



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. Spring One Identify important people in their family. Spring One	Recognise that other families may look different from their family. Spring One	Understand that families are characterized by love and care. Spring One	Understand characteristics of healthy family life—time together, protection, care, overcoming difficulties, commitment. Spring One	Know that caring relationships are at the heart of families and these are important because they give stability. Spring One	Recognise if family relationships make them feel unhappy or unsafe. Spring One Know how to seek help. Spring One
	Friends	Know how friendships make use feel happy and secure. Spring One Identify how people choose and make friends. Spring One	Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. Spring One	Recognise that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Spring One	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. Spring One	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. Spring One	Know strategies to managing conflict, how to manage these situations and how to seek help or advice from others, if needed. Spring One
	Online	Understand that rules are the same in different contexts, including online. Spring Two	Recognise online bullying as a type of bullying. Spring Two	Understand that the same principles apply to online relationships as to face-to-face relationships. Know how to respond to and report abuse. Spring Two Know what is appropriate to say and not to say online. Spring Two	Understand the importance of respect for others online including when we are anonymous. Know how online information influences our understanding of different people. Spring Two	Know how to critically consider their online friendships. Know how to identify hate speech online. Spring Two	Demonstrate awareness of the risks associated with people they have never met. Spring One Know how to report hate speech online. Spring Two
	Healthy relationships	Identify what makes themselves special. Spring Two	Identify special people and how they should care for each other. Spring Two	Recognise what makes a positive, healthy friendship and develop skills to form and maintain healthy friendships. Spring Two	Recognise ways that relationships can be unhealthy and who to talk to if they need help. Spring Two	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. Spring Two	Know that marriage is freely entered into by 2 people. Spring Two Know that 2 people can be in a committed relationship without being married. Spring Two Understand that forced marriage is a crime. Spring Two
	Respect difference	Identify & respect similarities and differences between people and their families. Spring Two Understand how and why people use manners in a range of situations. Apply this to everyday life. Spring One	Identify & respect similarities and differences between cultures. Spring Two Identify similarities and difference between types of families and individuals. Spring One Understand how and why people show courtesy in a range of situations. Spring One	Recognise different types of relationships—friendships, acquaintances, relatives, immediate family. Spring Two Understand the importance of respecting others, even when they make different choices or have different preferences. Spring One	Recognise similarities and differences between people including different types of disability. Spring Two Understand the concept of self-respect and how this affects their happiness. Spring One	Recognise similarities and differences between people including sexual orientation. Spring Two Identify practical steps they can take in a range of different contexts to improve or support respectful relationships. Spring One	Recognise similarities and differences between people including gender identity. Spring Two 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. Spring One



			Apply this to everyday life. Spring One				Understand the importance of permission-seeking and giving in relationships with friends, peers and adults. Spring One
	Anti-bullying	Recognise what is fair/unfair, right/wrong. Spring Two Recognise when people are being unkind, how to respond—who to tell and what to say. Spring Two	Listen to others. Spring Two Work and play cooperatively including strategies to resolve simple arguments through negotiation. Spring Two Recognise types of teasing and bullying, including online, and understand its wrong. Spring Two Know strategies to resist teasing/bullying if they see it—who to go to and how to get help. Spring Two	Recognise similarities and differences can arise from a number of factors—family, cultural, ethnicity, racial, religious, disability, age and gender. Spring Two Recognise the difference between teasing and bullying. Spring Two	Recognise and challenge stereotypes. Spring Two Realise the nature of discrimination, teasing and bullying. Spring Two Know how to respond and get help. Spring Two	Realise the nature of discrimination, teasing, bullying and aggressive behaviours & how to respond and get help. Spring Two	Identify how to recognise bullying in all forms, including through different types of technology. Spring Two
Health & Well being	Mental health	Name a range of feelings and identify when they experience them. Summer Two	Know how to judge if feeling is appropriate/ proportionate. Summer Two Know how to get help. Summer Two	Identify connection between physical health and mental health. Summer Two	Identify positive and negative factors that influence mental health. Summer Two Identify self-care strategies people use to improve mental health. Summer Two	Understand isolation and loneliness can affect mental health & know who to talk to. Summer Two	Recognise mental ill health is common and can be resolved if help sought early enough. Summer Two
	Mental health: Loss, change, bereavement	Identify the feelings associated with losing toys, moving house and changing class. Summer One, Summer Two	Identify the feelings associated with losing pets, losing friends and changing class/key stage. Summer One, Summer Two	Identify the feelings associated with transition, changing class/key stage. Summer One, Summer Two	Identify the feelings associated with separation, divorces and changing class. Summer One, Summer Two	Identify the feelings associated with bereavement and changing class. Summer One, Summer Two	Identify the feelings associated with changing school. Summer One, Summer Two
	Mental health: Transition	Ask questions about their next teacher/classroom. Summer Two	Identify things that will change and things that will stay the same when they change class. Summer Two	Identify things they are looking forward to next year and any worries they have. Summer Two	Understand that everyone feels a range of emotions during transitional points. Identify who they can talk to about any worries they have. Summer Two	Identify the bigger changes that will happen over the next year. Summer Two	Identify how the bigger changes that will happen over the next year make them feel. Summer Two Identify how to deal with these feelings. Summer Two
	Healthy eating	Identify healthy and unhealthy food. Summer Two Understand making sugar swaps as a way of making diet healthier. Summer Two Identify tooth decay as a risk of unhealthy eating. Summer Two	Know that food can be sorted into food groups. Summer Two Understand the proportions of each group recommended for a balanced diet. Summer Two Plan and create a healthy uncooked meal applying this knowledge. Summer Two	Plan and create a healthy cooked meal based on knowledge of food groups. Summer Two	Understand how food makes us feel, the social element of eating together and how an absence of food makes us feel. Summer Two	Identify when they make food choices. Summer Two Identify healthier alternatives for snacks. Summer Two	Identify positive and negative influences on food choices, including adverts, social media. Summer Two
	Exercise	Identify types of exercise they like	Identify the benefits of exercise on	Identify how exercise can have a	Look at other effects of exercise—	Try new exercise and identify	Recognise what stops people

