

PSHE Knowledge Progression

YEAR 1 AUTUMN TERM

	HEALTH EDUCATION				
1	2 HEALTH AND PREVENTION	3 HEALTH AND PREVENTION	4 HEALTHY EATING	5 HEALTHY EATING	6 HEALTH AND PREVENTION
To set a goal	To understand how to keep teeth healthy	To understand how teeth change as we grow up	To understand the importance of food	To discuss a variety of food	To understand some basic hygiene principles

HEALTH EDUCATION		RELATIONSHIPS EDUCATION	HEALTH EDUCATION		
7 HEALTH AND PREVENTION	8	9 RESPECTFUL RELATIONSHIPS	10 MENTAL WELLBEING	11 MENTAL WELLBEING	12 MENTAL WELLBEING
To understand how some diseases are spread and how they can be controlled	To understand why voting is important.	To be able to identify different behaviours which might be bullying	To identify a range of emotions	To understand and recognise positive and difficult emotions.	To increase understanding and recognition of a variety of feelings and have some strategies to help others feel more positively

SPRING TERM

RELATIONSHIPS EDUCATION					
1 RESPECTFUL RELATIONSHIPS	2 RESPECTFUL RELATIONSHIPS	3 RESPECTFUL RELATIONSHIPS	4 ONLINE RELATIONSHIPS	5 ONLINE RELATIONSHIPS	6 BEING SAFE
To sort wants and needs	To explore boy and girl needs and wants	To celebrate being me Difference and similarities	To teach children about personal information	To understand personal information	To identify places and people who make me feel safe

HEALTH EDUCATION					
7 BEING SAFE	8 BEING SAFE	9 MENTAL WELLBEING	10 DRUGS, ALCOHOL & TOBACCO	11 DRUGS, ALCOHOL & TOBACCO	12 BASIC FIRST AID

To explain what a safe and inviting classroom looks like.	To identify how to keep safe at home	To learn about the importance of sleep as part of a healthy lifestyle and the impact device use can have on sleep	To recognise that different things that go into bodies can make people feel good or not so good To be able to identify whether a substance might be harmful to take in To know how to ask for help if they are unsure whether something should go into the body	To know that substances can be absorbed through the skin To be able to recognise that different things that people put on to bodies can make them feel good or not so good To be able to state some basic safety rules for things that go on to the body	To know how to make an emergency call
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SUMMER TERM

RELATIONSHIPS EDUCATION					
1. CARING FRIENDSHIPS	2 CARING FRIENDSHIPS	3 RESPECTFUL RELATIONSHIPS	4 RESPECTFUL RELATIONSHIPS	5 CARING FRIENDSHIPS	6 CARING FRIENDSHIPS
To identify the qualities of a good friend	To explain the importance of compliments	To recognise positive qualities in themselves.	To recognise achievements	To identify the qualities of a good friend.	To identify what to say to a new friend.

	SCIENCE		RELATIONSHIPS EDUCATION		
7 BEING SAFE	9 GROWTH & DEVELOPMENT	10 GROWTH & DEVELOPMENT	12 RESPECTFUL RELATIONSHIPS	11 FAMILIES & PEOPLE WHO CARE FOR ME	13 CARING FRIENDSHIPS
To understand 'bad' secrets	To know they are growing and changing	To know that everyone grows and changes and babies become children and then adults	To understand that there are lots of different toys and that can be enjoyed by everyone, whether they are a boy or girl	To know there are different types of family and that all families have a special role in children's lives	To recap what a good friend is.

YEAR 2 LEARNING OBJECTIVES AUTUMN TERM

HEALTH EDUCATION					
1	2 HEALTHY EATING	3 HEALTHY EATING	4 HEALTHY EATING	5 DRUGS, ALCOHOL AND TOBACCO	6 DRUGS, ALCOHOL AND TOBACCO
To set a goal	To identify healthy snack options.	To be able to recognise and name and the 5 groups from the Eatwell plate	To understand the benefits of eating at least 5 portions of fruit and vegetables.	To learn why medicines are taken	To learn where medicines come from

