

Furneux Pelham School – Knowledge and Skills Progression for PSHE



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Healthy Lifestyles							
	<p>Learn and practise skills for maintaining hygiene.</p> <p>Know about different food type- some healthy, some not.</p> <p>Be aware that we need to drink, exercise and sleep to keep healthy.</p> <p>Speak to adults/peers if they are worried.</p>	<p>Maintain a healthy body.</p> <p>Maintain own personal hygiene.</p> <p>Develop simple skills to help prevent diseases spreading.</p>	<p>Make healthy choices.</p> <p>Describe feelings to others.</p> <p>Use simple strategies for managing feelings.</p>	<p>Eat a balanced diet.</p> <p>Identify habits and why they can be hard to change.</p>	<p>Make choices to make a balanced lifestyle.</p> <p>Keep self safe around commonly available substances and drugs</p> <p>Follow simple routines to reduce the spread of bacteria and viruses.</p>	<p>Recognise what positively and negative affects health and wellbeing.</p> <p>Make informed choices.</p> <p>Maintain and explain a healthy lifestyle.</p> <p>Recognise what might influence my choices.</p>	<p>Recognise how images in the media do not always reflect reality.</p> <p>Recognise images in the media can affect how people feel about themselves.</p> <p>Identify the risks and effects of drugs.</p>
Growing and Changing							
	<p>Name parts of the body, linked to their learning.</p> <p>Understand the idea of growing from young to old.</p>	<p>Recognise and celebrate my strengths and set simple but challenging goals.</p> <p>Explain change and loss and the associated feelings.</p>	<p>Recognise what I am good at.</p> <p>Set goals.</p> <p>Name the main parts of the body and explain how these change over time.</p>	<p>Recognise what I am good at and set goals.</p> <p>Describe my feelings.</p> <p>Recognise conflicting feelings and manage them.</p>	<p>Recognise what I am good at and set goals.</p> <p>Reflect on changes that happen in life and identify the feelings associated with change.</p>	<p>Reflect on and celebrate my achievements.</p> <p>Identify my strengths and areas for improvement.</p> <p>Set high aspirations and goals.</p> <p>Recognise feelings and explain their range and intensity to others.</p> <p>Listen to and overcome conflicting emotions.</p> <p>Use strategies to cope with change, including</p>	<p>Reflect on and celebrate my achievements.</p> <p>Confidently identify my strengths.</p> <p>Accurately identify areas for improvement.</p> <p>Set high aspirations and goals.</p>

						transitions, loss, separation, divorce and bereavement.	
Keeping Safe							
	<p>Make simple choices between activities, foods, etc.</p> <p>Know when I feel well or unwell.</p> <p>Identify dangers in pictures e.g. around the home.</p> <p>Shows awareness of keeping safe within the indoor and outdoor classroom.</p>	<p>Make sure I am safe from household products, including medicines.</p> <p>Recognise people who look after me, my family networks, who to go to if I am worried and how to attract their attention. Help the people who look after me to more easily protect me.</p> <p>Know how to ask for help if I am worried about something.</p> <p>Keep myself safe and others safe.</p> <p>I know that I do not need to keep secrets.</p>	<p>Keep safe in different situations.</p> <p>Ask for help if I am worried about something.</p> <p>Keep things private and respect others' privacy.</p>	<p>Follow school rules about health and safety.</p> <p>Follow basic emergency procedures.</p> <p>Find people to help me stay healthy and safe.</p>	<p>Keep safe in my local area and online.</p> <p>Protect my personal information.</p> <p>Explain what is appropriate to ask for or share.</p> <p>Identify people who help me stay healthy and safe and know who to talk to if I feel uncomfortable or at risk.</p>	<p>Keep physically and emotionally safe including road safety and safety in the environment.</p> <p>Keep safe online.</p> <p>Protect my personal information.</p> <p>Use mobile phones responsibly, including safe keeping and safe user habits.</p>	<p>Differentiate between risk, danger and hazard.</p> <p>Recognise, predict and assess risks in different situations and decide how to manage them responsibly.</p> <p>Undertake increasing responsibility.</p> <p>Resist pressures linked to behaving in unacceptable, unhealthy or risky ways.</p> <p>Recognise when I need to ask for help.</p> <p>Explain my right to protect my body and the law linked to contact and abuse.</p> <p>Recognise people who are responsible for keeping me healthy and safe and how help them with this.</p>
Feelings and Emotions							
	<p>Recognise, name and understands everyday feelings such as happy, sad, cross, worried, etc.</p> <p>Show understanding that their actions</p>	<p>Recognise feelings in myself and in others.</p> <p>Share my feelings.</p>	<p>Recognise what is fair and unfair, kind and unkind, and right and wrong.</p> <p>Respond correctly when people are</p>	<p>Recognise feelings in others.</p> <p>Respond to how others are feeling.</p>	<p>Explain when I should not agree to keep something confidential or a secret.</p> <p>Recognise and manage dares.</p>	<p>Recognise and respond appropriately to a wider range of feelings in others.</p>	<p>Understand confidentiality.</p> <p>I know when to break a confidence.</p> <p>Manage dares.</p>

