Progression of Skills and Knowledge in PSHE



Hawkinge Primary School

**PSHE –Progression of Skills**

**Cycle A**

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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Theme** | Anti-bullying/friendships | RSE | Digital safety  | Environmental sustainability | Emotional health | Economy/charities |
| **EYFS** | To feel safe and secureUnderstand and learn rules – class and schoolInteract collaboratively with othersLearn how to take turns | Managing own personal hygieneTo feel safe and secureUnderstand and learn rules – class and schoolInteract collaboratively with othersLearn how to take turns | To show a growing understanding of their own feelings and those of othersTo understand our class rules and the consequences if we break them. To be interested and confident to try new activities. To form positive attachments to adults and peers. | To understand why we have rules and to begin to regulate their behaviour accordingly. To follow the class rules and begin to solve problems and disagreements without adult support. To give focused attention to an adult, even when engaged in an activity. To manage their own basic hygiene and personal needs, including dressing and going to the toilet. | To explore healthy & non-healthy foodTo understand the importance of healthy eating and benefits -calcium & vitamins. ***Cooking – food for picnic******Healthy eating***To understand what our bodies need water, shelter, sun-care, exercise To show resilience and perseverance in the face of a challenge. To work and play cooperatively and take turns with others. To describe themselves in positive terms. | To understand the importance of oral health (teeth cleaning) To understand the role of a dentist and why we need to visit To talk about their own and others’ behaviour and its consequences. To listen to others’ suggestions and plan how to achieve a specific outcome without adult support.Transition to Year One |
| **Year 1/2** | **\*What is bullying?** Understand What the 5 ways to well being are.What bullying is.How to be a good friends.Understand Respecting differences.Understand What to do when being bullied.  | \* **Why are families important?**Understand why families are important and know how to care for others.They will know that families are all different and that these differences do not matter.Understand why some people may want to get married.They will know how to be polite. | \* **How can I stay safe in the digital world?**Identify how to stay safe onlinewhat to do if I do not feel safe using technologyIdentify the difference between real life and the online worldPositive and negative impact technology can haveUnderstand about certificate ratings and what that means Understand the impact other people can have on my digital safety | **Environmental sustainability**Understand how to look after the environment. Plan and improve an area in the school grounds \*Understand how waste plastic affects the environment. | **What Can We Do To Look After Our Mental Health & Wellbeing?**Understand that everyone has mental health & we can make healthy choices to help us look after itRecognise & label emotions make healthy food choices  getting a good night's sleepRecognise how exercise makes us feel what to do instead of screen timeshow how we are feeling | **\* How can I give to my community and connect with others?**Understand what mental health and well-being is. Understand what we mean by ‘give’. Understand how we can help others. Care for our school environment.help others younger than us |
| **Year 3/4** | **What effect does bullying have on me and my friends?**name the 5 ways to wellbeingexplain the meaning of each of the 5 ways to well beingDevelop strategies that will help when I fall out with a friendunderstand when to speak up and when to keep quiet about something a friend says that may be hurtful to othersUnderstand that it is ok for my friends to be friends with other peopleDescribe ways to include and accept everybody Describe why anti-bullying is necessaryUnderstand how to be pro-active in response to bullying issues (anti allergy) explain what it means to be a bystanderUnderstand how important my individual role is in the fight against bullying | **What makes a healthy and happy relationship?**\*Identify different types of relationships.Understand how self-esteem affects our day-to-day life.Understand how to deal with loss in our life.be able to recognise if a relationship is healthy.Understand our right to say no.Understand the concept of privacy. | **What impact does technology have on my life?