HEALTH EDUCATION		RELATIONSHIPS EDUCATION			
7 DRUGS, ALCOHOL AND TOBACCO	8	9 CARING FRIENDSHIPS	10 CARING FRIENDSHIPS	11 CARING FRIENDSHIPS	12 CARING FRIENDSHIPS
To learn how to stay safe around medicines	To understand how the UK parliament is formed.	To identify what bullying is and how it makes people feel.	To understand conflict	To explain what to do when conflict escalates.	To explain how to resolve conflict

SPRING TERM

RELATIONSHIPS EDUCATION					
1 RESPECTFUL RELATIONSHIPS	2 RESPECTFUL RELATIONSHIPS	3 RESPECTFUL RELATIONSHIPS	4 ONLINE RELATIONSHIPS	5 ONLINE RELATIONSHIPS	6 MENTAL WELLBEING
To explore needs and wants	To understand life in different countries	To explore how life is different around the world	To understand what personal information is	To understand who to trust online	UPDATED RESOURCES To recognise and describe different feelings in themselves and others
HEALTH EDUCATION				RELATIONSHIPS EDUCATION	
7 MENTAL WELLBEING	8 MENTAL WELLBEING	9 BASIC FIRST AID	10 BASIC FIRST AID	11 RESPECTFUL RELATIONSHIPS	12 RESPECTFUL RELATIONSHIPS
UPDATED RESOURCES Learn that feelings change and that not everyone experiences the same feeling in the same situation	UPDATED RESOURCES Learn about 'big' feelings and how to manage them	To be able to identify and make safe risks and hazards in and around the home. To learn how to help someone without risk to themselves.	To be able to identify risks and hazards at school and know how to keep themselves safe.	To explore gender stereotypes in careers	To explore gender stereotypes in careers

SUMMER TERM

KEY STAGE 1 ASSEMBLY
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RELATIONSHIPS EDUCATION				SCIENCE	
10 RESPECTFUL RELATIONSHIPS	2 RESPECTFUL RELATIONSHIPS/ BEING SAFE	3 RESPECTFUL RELATIONSHIPS/ BEING SAFE	4 RESPECTFUL RELATIONSHIPS	5 GROWTH & DEVELOPMENT	6 GROWTH & DEVELOPMENT
To identify the qualities of a good friend	To understand and learn the PANTS rules	To understand that they have the right to say "no" to unwanted touch	To introduce the concept of male and female and gender stereotypes To identify differences between males and females	To explore some of the differences between males and females Understand that a male and female are needed to make a new life	To name the body parts To know the correct names for body parts, including reproductive/sex parts

SCIENCE	RELATIONSHIPS EDUCATION				
7 GROWTH & DEVELOPMENT	8 FAMILIES AND PEOPLE WHO CARE FOR ME	9 EDUCATION/ FAMILIES AND PEOPLE WHO CARE FOR ME	10 RESPECTFUL RELATIONSHIPS	11 RESPECTFUL RELATIONSHIPS	12 RESPECTFUL RELATIONSHIPS
To know about growing young to old To know that all living things, including humans start life as babies To identify ways they are growing and changing	To know that everyone needs to be cared for To know how they can care for others	To know about different types of families To know their home life is special	To understand pride	To recognise how it feels to be proud of someone else.	To explain why you are proud of someone else

YEAR 3 LEARNING OBJECTIVES AUTUMN TERM

HEALTH EDUCATION					
1	2 HEALTHY EATING	3 HEALTHY EATING	4 MENTAL WELLBEING	5 MENTAL WELLBEING	6 MENTAL WELLBEING
To set a goal	To understand what food groups make up meals.	To explain how food choices can contribute to tooth decay	UPDATED RESOURCES To learn about the different feelings and emotions people experience; how feelings and emotions change and what helps people to feel good	UPDATED RESOURCES Learn about ways of expressing feelings and emotions and why this is important	UPDATED RESOURCES Learn about managing feelings and emotions in different situations Learn about getting help, advice and support with feelings and emotions

RELATIONSHIPS EDUCATION				
7	8 RESPECTFUL RELATIONSHIPS	9 CARING RELATIONSHIPS	10 CARING RELATIONSHIPS	11 CARING RELATIONSHIPS
To explain why democracy is important	To developing an awareness and definition of bullying and unkindness.	To explore ways of resolving conflict.	To explore ways of resolving conflict.	To understand what to do if a conflict escalates

SPRING TERM

RELATIONSHIPS EDUCATION					
1	2	3	4 ONLINE RELATIONSHIPS	5 ONLINE RELATIONSHIPS	6 BEING SAFE
To understand the rights of a child	To understand the link between being paid to do a job and having money to spend	To make consumer choices and explain their decisions	To understand how to stay safe online	To understand how to stay safe online	To explain how to keep safe when walking on roads.