	can affect others and how they feel.		being unkind to me or others. Recognise when my body or feelings are hurt or when others are hurt.				
Healthy Relationships							
	Say why someone is special to me. Recognise ways in which my family/carer is special. Recognise what I am good at from what others tell me. Show a willingness to care about others. Learn when to say "thank you" and "sorry".	Identify my special people and explain what makes them special. Care for others.	Listen to other people and play and work cooperatively. Resolve simple arguments. Judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond. Get help if I experience or witness teasing or bullying.	Maintain positive healthy relationships. Explain different types of relationships. Work collaboratively towards shared goals.	Judge what kind of physical contact is acceptable or unacceptable and I know how to respond. Develop strategies to solve disputes and conflict through negotiation and appropriate compromise. Begin to give rich and constructive feedback. Understand how my body will, and that my emotions may, change as I approach and move through puberty.	Recognise how my actions affect themselves and others and begin to consider my actions as a result. Work collaboratively towards shared goals. Solve disputes and conflict through negotiation and appropriate compromise. Give rich and constructive feedback and support to benefit others as well as myself.	Maintain positive and healthy relationships. Recognise when a relationship is unhealthy and know who to talk to for support. Identify healthy types of relationships. Judge what kind of physical contact is acceptable or unacceptable and how to respond. Recognise and respect personal boundaries and everyone's right to privacy. Identify how my body and emotions may change through puberty. Explain human reproduction.
Rights and Responsibilities							
	Can take turns. Understand classroom rules and routines. Learn about some of the school rules, including medicines in school.	Contribute to the life of the classroom and school. Help construct, and agree to follow, group and class rules.	Respect my needs and the needs of others. I know who the special people in my community are and know how to contact those	Discuss and debate health and wellbeing issues. Contribute to the community. Recognise the roles of people in the community.	Appreciate difference and diversity in the UK and around the world.	Research, discuss and debate topical issues, problems and events that are important to me. Explain rules and laws and understand why different rules	Research, discuss and debate topical issues, problems and events that are important to me and offer recommendations.

	Understand that we have different roles within school including being in charge of our tidy up areas. Take ownership of own learning and which areas I learn.	Recognise ways in which I am unique and understand that there has never been and will never be another 'me'. Explain the ways in which we are the same as all other people and what we have in common with everyone else.	people when I need their help, including dialling 999 in an emergency.			are needed in different situations. Resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices.	Understand human rights and children's rights. Contribute to my community and recognise the role of groups, especially in relation to health and wellbeing. Explore and critique how the media present information. Critically examine what is presented to me in the media and explain why it is important to do so. Be careful online and in relation to the information I pass on and understand how information can be misinterpreted.
Environment							
	We take care of our class environment. We show care and concern for our school environment. Recycle paper and plastic in my classroom.	Develop strategies and skills needed to care for environments (including conserving energy).	Look after the local environment (including conserving energy).	Exercise my responsibilities, rights and duties in the community and towards the environment.	Discuss how resources are allocated and the effect of allocation. Understand sustainability of the environment.	Exercise my responsibilities, rights and duties at home, at school, in the community and towards the environment.	Explain resource allocation and the impact of these choices at an individual, community and global level.
Money							
	I understand that everything cost money so we need to look after our resources.	Understand money, including the concepts of spending and saving. Understand the difference between	Save and spend money. Make choices and keep track of money spent/saved.	Develop enterprise skills.	Explain the role of money. Manage money, including saving and budgeting. Develop my understanding of interest and loans.	Recognise the role money plays in my own and others' lives. Manage my money. Be a critical consumer.	Develop my enterprising skills.

		spending and saving money.				Discuss loans, interest, debt and tax.	
General knowledge and SMSC							
	School values Enjoy learning about oneself, others and the surrounding world Develop social skills	School values Use imagination and creativity in learning Understand own heritage	School and own values Responsibility for behaviour choices Distinguish between right and wrong Willingness to reflect on experiences Use a range of social skills Understand the heritage of others	School and own values Understand how to contribute positively to those around us Apply understanding of right and wrong to own lives Use a range of social skills in different contexts Understand and appreciate a range of different cultures	Values of others Understand how to contribute to school and the local community Recognise legal boundaries in the law Participate in a variety of communities Participate in and respond to a range of opportunities	Values of others Understand how to contribute to society Be reflective on own beliefs Show initiative Understand consequences of behaviour and actions Volunteer and cooperate well with others Explore and understand different faiths and cultural diversity	Further tolerance and understanding of different cultural traditions Investigate and offer reasoned views about moral and ethical issues Understand and appreciate the viewpoints of others Resolve conflicts effectively Accept, respect and celebrate diversity locally, nationally and globally
Concepts							
	Respect	Mutual respect	Democracy Mutual respect	Democracy Mutual respect Rule of Law Individual liberty	Democracy Mutual respect Rule of Law Individual liberty	Democracy Mutual respect Rule of Law Individual liberty Participate fully in and contribute positively to life in modern Britain	Democracy Mutual respect Rule of Law Individual liberty Participate fully in and contribute positively to life in modern Britain