

**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 pedestrianELG: 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
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| **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
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| **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
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| **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
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