



PSHE – Key Knowledge Progression

	Self-regulation: My feelings	Building Relationships: Special Relationships	Managing self: Taking on challenges	Managing self: My Wellbeing	Self regulation: Listening & Following Instructions	Building Relationships: My family and friends
EYFS	<p><u>Nursery</u> I can talk about my feelings (sad, happy, angry).</p> <p>I can sometimes understand how others feel.</p> <p>I am starting to develop ways of being assertive.</p>	<p><u>Nursery</u> I can name some members of my family.</p> <p>I know that I am part of my family.</p> <p>I know that I am a member of my class/keyworker group/school.</p>	<p><u>Nursery</u> I can choose resources, sometimes with help from a member of staff.</p> <p>I can achieve a goal that I have chosen, sometimes with help from a member of staff.</p> <p>I am starting to show more confidence in new situations.</p>	<p><u>Nursery</u> I can manage some of my own needs e.g., using the toilet, washing my hands.</p> <p>I can start to make healthy choices about food, drink, activities.</p> <p>I can brush my teeth at home.</p>	<p><u>Nursery</u> I can start to follow simple rules in Nursery.</p> <p>I know some important rules to follow at nursery.</p>	<p><u>Nursery</u> I can start to play and talk to my friends and teachers in my class and start to talk to new people.</p> <p>I can play with one friend.</p> <p>I can start to play with a small group.</p>
	<p><u>Reception</u></p> <p>I can talk about people that are special to me.</p> <p>I can tell and show you different feelings and emotions and explore how to help me manage my emotions.</p> <p>I can show an understanding of the feelings of others.</p>	<p><u>Reception</u></p> <p>I can talk about my family.</p> <p>I can talk about people who are special to me.</p> <p>I can think about what it means to be a valued person.</p> <p>I can play and share with others.</p> <p>I can understand that it is ok to like different things.</p> <p>I can build relationships in school with my peers and members of staff.</p>	<p><u>Reception</u></p> <p>I understand why we have rules.</p> <p>I understand the importance of persistence in the face of challenge and developing my confidence in solving my own problems.</p> <p>I can work with others showing co-operation.</p> <p>I can show confidence when trying new activities, showing independence and resilience.</p> <p>I can work towards a simple goal and wait for what I want.</p>	<p><u>Reception</u></p> <p>I know about exercise and why it is important.</p> <p>I can manage my own basic hygiene and personal needs – dressing, going to the toilet, importance of healthy foods/drinks, toothbrushing, sleep routines and sensible amounts of screen time.</p> <p>I know how to be safe when crossing the road.</p>	<p><u>Reception</u></p> <p>I know that I need to tell the truth and can talk about the feelings of others.</p> <p>I can follow instructions or actions.</p> <p>I can persevere when things get difficult.</p>	<p><u>Reception</u></p> <p>I can start to solve problems/conflicts with my friend/s.</p> <p><u>Reception</u></p> <p>I can talk about other people in my class and can talk about how different people celebrate different special times.</p> <p>I understand why sharing is important.</p> <p>I can tell you about what makes a good friend.</p> <p>I can show kindness to others.</p> <p>I can celebrate the special friendships in my class by joining in with a party.</p>
	<p>Key Vocabulary: N- sad, happy, angry R- feelings, others</p>	<p>Key Vocabulary: N- family member names, school R- special people, share, friends</p>	<p>Key Vocabulary: N- choose, play R- rules, teamwork, persevere, challenge</p>	<p>Key Vocabulary: N- wash hands, zip up my coat, get dressed. Healthy food R- exercise, relax, safe, being healthy</p>	<p>Key Vocabulary: N- listen R – follow instructions/rules, persevere, teamwork</p>	<p>Key Vocabulary: N – friends, play R – family, celebrate, kindness, friends</p>

