

# Progression of Knowledge and Skills: PSHE/ RSE



## Families and relationships

	Years 1/2	Years 3/4	Years 5/6
<b>Families</b>	<ul style="list-style-type: none"> <li>-To understand that families look after us.</li> <li>-To know some words to describe how people are related (eg. aunty, cousin)</li> <li>-To know that some information about me and my family is personal.</li> <li>-To know that families can be made up of different people.</li> <li>-To know that families may be different to my family.</li> </ul>	<ul style="list-style-type: none"> <li>- To know that families are varied in the UK and across the world.</li> <li>-To know that I can talk to trusted adults or services such as Childline if I experience family problems.</li> </ul>	<ul style="list-style-type: none"> <li>- To know that marriage is a legal commitment and is a choice people can make.</li> <li>-To know that if I have a problem, I can call ChildLine on 0800 1111.</li> </ul>
<b>Friendships</b>	<ul style="list-style-type: none"> <li>- To understand some characteristics of a positive friendship.</li> <li>-To understand that friendships can have problems but that these can be overcome.</li> <li>-To know some problems which might happen in friendships.</li> <li>-To understand that some problems in friendships might be more serious and need addressing</li> </ul>	<ul style="list-style-type: none"> <li>-To know that violence is never the right way to solve a friendship problem.</li> <li>-To know that bullying can be physical or verbal.</li> <li>-To know that bullying is repeated, not a one-off event.</li> <li>-To understand the different roles related to bullying including victim, bully and bystander.</li> <li>-To understand that everyone has the right to decide what happens to their body</li> </ul>	<ul style="list-style-type: none"> <li>- To know what attributes and skills make a good friend.</li> <li>-To understand what might lead to someone bullying others.</li> <li>-To know what action a bystander can take when they see bullying.</li> <li>-To know that a conflict is a disagreement or argument and can occur in friendships.</li> <li>-To understand the concepts of negotiation and compromise.</li> </ul>
<b>Respectful relationships</b>	<ul style="list-style-type: none"> <li>-To know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only.</li> <li>-To understand some ways people show their feelings.</li> <li>-To understand what good manners are.</li> <li>-To understand some gender stereotypes related to jobs.</li> </ul>	<ul style="list-style-type: none"> <li>- To understand that there are similarities and differences between people.</li> <li>-To understand some stereotypes related to age.</li> <li>-To understand some stereotypes related to disability.</li> <li>-To know that trust is being able to rely on someone and it is an important part of relationships.</li> <li>-To understand the courtesy and manners which are expected in different scenarios.</li> <li>-To know the signs of a good listening.</li> </ul>	<ul style="list-style-type: none"> <li>-To understand what respect is.</li> <li>-To understand that everyone deserves respect but respect can be lost.</li> <li>-To know that stereotypes can be unfair, negative and destructive.</li> <li>-To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.</li> <li>-To understand that stereotypes can lead to bullying and discrimination</li> <li>-To understand that positive attributes are the good qualities that someone has.</li> </ul>
<b>Change and loss</b>	<ul style="list-style-type: none"> <li>-To know that there are ways we can remember people or events.</li> </ul>	<ul style="list-style-type: none"> <li>- To know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.</li> </ul>	<ul style="list-style-type: none"> <li>-To understand that loss and change can cause a range of emotions.</li> <li>-To know that grief is the process people go through when someone close to them dies.</li> </ul>

