

PSHE Knowledge and Skills Progression 2022 2023

Our goal for PSHE education is that children know how to be safe, healthy and emotionally regulated, so they can manage their future lives in a positive way, by developing:

- understanding of how to look after their physical and mental health and well-being;
- the ability to build healthy, respectful relationships based on equality and non-discrimination; and
- the personal, social and academic attributes needed to make a meaningful contribution to society.

	Keeping Safe and Managing Risk	Mental Health and Emotional Well-being	Physical Health and Well-being	Identity, Society and Equality	Drug, Alcohol and Tobacco Education	Careers, Financial Capability and Economic Wellbeing	Relationships and Sex Education (RSE)
Nursery	They work as part of a group or class, and understand and follow the rules	1. Children are confident to try new activities, and say why they like some activities more than others. 2. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.	They manage their own basic hygiene and personal needs successfully, including putting on their coat and going to the toilet independently.	1.They work as part of a group or class, and understand and follow the rules. 2.Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. 3.Children play cooperatively, taking turns with others. 4.They show sensitivity to others' needs and feelings. 5.Form positive relationships with adults and other children.			
Reception	Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.	They adjust their behaviour to different situations and take changes of routine in their stride.	They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.	They take account of one another's ideas about how to organise their activity.			
Year 1	<u>Feeling safe</u> 1. Pupils learn about safety in familiar situations 2. Pupils learn about personal safety 3. Pupils learn about people who help keep them safe outside the home	<u>Feelings</u> 1. Pupils learn about different types of feelings 2. Pupils learn about managing different feelings 3. Pupils learn about change or loss and how this can feel	<u>Fun times</u> 1. Pupils learn about food that is associated with special times, in different cultures 2. Pupils learn about active playground games from around the world 3. Pupils learn about sun-safety	<u>Me and others</u> 1. Pupils learn about what makes themselves and others special 2. Pupils learn about roles and responsibilities at home and school 3. Pupils learn about being co-operative with others	<u>What do we put into and on to bodies?</u> 1. Pupils learn about what can go into bodies and how it can make people feel	<u>My money</u> 1. Pupils learn about where money comes from and making choices when spending money 2. Pupils learn about saving money and how to keep it safe 3. Pupils learn about the different jobs people do	
Year 2	<u>Indoors and outdoors</u> 1. Pupils learn about keeping safe in the home, including fire safety 2. Pupils learn about keeping safe outside 3. Pupils learn about road safety	<u>Friendships</u> 1. Pupils learn about the importance of special people in their lives 2. Pupils learn about making friends and who can help with friendships 3. Pupils learn about solving problems that might arise with friendships	<u>What Keeps me Healthy?</u> 1. Pupils learn about eating well 2. Pupils learn about the importance of physical activity, sleep and rest 3. Pupils learn about the people who help us to stay healthy and well and about basic health and hygiene routine	No specific unit of work for this year group. Friendship is covered in the mental health and emotional wellbeing unit for Year 2. Caring for others and different families is covered in Relationships and Sex Education.	<u>Medicines and me</u> 1. Pupils learn why medicines are taken 2.Pupils learn where medicines come from 3.Pupils learn about keeping themselves safe around medicines	No specific unit of work for this year group	<u>Boys and Girls, Families</u> 1. Pupils learn to understand and respect the differences and similarities between people 2. Pupils learn about the biological differences between male and female animals and their role in the life cycle 3. Pupils learn the biological differences between male and female children