	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing
Year 1	<p>I can understand that families look after us, that some information about me and my family is personal and can explain how families are different.</p> <p>I can talk about some characteristics of a positive friendship and how friendship problems can be overcome.</p> <p>I can tell you that it is called stereotyping when people think of things as being 'for boys' or 'for girls only'.</p> <p>I can recognise how others show their feelings and can identify ways we can care for others when they are sad.</p> <p>I can successfully work with different people around me.</p>	<p>I can talk about germs and how they are spread and show how to wash my hands properly.</p> <p>I can talk about how to stay safe in the sun.</p> <p>I know that certain foods and other things can cause allergic reactions in some people.</p> <p>I can talk about how sleep helps my body to repair itself, to grow and restores my energy.</p> <p>I can talk about my personal strengths and qualities.</p> <p>I can describe some positive and negative emotions and recognise different ways to manage my feelings.</p> <p>I can know different methods of relaxation.</p> <p>I can talk about different health-related jobs and the people who can look after my health.</p>	<p>I know that some types of physical contact are never appropriate.</p> <p>I know what to do if I get lost. I know that a hazard is something which could cause an accident or injury.</p> <p>I can talk about some things that are unsafe to put onto or into my body and I know I need to talk to an adult if I am not sure.</p> <p>I know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened and I know how to make an emergency phone call.</p> <p>I can talk about the emergency services and know that they are the police, fire service and the ambulance service.</p> <p>I can talk about people's roles within the local community that help keep me safe.</p>	<p>I can talk about the rules in school and I know why rules are necessary.</p> <p>I know that different pets have different needs and can talk about how to meet their needs.</p> <p>I understand the needs of younger children and that these change over time.</p> <p>I can talk about the differences between people and I can recognise the groups that I belong to.</p> <p>I know that voting is a fair way to make a decision and take part in votes in school.</p>	<p>I know that coins and notes have different values and can talk about some of the ways I can receive money.</p> <p>I know that it is wrong to steal money and I can talk about what to do if I find money.</p> <p>I can talk about how to keep money safe and I know that banks are places where we can store our money.</p> <p>I can discuss choices that people make about money.</p> <p>I can talk about some jobs in school and I know that different jobs need different skills.</p>
	Key Vocabulary: behaviour, care, emotions, family, sister, brother, auntie, uncle, cousin, feelings, friend, friendly, problem, stereotype	Key Vocabulary: allergy, emotions, feelings, germs, ill, qualities, strengths, relax, positive, negative	Key Vocabulary: accident, drug, emergency, hazards, medicine, physical contact, polite, respect, role, trust	Key Vocabulary: care, different, democracy, fair, pet responsibility, rule, similar, unique, vote	Key Vocabulary: bank, bank account, cash, choice, coins, earn, interest, job, money, notes, pocket money, purse, safe, save, skill, spend, value, wallet
	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing
Year 2	<p>I know that families can be made up of different people and can talk about how they may be different from my family.</p> <p>I can talk about ways to show respect for different families and I</p>	<p>I can talk about the importance of exercise to stay healthy and I know that food and drinks with lots of sugar are bad for my teeth.</p> <p>I understand the importance of exercise to stay healthy and can</p>	<p>I can talk about the concept of privacy.</p> <p>I can talk about ways to stay safe online and I know that I should tell an adult if I see something that makes me uncomfortable online.</p>	<p>I can talk about why rules are in place and I know that some rules are made to be followed by everyone and are known as laws and I can name some of the different places where rules apply.</p>	<p>I know some of the ways in which adults get money.</p> <p>I can talk about the difference between a 'want' and 'need'.</p> <p>I can talk about what a bank account is and what it means.</p>