# Health and wellbeing

	Years 1/2	Years 3/4	Years 5/6
<b>Health and prevention</b>	<ul style="list-style-type: none"> <li>- To understand we can limit the spread of germs by having good hand hygiene.</li> <li>-To know the five S's for sun safety: slip, slop, slap, shade, sunglasses.</li> <li>-To know that certain foods and other things can cause allergic reactions in some people.</li> <li>-To know that food and drinks with lots of sugar are bad for my teeth.</li> </ul>	<ul style="list-style-type: none"> <li>- To understand ways to prevent tooth decay.</li> <li>-To know key facts about dental health.</li> </ul>	<ul style="list-style-type: none"> <li>- To understand the risks of sun exposure.</li> <li>-To understand that vaccinations can give us protection against disease.</li> <li>-To know that changes in the body could be possible signs of illness.</li> </ul>
<b>Physical health and wellbeing</b>	<ul style="list-style-type: none"> <li>- To know that sleep helps my body to repair itself, to grow and restores my energy.</li> <li>-To understand the importance of exercise to stay healthy.</li> <li>-To understand the balance of foods we need to keep healthy.</li> <li>-To know that breathing techniques can be a useful strategy to relax.</li> </ul>	<ul style="list-style-type: none"> <li>- To understand the positive impact relaxation can have on the body.</li> <li>-To know that visualisation means creating an image in our heads.</li> <li>-To know the different food groups and how much of each of them we should have to have a balanced diet.</li> </ul>	<ul style="list-style-type: none"> <li>-To know that relaxation stretches can help us to relax and de-stress.</li> <li>-To know that calories are the unit that we use to measure the amount of energy certain foods give us.</li> <li>-To know that what we do before bed can affect our sleep quality.</li> <li>-To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health).</li> <li>-To know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits.</li> </ul>
<b>Mental health</b>	<ul style="list-style-type: none"> <li>-To know the words to describe some positive and negative emotions.</li> <li>-To know that we can feel more than one emotion at a time.</li> <li>-To know that strengths are things we are good at.</li> <li>-To know that qualities describe what we are like.</li> <li>-To know that a growth mindset means being positive about challenges and finding ways to overcome them.</li> </ul>	<ul style="list-style-type: none"> <li>-To understand that mistakes can help us to learn.</li> <li>-To understand the importance of belonging.</li> <li>-To understand what being lonely means and that it is not the same as being alone.</li> <li>-To know that different job roles need different skills and so some roles may suit me more than others.</li> <li>-To know that it is normal to experience a range of emotions.</li> <li>-To know that mental health refers to our emotional wellbeing, rather than physical.</li> <li>-To know who can help if we are worried about our own or other people's mental health.</li> <li>-To understand what a problem or barrier is and that these can be overcome.</li> </ul>	<ul style="list-style-type: none"> <li>-To understand what can cause stress.</li> <li>-To understand that failure is an important part of success.</li> <li>-To understand that a number of factors contribute to my mental health (Diet, exercise, rest/relaxation).</li> <li>-To know the effects technology can have on mental health.</li> </ul>

# Safety and the changing body

	Years 1/2	Years 3/4	Years 5/6
<b>Being safe (including online)</b>	<ul style="list-style-type: none"> <li>-To know that some types of physical contact are never appropriate.</li> <li>-To know the PANTS rule.</li> <li>-To understand the difference between secrets and surprises.</li> <li>-To know what to do if I get lost.</li> <li>-To know that a hazard is something which could cause an accident or injury.</li> <li>-To know that I should tell an adult if I see something which makes me uncomfortable online.</li> <li>-To know the rules for crossing the road safely.</li> </ul>	<ul style="list-style-type: none"> <li>- Developing skills as a responsible digital citizen.</li> <li>-To understand that there are risks to sharing things online.</li> <li>-To know the difference between private and public.</li> <li>-To understand that cyberbullying is bullying which takes place online.</li> <li>-To know the signs that an email might be fake.</li> <li>-Developing skills as a responsible digital citizen.</li> </ul>	<ul style="list-style-type: none"> <li>-To know the steps to take before sending a message online (using the THINK mnemonic).</li> <li>-To know some of the possible risks online.</li> <li>-To understand that online relationships should be treated in the same way as face to face relationships.</li> <li>-To know where to get help with online problems.</li> </ul>
<b>Drugs, alcohol and tobacco</b>	<ul style="list-style-type: none"> <li>-To know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure.</li> <li>-To know that medicine can help us when we are ill.</li> <li>-To understand that we should only take medicines when a trusted adult says we can.</li> </ul>	<ul style="list-style-type: none"> <li>- To understand that other people can influence our choices.</li> <li>-To understand the risks associated with smoking tobacco.</li> </ul>	<ul style="list-style-type: none"> <li>- To know some strategies I can use to overcome pressure from others and make my own decisions.</li> <li>-To understand the risks associated with drinking alcohol.</li> </ul>
<b>The changing adolescent body</b>	<ul style="list-style-type: none"> <li>-To know the names of parts of my body including private parts</li> </ul>	<ul style="list-style-type: none"> <li>-To understand the physical changes to both male and female bodies as people grow from children to adults.</li> </ul>	<ul style="list-style-type: none"> <li>- To understand the process of the menstrual cycle.</li> <li>-To know the names of the external sexual parts of the body and the internal reproductive organs.</li> <li>-To know that puberty happens at different ages for different people.</li> <li>-To understand how a baby is conceived and develops.</li> </ul>
<b>Basic first aid</b>	<ul style="list-style-type: none"> <li>-To know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened.</li> <li>-To know that the emergency services are the police, fire service and the ambulance service.</li> </ul>	<ul style="list-style-type: none"> <li>-To know that it is important to maintain the safety of myself and others, before giving first aid.</li> <li>-To know that bites or stings can sometimes cause an allergic reaction.</li> <li>-To know that asthma is a condition which causes the airways to narrow.</li> </ul>	<ul style="list-style-type: none"> <li>-To know how to assess a casualty's condition.</li> <li>-To know how to conduct a primary survey (using DRSABC).</li> </ul>