**Understand that people sometimes behave differently online, including by pretending to be someone they are not. •Understand that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.  Understand the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.  Understand how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.Understand how information and data is shared and used online. | **What can we do to look after the local area?**understand how I can look after the local areaConsider issues surrounding our local area.Recognise ways to conserve energy.Identify the effect of pollution on the local environment. Identify ways that I can conserve water at home and school.Understand how I can look after the local area. | **\* What Can We Do To Look After Our Mental Health & Wellbeing?**Understand how mental health is how you feel and how you manage those feelingsUnderstand that everyone has mental healthUnderstand It is important to have good mental health so you can enjoy lifeUnderstand that emotions come from your brain & help you to know how you feel about the things that are happening to youUnderstand we can use strategies &/or talk to someone when our feelings get too big to manageUnderstand we can maintain good mental health by eating well, getting enough rest, keeping active & not spending too much time in front of screens | **How can I give to my community and connect with others?**Identify the 5 ways to well being and how it links to mental health.Identify how we can give to a local community plan and carry out activities to support a local community  |
| **Year 5/6** | **What effect does bullying have on communities?**Understand the 5 steps to well-being: connect, take notice, keep learning, give, be activeUnderstand how to Managing friendship issues outside of school (with reference to social media)Understand how to be tolerant of othersUnderstand how to deal with Peer-pressureIdentify what antisocial behaviour is and effects on a community  | **Year 5- What is puberty and how will I change as I get older?**understand what is meant by pubertyunderstand the emotional changes that may occur during pubertyrecognise the physical changes that happen to all of us during pubertyunderstand the changes that happen to boys and girls during puberty\***Year 6 – Puberty and sex**understand how our bodies will change as we get olderunderstand how relationships change as we get olderunderstand that sexual activity should be part of a loving relationshipunderstand why there is a legal age of consent and what it isunderstand the importance of contraceptionunderstand how we can have healthy relationships in the future | **How can my use of the internet impact the rest of my life?**Understand the pros and cons of using social mediaUnderstand what their online reputation isUnderstand what a Digital footprint is and the impactPersonal boundaries – what are you willing to share onlinespotting fake news and understanding that it is targeted. | **How can we look after our planet?**Understand how we can make a positive impact on the local areaUnderstand how we can make a positive impact on the planetWhy it is important to look after our world focus on trees Understand the importance of recycling and recognise alternatives to recycling | **\* What Can We Do To Look After Our Mental Health & Wellbeing?** Mental health is how you feel and how you manage those feelingsEveryone has mental healthUnderstand it is important to have good mental health so you can enjoy lifeUnderstand emotions come from your brain & help you to know how you feel about the things that are happening to youUnderstand we can come up with our own unique strategies to help us cope when we have big feelings Understand how to talk to someone when our feelings get too big to manageUnderstand we can be a good listener to our friends when their feelings get too big to manage Understand we can maintain good mental health by eating well, getting enough rest, keeping active & not spending too much time in front of screensManaging feelings about the news. | **How can I give to my community and connect with others?**understand how giving and connecting help to support our mental healthunderstand how charities support peopleidentify ways to give and connect with our communitytake part in activities to give and connect with our community |