	<p>know that families offer love, care and support.</p> <p>I can talk about some problems which might happen in friendships and that some of these might be more serious and need talking about.</p> <p>I understand some ways people show their feelings and how to respond to them.</p> <p>I can understand and can show good manners in different situations.</p> <p>I know and can discuss some stereotypes related to jobs.</p> <p>I know that there are ways we can remember people or events.</p> <p>I can talk about how loss and change can affect myself and others.</p>	<p>talk about the balanced diet I need to stay healthy.</p> <p>I can talk about how to improve an unbalanced meal.</p> <p>I know that breathing techniques can be a useful strategy to relax my body and mind.</p> <p>I know that we can feel more than one emotion at a time and can talk about the different ways I can manage my different emotions.</p> <p>I know that a growth mindset means being positive about challenges and finding ways to overcome them.</p> <p>I can identify and share personal goals and know how to work towards them.</p> <p>I can explore how to persevere at a task and develop a growth mindset.</p> <p>I can talk about empathy and self-respect and how I can show this to others.</p>	<p>I know the difference between secrets and surprises.</p> <p>I know the rules for crossing the road safely and how to behave safely near the road.</p> <p>I know that medicine can help us when we are ill and that we should only take medicines when a trusted adult says we can.</p> <p>I know how to be safe around medicines.</p> <p>I can discuss what people can do to feel better when they are ill.</p> <p>I know the names of parts of my body, including private parts.</p>	<p>I can discuss some of the jobs people do to look after the environment in school and the local community.</p> <p>I can recognise the importance of looking after the school environment and discuss ways to help look after our school environment.</p> <p>I can talk about the positive and negatives of my school environment and how to discuss issues of concern to me to others.</p> <p>I can talk about people and the contribution they make to my local community.</p> <p>I know how democracy works in my school through the school council and I understand that everyone has similarities and differences.</p>	<p>I know that people make choices about how to spend money.</p> <p>I can talk about the reasons why people choose certain jobs.</p>
	<p>Key Vocabulary: friendship, love, manners, feelings, emotions, family, stereotype, respect, loss, change, support</p>	<p>Key Vocabulary: diet, exercise, goal, growth mindset, healthy, physical activity, relaxation, skill, strengths, challenge, personal goals, persevere, empathy, self-respect</p>	<p>Key Vocabulary: medicine, pedestrian, private, secret, surprise, penis, testicles/ testes, vulva, vagina, online</p>	<p>Key Vocabulary: election, environment, identity, job, opinion, rule, school council, volunteer, vote, environment, local community, contribution, similarities, differences</p>	<p>Key Vocabulary: Coins, need, notes, priority, want</p>
	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing
Year 3	<p>I know that problems can occur in families and that there is help available if needed</p>	<p>I can talk about the ways to prevent tooth decay.</p> <p>I can join in with relaxation techniques in class and discuss</p>	<p>I know what cyberbullying is and how I can respond to it online.</p>	<p>I know about the UN Convention on the rights of a child and I can talk about some of my own rights and how they help other children.</p>	<p>I understand that there are different ways to pay for things and can talk about the range of feelings which money can cause.</p>

