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**Bedfield and Wetheringsett C of E Primary Schools: Progression of Knowledge and Skills**

**Subject: Personal, Social and Health Education (PSHE)**

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| **Reception** |  | |
|  | * See themselves as a valuable individual * Build constructive and respectful relationships - Express their feelings and consider the feelings of others * Show resilience and perseverance in the face of challenge * Identify and moderate their own feelings socially and emotionally - Think about the perspectives of others * Manage their own needs - Personal hygiene * Know and talk about the different factors that support their overall health and wellbeing -   regular physical activity, healthy eating, brushing their teeth, sensible amounts of ‘screen time’, having a good  sleep routine, being a safe pedestrian  ELG: Self-Regulation   * Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly * Work towards simple goals, being able to wait for what they want and control their immediate impulses when   appropriate   * Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions     ELG: Managing Self   * Be confident to try new activities and show independence, resilience and perseverance in the face of challenge - Explain the reasons for rules, know right from wrong and try to behave accordingly * Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. ELG: Building Relationships * Work and play cooperatively and take turns with others * Form positive attachments to adults and friendships with peers * Show sensitivity to their own and to others’ needs | |
| **Years 1&2** | **Year 1** | **Year 2** |
|  | **Relationships**  **Families and friendships**   * Recognise roles of different people in families * Recognise feeling cared for   **Safe relationships**   * Recognising personal privacy * Staying safe in different situations * Seeking permission when needed   **Respecting ourselves and others**   * Appreciate how behaviour affects others * Being polite and respectful   **Living in the Wider World**  **Belonging to a community**   * Appreciation of what rules are and mean * Caring for others’ needs * Looking after the environment   **Media literacy and digital resilience**   * Uses the internet and digital devices * Communicates safely online   **Money and work**   * Establishes strengths and interests * Recognises jobs in the community   **Health and Wellbeing**  **Physical health and Mental wellbeing**   * Identifies ways of keeping healthy * Knows about healthy eating, food and exercise * Identifies hygiene routines * Identifies ways of keeping safe in the sun   **Growing and changing**   * Recognise what makes the self unique and special * Identifying different feelings * Managing feelings when things go wrong   **Keeping safe**   * Identifying how rules and age restrictions help * Knowing how to keep safe online | **Relationships**  **Families and friendships**   * Making successful friendships * Understanding feeling lonely and getting help   **Safe relationships**   * Managing secrets * Resisting pressure and getting help * Recognising and dealing with hurtful behaviour   **Respecting ourselves and others**   * Recognising things in common and differences * Playing and working cooperatively * Sharing opinions   **Living in the Wider World**  **Belonging to a community**   * Belonging to a group and what this means * Roles and responsibilities in groups and communities * Being the same and different in the community   **Media literacy and digital resilience**   * Using the internet in everyday life * Understanding online content and information   **Money and work**   * Understanding what money is and how it is used * Knowing about needs and wants * Knowing about looking after money   **Health and Wellbeing**  **Physical health and Mental wellbeing**   * Knowing why sleep is important * Knowing about medicines and keeping healthy * Keeping teeth healthy * Managing feelings and asking for help   **Growing and changing**   * Understanding changes involved in growing older * Being able to name body parts * Preparing for moving class or year, preparing for change   **Keeping safe**   * Safety in different environments * Understanding risk and safety at home * Responding to emergencies |
| **Years 3&4** | **Year 3** | **Year 4** |
|  | **Relationships**  **Families and friendships**   * Recognising the features that make a family * Understand features of family life   **Safe relationships**   * Having and respecting personal boundaries * Safely responding to others * Recognising the impact of hurtful behaviour   **Respecting ourselves and others**   * Recognising respectful behaviour * Acknowledging the importance of self-respect * Being courteous and being polite   **Living in the Wider World**  **Belonging to a community**   * Appreciating the value of rules and laws and knowing about rights * Recognising freedoms and responsibilities of individuals and groups   **Media literacy and digital resilience**   * Identifying ways the internet is used * Assessing information online   **Money and work**   * Recognising different jobs and skills * Identifying jobs and stereotypes * Setting personal goals   **Health and Wellbeing**  **Physical health and Mental wellbeing**   * Making health choices and forming good habits * Recognising feelings and what affects them * Expressing feelings   **Growing and changing**   * Recognising personal strengths and achievements * Finding ways of managing and reframing personal setbacks   **Keeping safe**   * Understanding risks and hazards * Knowing about safety in the local environment * Knowing about safety in unfamiliar places | **Relationships**  **Families and friendships**   * Identifying and describing features of making and maintaining positive friendships * Managing successful friendships online   **Safe relationships**   * Responding to hurtful behaviour * Managing confidentiality * Recognising risks online   **Respecting ourselves and others**   * Respecting differences and similarities between self and other people * Discussing difference sensitively   **Living in the Wider World**  **Belonging to a community**   * Appreciating what makes a community * Identifying shared responsibilities   **Media literacy and digital resilience**   * Identifying and explaining how data is shared and used   **Money and work**   * Identifying decisions made about money * Using and keeping money safe   **Health and Wellbeing**  **Physical health and Mental wellbeing**   * Maintaining a balanced lifestyle * Sustaining oral hygiene and dental care   **Growing and changing**   * Identifying physical and emotional changes in puberty * Naming and knowing about the functioning external genitalia * Identifying features of personal hygiene routines and reasons for them * Understanding puberty   **Keeping safe**   * Understand the purpose of different medicines and household products * List and identify uses of drugs common to everyday life |
| **Years 5&6** | **Year 5** | **Year 6** |
|  | **Relationships**  **Families and friendships**   * Having strategies for managing friendships and peer influence positively   **Safe relationships**   * Recognising physical contact and keeping and feeling safe   **Respecting ourselves and others**   * Responding respectfully to a wide range of people * Recognising prejudice and discrimination   **Living in the Wider World**  **Belonging to a community**   * Identifying reasons and means of protecting the environment * Developing compassion towards others   **Media literacy and digital resilience**   * Finding out how information online is targeted * Identifying different media types, their role and impact   **Money and work**   * Identifying job interests and aspirations * Identifying what influences career choices and features of workplace stereotypes   **Health and Wellbeing**  **Physical health and Mental wellbeing**   * Recognising healthy sleep habits and the benefits of sleep * Understanding the principles and methods involved in sun safety * Understanding the purpose of different medicines, vaccinations, immunisations and allergies and how they work   **Growing and changing**   * EstablishingpPersonal identity; recognising individuality and different qualities * Recognising the components of mental wellbeing   **Keeping safe**   * Keeping safe in different situations, including responding in emergencies * Recognising the functions of first aid * Defining FGM and laws against it | **Relationships**  **Families and friendships**   * Recognising features of attraction to others * Defining romantic relationships; civil partnership and marriage – identifying similarities and differences   **Safe relationships**   * Recognising and managing pressure and consent in different situations   **Respecting ourselves and others**   * Expressing opinions and respecting other points of view * Including discussing topical issues   **Living in the Wider World**  **Belonging to a community**   * Valuing diversity; challenging discrimination and stereotypes   **Media literacy and digital resilience**   * Evaluating media sources; sharing things online   **Money and work**   * Recognising different influences and attitudes to money * Handling money and understanding financial risks   **Health and Wellbeing**  **Physical health and Mental wellbeing**   * Recognising what affects mental health and identifying ways to take care of it * Managing change, loss and bereavement * Managing time online productively   **Growing and changing**   * Understanding human reproduction and birth * Finding ways of increasing independence * Managing transition   **Keeping safe**   * Keeping personal information safe * Recognising regulations and choices/drug use and the law/drug use and the media |