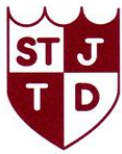


	and know exercise is important to be healthy. Summer Two	the body. Summer Two	positive effect on mental health— understand role of dopamine. Summer Two Try a new exercise and set goals Summer Two .	teams, competitiveness, new skills. Summer Two	feelings when learning something new. Summer Two	exercising and make plans for free time during holidays. Summer Two
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. Summer Two				
Dental health	Know the importance of good dental health. Know the benefits of good oral hygiene and regular dental check ups. Summer Two					
Hygiene & health	Know about the spread of germs and how to prevent spread through hand washing. Summer Two		Know the facts about immunisations children routinely have in UK/other countries and why these are different. Summer Two			
Sun exposure			Know about safe and unsafe exposure to the sun. Understand how to reduce the risk of sun damage, including skin cancer. Summer Two			
Online health		Understand benefits of screen time limits. Summer Two		Identify positive and negative factors that influence mental health, including technology/social media. Summer Two	Understand the need for a balance between online and offline lives. Summer Two Know how online information can be manipulated to be presented as fact. Summer Two	Recognise the role social media plays in how people feel. Summer Two Understand the benefits of having a digital detox. Summer Two
Sex	Know the process of growing from young to old in animals and humans. Identify how people's needs change as they get older. Summer One	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. Summer One	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. Summer One	Know about some of the physical changes associated with puberty. Know that puberty starts at different times for different people. Summer One	Describe menstruation and wet dreams. Summer One Know effective ways to manage menstruation and wet dreams and other changes associated with puberty. Summer One Know how puberty affects body hygiene. Summer One	Know the names for male and female sex cells. Summer One Know that sexual intercourse is one part of a sexual relationship between adults. Summer One Describe how babies are made. Summer One Know what pregnancy is, where it takes place and how long it takes. Summer One Understand the roles of both parents in looking after a baby and child.



						Summer One
Fire		Identify fire hazards. Know what to do in a fire—call 999. Understand risk of playing with matches/lighters. Follow fire plan. Autumn Two	Know how to make a clear call to emergency services. Autumn Two		Understand what damage fire & smoke can cause. Know how to make a fire plan. Autumn Two	
Gangs	Identify trusted people. Autumn Two	Know when to say 'yes', 'no', 'I don't know'. Autumn Two	Know how pressure to behave unacceptably comes from people we know—'peer pressure'. Autumn Two	Know how to and when to ask for help. Autumn Two	Understand how to resist pressure to do something dangerous or unhealthy. Autumn Two	Identify risks and risky behaviour in the local area. Autumn Two Know & understand consequences of antisocial behaviour & how to resist peer pressure. Autumn Two
First Aid	Know how to and who to ask for help Autumn Two	Recognise they share a responsibility for keeping self and others self Autumn Two	Know how to deal with head injuries. Autumn Two	Know how to put someone in the recovery position. Autumn Two	Know how and when to do CPR. Autumn Two	Know how and when to do CPR. Autumn Two
Road Safety		Know how to ride a scooter safely on pavements Summer One	Know how to cross roads safely as a pedestrian. Spring Two Understand 'risk', 'danger' & 'hazard'. Spring Two Recognise, predict & assess risk when crossing roads. Spring Two		Know how to ride a bike safely on roads. Autumn Two Understand the risk of not wearing a helmet. Autumn Two	Recognise, predict and assess risk when cycling. Autumn Two Know how to stay safe when travelling independently. Autumn Two, Summer Two
Inappropriate touch	Know difference between secrets & surprises Autumn Two	Know shouldn't keep secrets if relate to being safe. Autumn Two	Understand everyone has the right to protect their body from unwanted/inappropriate touch. Autumn Two	Know who to talk to in the event of unwanted or inappropriate touch. Autumn Two	Know how to get help if worried about self/peers. Autumn Two	Understand laws offer legal protection against unwanted/inappropriate touch. Autumn Two
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 Autumn Two, Spring One Know what to do if see something online that makes them upset/worried Autumn Two, Spring One	Knowing what information to keep public/private on the internet Autumn Two, Spring One Know DVDs/games have age classifications. Autumn Two, Spring One	Know rules about use of technology. Know how to respond & report to abuse. Autumn Two, Spring One	Know how to keep self safe in public when using or carrying technology. Autumn Two, Spring One	Identify responsible use of phones, safe user habits including time limits, passcodes and switching off at night. Autumn Two, Spring One	Know how to deal with requests for images. Autumn Two, Spring One Know what is appropriate/inappropriate to share. Autumn Two, Spring One Know who to ask and how to get help. Autumn Two, Spring One
Water safety			Know water-safety rules and demonstrate in swimming lessons. Summer One, Summer Two	Know water-safety rules and demonstrate in swimming lessons. Spring One, Spring Two	Know water-safety rules and demonstrate in swimming lessons. Autumn One, Autumn Two	

Safeguarding



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