	<p>I know that bullying can be physical or verbal and that is repeated and not a one-off event.</p> <p>I can talk about ways to resolve friendship problems</p> <p>I know that violence is never the right way to solve a friendship problem</p> <p>I can talk about the impact of bullying and what to do if bullying occurs</p> <p>I can talk about who I can trust and I understand is an important part of relationships</p> <p>I understand the effects of non-verbal communication and the signs of a good listener</p> <p>I understand the similarities and differences between people</p> <p>I understand some stereotypes and can talk about the negative impact of stereotyping</p>	<p>some of the benefits of exercise on my body and mind.</p> <p>I understand the different food groups and how much of each of them I should have to have a balanced diet.</p> <p>I can discuss the importance of belonging.</p> <p>I know what being lonely means.</p> <p>I can overcome problems or barriers in my life.</p>	<p>I know how to be a responsible digital citizen and how to recognise unsafe digital content.</p> <p>I can talk about how to identify a fake email.</p> <p>I know and can show the rules for being safe near roads. I can talk about unsafe things people might do near roads.</p>	<p>I can talk about the responsibilities that adults and children have to maintain children's rights.</p> <p>I know that recycling is good for the environment and can talk about ways we can make a difference to recycling rates at home/school.</p> <p>I know that the local council is responsible for looking after the local area and can join in with local community groups and how these support the local community.</p> <p>I know that elections are held where adults can vote for local councillors.</p> <p>I can discuss the consequences of breaking rules.</p> <p>I can talk about the role of some charities in the local community.</p>	<p>I know that there are different attitudes that people have to money and how our spending can have an impact on other people.</p> <p>I can talk about how budgeting money is important.</p> <p>I know that there are a range of jobs available and that some stereotypes can exist around jobs but these should not affect people's choices.</p> <p>I can discuss the advantages and disadvantages of different payment methods.</p>
	Key Vocabulary: bullying, communicate, empathy, open questions, similar, solve, stereotype, sympathy, trust	Key Vocabulary: Alone, balance, barriers, belonging, identity, lonely resilience	Key Vocabulary: Allergic anaphylaxis bullying, casualty, choice, cyberbullying, decision, distraction, fake, influence, injuries	Key Vocabulary: Charity, community, consequence, council, councillor, law, recycling, rights, United Nations (UN)	Key Vocabulary: Budget, expense, feeling, qualification, stereotype
	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing
Year 4	<p>I know that families are different in the UK and across the world and show respect when talking about different families.</p> <p>I can talk about the physical and emotional boundaries in friendships and how my actions and behaviour can affect other people.</p>	<p>I know how to look after my dental health independently.</p> <p>I know that visualisation means creating an image in my head and I can talk about what makes me feel calm and relaxed and can take part in relaxation techniques.</p> <p>I know that different job roles need different skills and some roles may suit me more than others.</p>	<p>I understand that there are risks to sharing things online and I know how to seek help if I need to.</p> <p>I understand the difference between private and public and I can talk about the benefits and risks of sharing information online.</p>	<p>I understand that human rights are specific rights that apply to all people and I can talk about how I can help to protect human rights.</p> <p>I can talk about some of the people who protect our human rights such as the police, judges and politicians.</p>	<p>I know that money can be lost in a variety of ways and I can talk about some impacts of losing money.</p> <p>I understand the importance of tracking my money and I can discuss whether something is value for money.</p>

	<p>I know about the different roles related to bullying including the victim, bully and bystander.</p> <p>I know that everyone has the right to decide what happens to their body.</p> <p>I know about courtesy and manners in different scenarios.</p> <p>I can discuss some stereotypes related to disability.</p> <p>I can talk about bereavement and what it means and how to help someone who has experienced a bereavement.</p>	<p>I can explore how my skills can be used to undertake certain jobs.</p> <p>I know that it is normal to experience a range of emotions and can explore ways I can make myself happy or happier.</p> <p>I understand that mental health refers to my emotional wellbeing rather than physical.</p> <p>I can develop the ability to appreciate the emotions of others in different situations and I can take responsibility for emotions by knowing that I can control some things but not others.</p> <p>I understand that mistakes can help me to learn and I am developing a growth mindset.</p> <p>I know who can help if I am worried about my own or other people's mental health.</p>	<p>I know what to do if an adult makes me feel uncomfortable.</p> <p>I understand the risks associated with smoking tobacco and can talk about the benefits of being a non-smoker.</p> <p>I can talk about the physical and emotional changes during puberty.</p> <p>I understand the physical changes to both male and female bodies as people grow from children to adults.</p> <p>I know that asthma is a condition that causes the airways to narrow and I know how to help someone who is having an asthma attack.</p>	<p>I know that reusing items is good for the environment and I know some ways items can be reused.</p> <p>I know the benefits different groups bring to the local community and I know that councillors look after local residents and the needs of the council.</p> <p>I know that there a number of groups that make up the local community.</p> <p>I can talk about the positives diversity brings to my local community.</p>	<p>I know that many people will have more than one job or career in their lifetimes.</p> <p>I can talk about ways to overcome stereotypes in the workplace.</p> <p>I can discuss negative and positive influences that can affect my career choices.</p>
	Key Vocabulary: act of kindness, authority, bereavement, boundaries, bystander, permission	Key Vocabulary: Fluoride, healthy, mental health, negative emotions, positive emotions, relaxation, resilience, skill, visualise	Key Vocabulary: Age restriction, asthma, breasts, genitals, law, penis, private, protect, puberty, pubic, testicles/ testes, tobacco	Key Vocabulary: Authority, cabinet, community, council, council officer, diversity, environment, human rights, local government, protect, reuse, United Nations/UN, volunteer	Key Vocabulary: Bank balance, bank statement, career, debit card
	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing
Year 5	<p>I know that marriage is a legal commitment and a choice that people can make.</p> <p>I can talk about ways families might make children feel unhappy or unsafe and I know that I can call childline on 0800 1111 if I have a problem.</p> <p>I understand what might lead to someone bullying others and I can talk about the impact bullying might have.</p> <p>I know what action a bystander can take when they see bullying.</p>	<p>I know the risks of sun exposure and know how to protect myself in the sun.</p> <p>I know that relaxation stretches can help me to relax and de-stress and I can talk about the relationship between stress and relaxation.</p> <p>I understand that calories are the unit that we use to measure the amount of energy certain foods</p>	<p>I know the steps to take before sending a message online and know how to ensure relationships online are safe.</p> <p>I understand some of the possible risks online.</p> <p>I can make 'for' and 'against' arguments to help with decision making and I know some strategies I can use to overcome pressure from others and make my own decisions.</p>	<p>I can talk about what happens when someone breaks the law.</p> <p>I can talk about why reducing the use of materials is positive for the environment and understand the waste hierarchy.</p> <p>I know about the right to a freedom of expression and can talk about how rights and responsibilities link.</p>	<p>I can talk about the risks associated with money and know that it is important to prioritise spending.</p> <p>I know that when money is borrowed it needs to be paid back, usually with interest.</p> <p>I can talk about making a budget based on priorities and know some of the ways that people can lose money.</p>

