices. Identify healthier alternatives for snacks.	Identify positive and negative influences on food choices, including adverts, social media.
	Exercise	Identify types of exercise they like and know exercise is important to be healthy.	Identify the benefits of exercise on the body.	Identify how exercise can have a positive effect on mental health—understand role of dopamine. Try a new exercise and set goals.	Look at other effects of exercise—teams, competitiveness, new skills.	Try new exercise and identify feelings when learning something new.	Recognise what stops people exercising and make plans for free time during holidays.
	Sleep		Know about the importance of sleep for the body and mind. Understand that lack of sleep can affect mood, appetite, energy levels and ability to learn.				
	Dental health	Know the importance of good dental health. Know the benefits of good oral hygiene and regular dental check ups.					
	Hygiene & health	Know about the spread of germs and how to prevent spread through hand washing.		Know the facts about immunisations children routinely have in UK/other countries and why these are different.			
	Sun exposure			Know about safe and unsafe exposure to the sun. Understand how to reduce the risk of sun damage, including skin cancer.			

Health & Well being



	Online health		Understand benefits of screen time limits.		Identify positive and negative factors that influence mental health, including technology/social media.	Understand the need for a balance between online and offline lives. Know how online information can be manipulated to be presented as fact.	Recognise the role social media plays in how people feel. Understand the benefits of having a digital detox.
	Sex	Know the process of growing from young to old in animals and humans. Identify how people's needs change as they get older.	Know the scientifically correct names for main parts of the body, including external genitalia. Identify similarities and differences between boys and girls. Know what is meant by privacy, the right to keep things private and the importance of respecting others' privacy.	Know about some of the emotional changes associated with puberty. Know that puberty starts at different times for different people. Recognise and challenge gender stereotypes.	Know about some of the physical changes associated with puberty. Know that puberty starts at different times for different people.	Describe menstruation and wet dreams. Know effective ways to manage menstruation and wet dreams and other changes associated with puberty. Know how puberty affects body hygiene.	Know the names for male and female sex cells. Know that sexual intercourse is one part of a sexual relationship between adults. Describe how babies are made. Know what pregnancy is, where it takes place and how long it takes. Understand the roles of both parents in looking after a baby and child.
Safeguarding	Fire		Identify fire hazards. Know what to do in a fire—call 999. Understand risk of playing with matches/lighters. Follow fire plan.	Know how to make a clear call to emergency services.		Understand what damage fire & smoke can cause. Know how to make a fire plan.	
	Gangs	Identify trusted people.	Know when to say 'yes', 'no', 'I don't know'.	Know how pressure to behave unacceptably comes from people we know—peer pressure'.	Know how to and when to ask for help.	Understand how to resist pressure to do something dangerous or unhealthy.	Identify risks and risky behaviour in the local area. Know & understand consequences of antisocial behaviour & how to resist peer pressure.
	First Aid	Know how to and who to ask for help	Recognise they share a responsibility for keeping self and others self	Know how to deal with head injuries.	Know how to put someone in the recovery position.	Know how and when to do CPR.	Know how and when to do CPR.
	Road Safety	Know how to ride a scooter safely in school	Know how to ride a scooter safely on pavements	Know how to cross roads safely as a pedestrian. Understand 'risk', 'danger' & 'hazard'. Recognise, predict & assess risk when crossing roads.	Know how to ride bikes safely in school. Understand the risk of not wearing a helmet.	Know how to ride a bike safely on roads.	Recognise, predict and assess risk when cycling. Know how to stay safe when travelling independently.
	Inappropriate touch	Know difference between secrets & surprises	Know shouldn't keep secrets if relate to being safe.	Understand everyone has the right to protect their body from unwanted/inappropriate touch.	Know who to talk to in the event of unwanted or inappropriate touch.	Know how to get help if worried about self/peers.	Understand laws offer legal protection against unwanted/inappropriate touch.
	Drugs		Identify what is safe and unsafe to put in your body.	Identify symptoms of ill health and who to tell.	Know the facts about legal harmful substances and associated risks with smoking.	Know the facts about legal harmful substances and associated risks with alcohol.	Know the facts about illegal harmful substances and associated risks with drug taking
	Online safety	Understand importance of adult supervision Know what to do if see something online that makes them upset/worried	Knowing what information to keep public/private on the internet Know DVDs/games have age classifications.	Know rules about use of technology. Know how to respond & report to abuse.	Know how to keep self safe in public when using or carrying technology.	Identify responsible use of phones, safe user habits including time limits, passcodes and switching off at night.	Know how to deal with requests for images. Know what is appropriate/inappropriate to share. Know who to ask and how to get help.
	Water safety			Know water-safety rules and demonstrate in swimming lessons.			



Wider World	Online	Help construct & agree to follow class & school rules, including using technology.	Understand how rules help them, including technology rules.	Explore & critique how the media present information. Understand what responsible use of technology looks like.	Critically examine what is presented to them in social media.	Understand why it is important to critically examine information on the internet, how it can mislead eg adverts/reviews/images.	Understand illegal forms of sharing content online. Recognise hate speech online.
	Money	Know that money comes from different sources and can be used for different purposes. Know people can buy things online.	Understand concepts of spending, saving & donating. Know how to keep money safe, including in online banks.	Understand what influences our choices about what to do with money.	Understand what being a critical consumer means. Apply being a critical consumer when shopping by looking at labels and shopping around.	Understand the concepts of interest, loan, debt and tax.	Understand the impact of economic choices on individuals and environments across the world.
	Citizenship	Know that people & living things have rights. Know what harms & improves the local environment. Recognise their responsibilities at home. Help construct & agree to follow class & school rules, including using technology.	Know that everyone has a responsibility to protect the rights of people & living things. Know what harms & improves the natural environment. Develop strategies to care for the natural environment. Recognise their responsibilities at school. Understand how rules help them, including technology rules.	Identify key human rights observed in most countries. Recognise their responsibilities for the environment. Know why and how rules protect them and are made, including online.	Understand children have their own special rights in the UN Declaration. Recognise their responsibilities for their community. Know why and how rules protect them, are made & enforced, including online.	Understand human rights are there to protect everyone and have primacy over national laws. Exercise their responsibilities to protect the local environment. Know why and how different rules are needed in different situations.	Know there are some cultural practices eg FGM which are against British law & human rights. Exercise their responsibilities to contribute to the local community. Know how to take part in making/changing rules.