HEALTH EDUCATION				
7 BEING SAFE	8 DRUGS, ALCOHOL & TOBACCO	9 DRUGS, ALCOHOL & TOBACCO	10 BASIC FIRST AID	11 HEALTH AND PREVENTION
To explain how to keep safe when walking on roads	To learn the definition of a drug and that drugs (including medicines) can be harmful to people	Learn about the effects and risks of smoking tobacco and secondhand smoke	Know what to do and how to call for help if you are faced with an emergency situation	To know that bacteria, viruses and fungi are three different types of microbe To understand that microbes are found everywhere

SUMMER TERM

RELATIONSHIPS EDUCATION		SCIENCE	RESPECTFUL RELATIONSHIPS		HEALTH EDUCATION
1 CARING RELATIONSHIPS	2 RESPECTFUL RELATIONSHIPS	3 GROWTH & DEVELOPMENT	4 RESPECTFUL RELATIONSHIPS	5 RESPECTFUL RELATIONSHIPS/BEING SAFE	6 MENTAL WELLBEING
To identify the qualities of a good friend	To know about stereotyping of males and females To understand the link between gender stereotyping and discrimination	To know the biological differences between males and females	To explore family differences and challenge stereotyping To understand that people sometimes have stereotypes about families	To know you can say no to bad touch	To identify positive thoughts

HEALTH EDUCATION	RELATIONSHIPS EDUCATION			
7 MENTAL WELLBEING	8 CARING RELATIONSHIPS	9 CARING RELATIONSHIPS	10 CARING RELATIONSHIPS	11 CARING RELATIONSHIPS
To explore the concept of self-talk.	To explore healthy relationships.	To explore healthy relationships.	To explore healthy relationships.	To recap what a good friend is

YEAR 4 LEARNING OBJECTIVES AUTUMN TERM

HEALTH EDUCATION					
1	2 HEALTHY EATING	3 HEALTHY EATING	4 HEALTH & PREVENTION	5 DRUGS, ALCOHOL & TOBACCO	7 DRUGS, ALCOHOL & TOBACCO
To set a goal	To understand that food gives us energy	To understand the importance of nutrients	Asthma Lesson: Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use	To learn that there are drugs (other than medicines) which are common in everyday life, and why people choose to use them	To learn about the effects and risks of drinking alcohol

		RELATIONSHIPS EDUCATION	HEALTH EDUCATION	
8 DRUGS, ALCOHOL & TOBACCO	9	10 RESPECTFUL RELATIONSHIPS	11 HEALTH & PREVENTION	11 HEALTH & PREVENTION
To learn about different patterns of behaviour that are related to drug use	To explain the importance of asking questions.	To developing an awareness of the role of victims, bullies and bystanders.	Understand that infection can be spread through unclean hands and that handwashing can prevent the spread of infection	Understand that infection can be spread through unclean hands and that handwashing can prevent the spread of infection

SPRING TERM

HEALTH EDUCATION					
1	2	3 BASIC FIRST AID	4 BASIC FIRST AID	5 BASIC FIRST AID	6 BEING SAFE
To understand what we spend money on	To understand ways to save and the benefits of saving	Be able to identify when someone is having an allergic reaction to a bite or sting Be able to provide first aid treatment for someone who has been bitten or stung Be able to seek medical help if required	Know how to ensure the safety of myself and others Know how to assess a casualty's condition calmly and give first aid to someone who is bleeding Be able to give first aid to a casualty who is in shock	Recognise when someone is choking. Be able to administer first aid to a casualty that is choking (incl. back blows and tummy thrusts) Know when to seek medical help for a choking casualty.	To explain how to keep safe around water