	<p>I know that attributes and skills that make a good friend and I can discuss issues that might arise in friendships and how these might impact me.</p> <p>I know that positive attributes are the good qualities someone has.</p> <p>I can explore positive attributes and can be proud of these such as self-respect.</p> <p>I can talk about the assumptions people might make based on how they look and that stereotypes can be unfair, negative and destructive.</p> <p>I know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex or disability.</p>	<p>give us and I can talk about what makes healthy meals.</p> <p>I know how to achieve good quality sleep and what I do before bedtime can affect my sleep quality.</p> <p>I can talk about what can cause stress.</p> <p>I understand that failure is an important part of success.</p> <p>I know how to take responsibility for my own feelings.</p>	<p>I know about the emotional changes during puberty and know how to find help with my changes in puberty.</p> <p>I understand the process of the menstrual cycle.</p> <p>I can names of the external sexual parts of the body and the internal reproductive organs.</p> <p>I know that puberty happens at different ages for different people.</p> <p>I know how to help someone who is bleeding and how to assess a casualty's condition.</p>	<p>I know that parliament is made up of the House of Commons, the House of Lords and the Monarch.</p> <p>I understand that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.</p> <p>I can talk about how parliament and the Government work.</p> <p>I know the contribution people make to the local community, how this is recognised and ways people can bring about change in society.</p> <p>I understand that a pressure group is a group of people who feel very strongly about an issue and want to see something change.</p>	<p>I understand that income is the amount of money received and expenditure is the amount of money spent.</p> <p>I know that income can change and the feelings associated with this.</p> <p>I can talk about the role of money in selecting a job.</p>
	<p>Key Vocabulary: Attributes, bullying, bystander, cyberbullying, marriage, secret, wedding</p>	<p>Key Vocabulary: Goal, fail, protect, relaxation, responsibility, steps</p>	<p>Key Vocabulary: Attraction, bladder, breasts, cervix, clitoris, decision, egg, ejaculation, erection, fallopian tube, labia, influence, menstruation/period, nipples, ovary/ovaries, private, puberty, pubic hair, scrotum, testicles/testes, vagina, vulva</p>	<p>Key Vocabulary: Defendant, environment, freedom of expression, government, House of Commons, human rights, judge, jury, Member of Parliament (MP), parliament, pressure group, Prime Minister, trial</p>	<p>Key Vocabulary: Discrimination, expenditure, giving back, income, interest, repayment</p>
	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing
Year 6	<p>I understand that conflict is a disagreement or argument and can occur in friendships.</p> <p>I understand the concepts of negotiation and compromise can talk about ways to resolve conflict.</p> <p>I know what respect is and how and why it is an important part of relationships.</p> <p>I understand that everyone deserves respect but respect can be lost.</p>	<p>I can talk about ways to prevent illness and understand that vaccinations can give us protection against disease.</p> <p>I understand that changes in the body could be possible signs of illness and know some actions to take if I am worried about my health or my friends' health.</p> <p>I know that a number of factors contribute to my physical health, such as diet, exercise, rest and relaxation and dental health.</p>	<p>I understand that online relationships should be treated in the same way as face to face relationships.</p> <p>I can discuss the reliability of online information.</p> <p>I know where to get help with online problems.</p> <p>I understand the risks associated with drinking alcohol and can discuss reasons why adults may or may not drink alcohol.</p>	<p>I know that education is an important human right and how other human rights protect us.</p> <p>I understand that my food choices can affect the environment and can talk about environmental issues relating to food.</p> <p>I can talk about causes that are important to me.</p> <p>I know that the prime minister appoints 'ministers' who have responsibility for different areas, such as healthcare and education.</p>	<p>I know that there are certain rules to follow to keep money safe in bank accounts.</p> <p>I can talk about how people deal with money and the role of emotions associated with it.</p> <p>I understand that banks and other organisations such as Citizens Advice can help with money-related problems.</p> <p>I know that gambling is a risk where money, or something else, is swapped in the hope of winning something better or more money</p>