**PSHE progression of skills**

**Cycle B**

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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Theme** | Anti-bullying/challenging stereotypes | RSE  | SafetyRoad Safety Assembly  | Money | Physical health | Inspirations and aspirations |
| **EYFS** | To feel safe and secureUnderstand and learn rules – class and schoolInteract collaboratively with othersLearn how to take turns | Managing own personal hygieneTo feel safe and secureUnderstand and learn rules – class and schoolInteract collaboratively with othersLearn how to take turns | To show a growing understanding of their own feelings and those of othersTo understand our class rules and the consequences if we break them. To be interested and confident to try new activities. To form positive attachments to adults and peers. | To understand the importance of oral health (teeth cleaning) To understand the role of a dentist and why we need to visit Managing own personal hygieneTo feel safe and secureUnderstand and learn rules – class and schoolInteract collaboratively with othersLearn how to take turns | To explore healthy & non-healthy foodTo understand the importance of healthy eating and benefits -calcium & vitamins. ***Cooking – food for picnic******Healthy eating***To understand what our bodies need water, shelter, sun-care, exercise To show resilience and perseverance in the face of a challenge. To work and play cooperatively and take turns with others. To describe themselves in positive terms. | To talk about their own and others’ behaviour and its consequences. To listen to others’ suggestions and plan how to achieve a specific outcome without adult support.Transition to Year One. |
| **Year 1/2** | **What is bullying?**Identify why we have rules.Identify how to treat other Understand how others should treat us. Understand everyone is different Understand that all families are differentWhat is bullying  | **How can I care for myself?**Understand what makes me happy.Identify how to respect myself.Name the different parts of my body.Understand how to look after my body.Understand how to respect other people’s bodies. | **Safety**Understand: Who keeps us safe.What jobs keep us safe.How firefighters keep us safe.How we play outside safely.How to cross a road safely. | **Money**Understand what money is.Understand how people get money.Understand that not everyone has a lot of money.Understand that some people have to pay for necessities and not treats. | **Why is it important to be physically active?** Understand mental & physical benefits of an active lifestyleUnderstand the importance of regular exercise & how to achieve thisIdentify risks associated with an inactive lifestyleUnderstand how & when to seek support if worried about physical healthIdentify how to make a clear and efficient call to emergency services if necessary | **What are my hopes for the future?**recognising ‘star’ qualities & setting goalsIdentify positive learning attitudeUnderstand about different jobs that people could have when they grow upunderstand the reasons that different people are suited for different jobs.consider different changes and challenges that might happen to me. |
| **Year 3/4** | **How can we respect each other’s differences?**Identify and understand the terms: Prejudice Racism Sexism DiscriminationIdentify and challenge stereotypesUnderstand types of bullying: cyberbullying and allergy bullying Understand what a bystander is  | **How Can We Show Respect in Different Relationships?**Names the main parts of the body (including the sexual organs).Understand respect for ourselves and othersRecognise and report feelings of being unsafe. | **What Do I Do in an Emergency?****(Fire safety talk with firefighter)** Understand Stop, drop & roll/low & loudUnderstand basic First aid – dealing with common injuries including head injuriesUnderstand how to make an emergency services callRecognise asthma attack and severe allergic reaction | **How do I get the job I want?**Identify the benefits of working. Understand different skills are needed for different jobsThink about their future and careers | **How does my diet and oral hygiene contribute to my well-being?**Identify a healthy diet – including understanding calories & other nutritional contentUnderstand the principles of planning & preparing a range of healthy mealsRecap allergies Understand the characteristics of poor diet & risks associated with unhealthy eating (e.g. obesity/tooth decay)\*Understand what dental hygiene is and why it is important | **What makes a hero?**Understand different types of heroes and many in our everyday life (superheroes, famous people, local people, family)Understand what makes a heroIdentify who inspires meUnderstand being a good role modelChallenge gender stereotypes –Yasmine & Tom lesson |
| **Year 5/6** | **Why is it important to challenge stereotypes?**Understand what bullying is, identify different types of bullying and identify anti bullying strategies.Understand and reflect on how I am similar and different to others.Understand the terms immigrant, refugee and asylum seeker. Understand the benefits of a multicultural society.Understand what LGBT stands.Consider the importance of respecting other people’s life choices.Identify and challenge stereotypical views (treated fairly) Understand the terms Dyslexia, ASD, Dyscalculia, Down Syndrome and ADHD Understanding and celebrating our differences. | **Year 5- What is puberty and how will I change as I get older?**understand what is meant by pubertyunderstand the emotional changes that may occur during pubertyrecognise the physical changes that happen to all of us during pubertyunderstand the changes that happen to boys and girls during puberty\***Year 6 – Puberty and sex**understand how our bodies will change as we get olderunderstand how relationships change as we get olderunderstand that sexual activity should be part of a loving relationshipunderstand why there is a legal age of consent and what it isunderstand the importance of contraceptionunderstand how we can have healthy relationships in the future | **How can poor physical health affect me?**Understand the importance of sleep for good health.Understand that lack of sleep can affect weight, mood & ability to learnRecognising signs of physical illness – weight loss/unexplained changes to the body.Understand and allergies, immunisations & vaccinations. Understand how to make a clear and efficient call to emergency services if necessary.  | **What impact can money have on my life?**Understand the link between jobs and money.Recognise different ways to pay with money.Understand how we can keep our money safe.Understand what affects our choices about money. (others/advertising) Understand how money can affect our feelings. | **How can I stay safe outside of school?**Understand the effects of alcohol on the body and mindUnderstand the effects of illegal drugsUnderstand gambling and risksUnderstand the risks associated with smokingStaying safe within the local area (eg. park safety) understand extremism  | **How can outside influences affect my aspirations for the future?**identify achievements and set goals for the futureunderstand how a positive attitude can help looking forward Who inspires them understand how reality television and social media can affect aspirations and mental health (– love island etc/youtubers/social media influencers etc)understand the differences between fame, success and happiness – e.g. if you want to be a footballer, would you be happy to do that for a local club for less money and success? Or do you only want to do it for the fame/money? |