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Year 3	<u>Bullying- see it, say it, stop it</u> 1. Pupils learn to recognise bullying and how it can make people feel 2. Pupils learn about different types of bullying and how to respond to bullying incidents 3. Pupils learn about what to do if they witness bullying	<u>Strengths and Challenges</u> 1. Pupils learn about celebrating achievements and setting personal goals 2. Pupils learn about dealing with put-downs 3. Pupils learn about positive ways to deal with set-backs	<u>What helps me choose?</u> 1. Pupils learn about making healthy choices about food and drinks 2. Pupils learn about how branding can affect what foods people choose to buy 3. Pupils learn about keeping active and some of the challenges of this	<u>Celebrating difference</u> 1. Pupils learn about valuing the similarities and differences between themselves and others 2. Pupils learn about what is meant by community 3. Pupils learn about belonging to groups	<u>Tobacco is a drug</u> 1. Pupils learn the definition of a drug and that drugs (including medicines) can be harmful to people 2. Pupils learn about the effects and risks of smoking tobacco and secondhand smoke 3. Pupils learn about the help available for people to remain smoke free or stop smoking.	<u>Saving, Spending and Budgeting</u> 1. Pupils learn about what influences people's choices about spending and saving money 2. Pupils learn how people can keep track of their money 3. Pupils learn about the world of work	
Year 4	<u>Playing safe</u> 1. Pupils learn how to be safe in their computer gaming habits 2. Pupils learn about keeping safe near roads, rail, water, building sites and around fireworks 3. Pupils learn about what to do in an emergency and basic emergency first aid procedures	No specific unit of work for this year group. This comes within Relationships and Sex Education topic in year 4.	<u>What is important to me?</u> 1. Pupils learn why people may eat or avoid certain foods (religious, moral, cultural or health reasons) 2. Pupils learn about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) 3. Children learn about the importance of getting enough sleep	<u>Democracy</u> 1. Pupils learn about Britain as a democratic society 2. Pupils learn about how laws are made 3. Pupils learn about the local council	<u>Making choices</u> 1. Pupils learn that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them. 2. Pupils learn about the effects and risks of drinking alcohol 3. Pupils learn about different patterns of behaviour that are related to drug use	No specific unit of work for this year group	<u>Growing up and Changing</u> 1. Pupils learn about the way we grow and change throughout the human life cycle 2. Pupils learn the physical changes associated with puberty 3. Pupils learn about menstruation and wet dreams 4. Pupils learn about the impact of puberty on physical hygiene and strategies for managing this 5. Pupils learn how puberty affects emotions and behaviour and strategies for dealing with this 6. Pupils learn to answer each other's questions about puberty with confidence, to seek support and advice when they need it
Year 5	<u>When things go wrong</u> 1. Pupils learn about keeping safe online 2. Pupils learn that violence within relationships is not acceptable 3. Pupils learn about problems that can occur when someone goes missing from home	<u>Dealing with feelings</u> 1. Pupils learn about a wide range of emotions and feelings and how these are experienced in the body 2. Pupils learn about times of change and how this can make people feel 3. Pupils learn about the feelings associated with loss, grief and bereavement	<u>In the Media</u> 1. Pupils learn that messages given on food adverts can be misleading 2. Pupils learn about role models 3. Pupils learn about how the media can manipulate images and this may not reflect reality	<u>Stereotypes, discrimination and prejudice (including tackling homophobia)</u> 1. Pupils learn about stereotyping, including gender stereotyping 2. Workshop from Diversity Role Models or Equaliteach 3. Pupils learn about prejudice and discrimination and how this can make people feel	<u>Different influences</u> 1. Pupils learn about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis 2. Pupils learn about different influences on drug use – alcohol, tobacco and nicotine products 3. Pupils learn strategies to resist pressure from others about whether to use drugs –smoking drugs and alcohol	<u>Borrowing and Earning Money</u> 1. Pupils learn that money can be borrowed but there are risks associated with this 2. Pupils learn about enterprise 3. Pupils learn what influences people's decisions about careers	

Year 6	<p><u>Keeping safe – out and about</u></p> <ol style="list-style-type: none"> 1. Pupils learn about feelings of being out and about in the local area with increasing independence 2. Pupils learn about recognising and responding to peer pressure 3. Pupils learn about the consequences of anti-social behaviour (including gangs and gang related behaviour) 4. Pupils learn about the importance for girls to be protected against FGM 	<p><u>Healthy Minds</u></p> <ol style="list-style-type: none"> 1. Pupils learn what mental health is 2. Pupils learn about what can affect mental health and some ways of dealing with this 3. Pupils learn about some everyday ways to look after mental health 4. Pupils learn about the stigma and discrimination that can surround mental health 	<p>No specific unit of work for this year group. Healthy eating and physical activity is covered in Year 6 mental health and emotional wellbeing: Healthy Minds</p>	<p><u>Human rights</u></p> <ol style="list-style-type: none"> 1. Pupils learn about people who have moved to Islington from other places, (including the experience of refugees) 2. Pupils learn about human rights and the UN Convention on the Rights of the Child 3. Pupils learn about homelessness 	<p><u>Weighing up risk</u></p> <ol style="list-style-type: none"> 1. Pupils learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs 2. Pupils learn about assessing the level of risk in different situations involving drug use 3. Pupils learn about ways to manage risk in situations involving drug use 	<p>No specific unit of work for this year group</p>	<p><u>Healthy Relationships</u></p> <ol style="list-style-type: none"> 1. Pupils learn about the changes that occur during puberty 2. Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact 3. Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships 4. Pupils learn about human reproduction in the context of the human life cycle 5. Pupils learn how a baby is made and grows (conception and pregnancy) 6. Pupils learn about roles and responsibilities of parents and carers 7. Pupils learn to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it