	<p>I can talk about how stereotypes can lead to bullying and discrimination.</p> <p>I know that loss and change can cause a range of emotions.</p> <p>I know that grief is the process people go through when someone close to them dies and how this can be different for everyone.</p>	<p>I can take part in a range of relaxation strategies which could be useful.</p> <p>I know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits.</p> <p>I can discuss ways to maintain good habits and I can explore ways of setting achievable goals for a healthy lifestyle.</p> <p>I know my own personal qualities and how to build on them and I can demonstrate strategies for being resilient in challenging situations.</p> <p>I understand the effects technology can have on my mental health.</p>	<p>I know how a baby is conceived and how it develops.</p> <p>I can talk about problems which might be encountered during puberty and can use my knowledge to help me.</p> <p>I know how to conduct a primary survey.</p> <p>I know how to help someone who is choking and can place an unresponsive person into the recovery position.</p>	<p>I can talk about how people can influence what happens in parliament.</p> <p>I understand that prejudice is making assumptions about someone based on certain information and can discuss ways to challenge prejudice and discrimination.</p> <p>I know that discrimination is treating someone differently because of certain factors.</p> <p>I know appropriate ways to share views and ideas with others.</p>	<p>and I can talk about the risks associated with gambling.</p> <p>I know that certain jobs would be suitable for me and understand that different jobs have different routes into them.</p> <p>I understand that people change jobs for a number of reasons.</p>
	<p>Key Vocabulary: Authority, conflict, earn, expectation, grief, grieving, resolve, respect, stereotype</p>	<p>Key Vocabulary: Antibodies, growth mindset, habit, qualities, responsibility, skill, vaccination</p>	<p>Key Vocabulary: Alcohol, breasts, bladder, cervix, clitoris, conception, cyberbullying, egg, ejaculation, erection, fallopian tube, fertilisation, genitals, internet trolling, labia, menstruation/period, nipples, ovary/ovaries, penis, pregnant, puberty, pubic hair, scrotum, sexual intercourse, sperm, sperm duct, testicles/testes</p>	<p>Key Vocabulary: Authority, conflict, earn, expectation, grief, grieving, protected characteristics, resolve, respect, stereotype</p>	<p>Key Vocabulary: Gambling, growth mindset, PIN number, qualities, responsibility, skill</p>

Identity Year 6 only

I understand that identity is the ways we see ourselves and also how other people see us.

I can discuss the factors that make up our identity.

I understand and recognise that people may see us differently from how we see ourselves.

I know that images can be manipulated and are not always realistic.

I can discuss how the media might influence our identity.

Key Vocabulary:

Change, identity, images,
manipulation, media