# Citizenship

	Years 1/2	Years 3/4	Years 5/6
How can we be good citizens?	<ul style="list-style-type: none"> <li>-To know the rules in school.</li> <li>-To understand that people are all different.</li> <li>-To know some of the different places where rules apply.</li> <li>-To understand that everyone has similarities and differences.</li> <li>-To know that some rules are made to be followed by everyone and are known as 'laws'.</li> <li>-To know some of the jobs people do to look after the environment in school and the local community.</li> <li>-To know that different pets have different needs.</li> <li>-To understand the needs of younger children and that these change over time.</li> <li>-To know that voting is a fair way to make a decision.</li> <li>-To understand how democracy works in school through the school council.</li> </ul>	<ul style="list-style-type: none"> <li>-To understand how recycling can have a positive impact on the environment.</li> <li>-To know that the local council is responsible for looking after the local area.</li> <li>-To know that elections are held where adults can vote for local councillors.</li> <li>-To know that reusing items is of benefit to the environment.</li> <li>-To understand that councillors have to balance looking after local residents and the needs of the council.</li> <li>-To understand some of the consequences of breaking rules.</li> <li>-To understand the role of charities in the community.</li> <li>-To know that there are a number of groups which make up the local community.</li> <li>-To understand the UN Convention on the Rights of the Child.</li> </ul>	<ul style="list-style-type: none"> <li>-To know that parliament is made up of the House of Commons, the House of Lords and the Monarch.</li> <li>-To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.</li> <li>-To know that education is an important human right.</li> <li>-To know that the prime minister appoints 'ministers' who have responsibility for different areas, such as healthcare and education.</li> <li>-To know what happens when someone breaks the law.</li> <li>-To understand the waste hierarchy.</li> <li>-To know that prejudice is making assumptions about someone based on certain information.</li> <li>-To know that discrimination is treating someone differently because of certain factors.</li> <li>-To know that a pressure group is a group of people who feel very strongly about an issue and want to see something change.</li> <li>-To know that our food choices can affect the environment</li> </ul>

# Economic wellbeing

	Years 1/2	Years 3/4	Years 5/6
How can understand economic wellbeing?	<ul style="list-style-type: none"> <li>-To know that coins and notes have different values.</li> <li>-To know some of the ways children may receive money.</li> <li>-To know that it is wrong to steal money.</li> <li>-To know that banks are places where we can store our money.</li> <li>-To know some jobs in school.</li> <li>-To know that different jobs need different skills.</li> <li>-To know the difference between a 'want' and 'need'.</li> <li>-To know some of the ways in which adults get money.</li> <li>-To know some of the features to look at when selecting a bank account.</li> </ul>	<ul style="list-style-type: none"> <li>-To know that budgeting money is important.</li> <li>-To understand that there are a range of jobs available.</li> <li>-To know that money can be lost in a variety of ways.</li> <li>-To understand the importance of tracking money.</li> <li>-To know that many people will have more than one job or career in their lifetimes.</li> <li>-Exploring ways to overcome stereotypes in the workplace.</li> <li>-To understand that there are different ways to pay for things.</li> <li>-To understand that some stereotypes can exist around jobs but these should not affect people's choices.</li> </ul>	<ul style="list-style-type: none"> <li>-To understand that different jobs have different routes into them.</li> <li>-To understand that people change jobs for a number of reasons.</li> <li>-To know that when money is borrowed it needs to be paid back, usually with interest.</li> <li>-To know that it is important to prioritise spending.</li> <li>-To know some ways that people lose money.</li> <li>-To know that income is the amount of money received and expenditure is the amount of money spent.</li> <li>-To understand that there are certain rules to follow to keep money safe in bank accounts.</li> <li>-To know that gambling is a risk where money, or something else, is swapped in the hope of winning something better or more money.</li> <li>-To know that banks and organisations such as Citizens' Advice can help with money-related problems.</li> </ul>

# Identity (Y6 only)

## Years 5/6

To know that identity is the way we see ourselves and also how other people see us.

# Transition

Years 1/2	Years 3/4	Years 5/6
<ul style="list-style-type: none"> <li>-To understand that changes can be both positive and negative.</li> <li>-To understand that change is part of life.</li> </ul>	<ul style="list-style-type: none"> <li>-To know that setting goals can help us to achieve what we want.</li> <li>-To understand that change often brings about more opportunities and responsibilities.</li> </ul>	<ul style="list-style-type: none"> <li>-To understand the skills needed for roles in school.</li> <li>-To know that a big change can bring opportunities but also worries.</li> </ul>