

PROGRESSION IN KNOWLEDGE – PSHE

The Big Ideas	Foundation	KS1	Lower KS2
Relationships	Knowledge <ul style="list-style-type: none"> • Similarities and differences between themselves and other people • Special people in their lives • Recognising how other people are feeling; • Sharing their own feelings with others • Listening to others and playing co-operatively • Similarities and differences between themselves and other people 	<ul style="list-style-type: none"> • Different people’s roles inc those who care for us • Importance of telling someone when worried • Bodies and feeling can be hurt; people can say hurtful things online • Responding safely to unknown adults • Response if physical contact -> uncomfortable feelings • Asking permission • Kind and unkind behaviour • Treating self and others with respect • Making friends and good friendships • Recognising loneliness in self and others • Strategies to resolve arguments • Asking for help if a friendship is making them unhappy or they feel unhappy • Impact of hurtful behaviour on feelings • Hurtful behaviour offline and online; bullying (• Sometimes people behave differently online • Techniques for resisting pressure • What to do if feeling unsafe • Similarities with and differences from others • Listening and working cooperatively • Characteristics of good friendships 	<ul style="list-style-type: none"> • Different types of relationships, family structures and types • Characteristics and common features of healthy family life including caring relationships; if family relationships are causing unhappiness • Appropriate relationships offline and online • Respond safely and appropriately to adults they may encounter • Impact of bullying, offline and online • Personal behaviour can affect others • Importance of self-respect • The importance of friendships • A positive healthy friendship • Recognising the differences and similarities • the importance of seeking support if lonely • responding to hurtful behaviour offline and online • What is to ‘know someone online’ • Friendships causing unsafe or uncomfortable feelings • Online behaviour can be different and why • Keeping things confidential or secret • Peer pressure • To listen/respond to a wide range of people
	Knowledge:		

<p>Health and Wellbeing</p>	<ul style="list-style-type: none"> • Different kinds of feelings • What they are good at; • What they are improving • Growth mindset • Things that keep our bodies healthy – covered cross curricular through Hungry Caterpillar • Making healthy and good choices 	<ul style="list-style-type: none"> • The meaning of keeping healthy • Physical activity keeps us healthy • Different ways to learn and play; when to take a break from technology • People who help us stay healthy) • Different feelings humans can experience • Recognising and naming different feelings • Feelings affect people’s bodies and behaviour • What others feel/not everyone feels the same • Healthy foods • Simple hygiene routines • Sun safety • Rules and age restrictions that keep us safe • Basic rules to keep safe online • Importance of sleep and ways to relax • Dental care and the dentist • Sharing feelings • Managing feelings • Needing help with feelings • Change and loss • Growth and change • Safety at home inc fire safety/harmful products • Medicines for health • Keeping safe inc road safety /recognising risk • People who help us keep safe • Response when there is an accident/emergency 	<ul style="list-style-type: none"> • Make informed choices about health • The elements of a balanced healthy lifestyle • choices that support a healthy lifestyle • Habits can have an effect on a healthy lifestyle • A healthy diet • Regular exercise for mental and physical health • Feelings can change over time • Everyday things that affect feelings • Varied vocabulary for talking about feelings • Individuality and personal strengths • Managing setbacks • Predict, measure and manage risk • Hazards in the home • Keeping safe in the local environment or unfamiliar places • Maintaining good oral hygiene • Elements of a balanced healthy lifestyle • Good physical health • Predict, assess and manage risk • Medicines contribute to health • Taking medicines correctly and using household products safely • Change and loss affect feelings • Dealing with emotions, challenges and change • managing transitions between classes and KS. •
<p>Living in the Wider World</p>	<p>Knowledge</p> <ul style="list-style-type: none"> • Group and class rules and why they are important • Groups and communities they belong to – covered in RE teaching • Where money comes from and what it is used for; 	<ul style="list-style-type: none"> • different jobs people do • strengths/interests needed for different jobs • Using the internet safely • People/other living things have different needs • How to look after the environment • Belonging to different groups • Different roles people have 	<ul style="list-style-type: none"> • Rules and laws and consequences for breaking • Human rights • Relationship between rights & responsibilities • Positive and negative uses of the internet • The reliability of information online • Recognise positive qualities and set goals • Range of jobs& skills for future careers

	<ul style="list-style-type: none">• how to keep it safe – covered cross-curricular: maths, enhanced provision – role play etc• Looking after the environment• How everyone is unique	<ul style="list-style-type: none">• Similarities to and differences from others• Money and how to look after it• Different choices made about money• Jobs help people to earn money• Differences between needs and wants	<ul style="list-style-type: none">• Stereotypes in the workplace• Compassion towards others• Different community groups & contributions• Sharing and use of online information• Online targeting of specific individuals/groups• The different ways to pay for things• Spending decisions affect others/environment• Spending decisions based on needs and wants• Different ways to keep track of money
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