			Know when to seek medical help for someone who is bleeding	
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RELATIONSHIPS EDUCATION					
7 BEING SAFE	8 ONLINE RELATIONSHIPS	9 ONLINE RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS/MENTAL WELLBEING	11 RESPECTFUL RELATIONSHIPS	12 RESPECTFUL RELATIONSHIPS
To explain how to keep safe around water	To understand that not everything online is trustworthy	To make decisions on what they trust online using agreed criteria	To understand how images are manipulated online.	To understand how stereotypes can label people	To understand how stereotypes can label people

RELATIONSHIPS EDUCATION	SCIENCE	HEALTH EDUCATION		RELATIONSHIPS EDUCATION	
1 RESPECTFUL RELATIONSHIPS	2 GROWTH & DEVELOPMENT	3 CHANGING ADOLESCENT BODY	4 CHANGING ADOLESCENT BODY	5 RESPECTFUL RELATIONSHIPS	6 RESPECTFUL RELATIONSHIPS
To identify the qualities of a good friend	To understand the main stages of the human lifecycle To understand the changes that humans go through at the different stages	To know some of the basic facts about puberty To know each person experiences puberty differently	To understand the importance of personal hygiene at puberty To know about different items that help keep us clean	To recognise positive things about themselves To challenge gender stereotyping	To understand aspects of discrimination

RELATIONSHIPS EDUCATION				
7 RESPECTFUL RELATIONSHIPS	8 RESPECTFUL RELATIONSHIPS	9 RESPECTFUL RELATIONSHIPS	10 ONLINE RELATIONSHIPS	11 ONLINE RELATIONSHIPS
To understand rights in a friendship.	To understand responsibilities in a friendship	To understand rights and responsibilities in a friendship	To identify and resist pressurising and manipulative behaviour	To understand how a child's online actions can affect others

YEAR 5 LEARNING OBJECTIVES

AUTUMN TERM

HEALTH EDUCATION					
1	2 HEALTHY EATING	3 HEALTHY EATING	4 HEALTHY EATING	5 HEALTHY EATING	6 HEALTHY EATING
To set a goal	To review a day's menu and provide feedback on how it can be improved	To explain the function of nutrients and fibre	To explain the reasons it is important to keep hydrated.	To explain that different types and portions of foods and drinks provide different amounts of energy.	To identify and interpret information on food labels.

HEALTH EDUCATION	RELATIONSHIPS EDUCATION			HEALTH EDUCATION	
7 MENTAL WELLBEING	8 RESPECTFUL RELATIONSHIPS	9 RESPECTFUL RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS	11 BASIC FIRST AID	12 BASIC FIRST AID
Learn how to talk about mental health and wellbeing Know who can help us and how to ask for help Know the difference between a big and a small feeling Learn how to be a good listener	To explore the concept of fairness and how people decide what is fair and unfair.	Anti-bullying Week	To explore how and why people are excluded	Know how to ensure the safety of themselves and others. Be able to assess a casualty's condition calmly. Know how to comfort and reassure a casualty who has a head injury. Know how to seek medical help.	Be able to do a primary survey Be able to place an unresponsive casualty, who is breathing normally, in the recovery position

SPRING TERM

		RELATIONSHIPS EDUCATION		HEALTH EDUCATION	
1	2	3 FAMILIES AND PEOPLE WHO CARE FOR ME	4 3 FAMILIES AND PEOPLE WHO CARE FOR ME	5 HEALTH & PREVENTION	6 HEALTH & PREVENTION
To understand deductions from payslips	To understanding budgeting	To understand reasons for migration.	To explore migration.	To gain an understanding of immunity and vaccines and the importance of vaccination programmes in general.	To understand that most common infections get better on their own through time, bed rest, liquid intake and healthy living.

					To understand that if antibiotics are taken, it is important to finish the course.
RELATIONSHIPS EDUCATION					RELATIONSHIPS EDUCATION
7 ONLINE RELATIONSHIPS/ BEING SAFE	8 BEING SAFE	9	10	11 RESPECTFUL RELATIONSHIPS	12 RESPECTFUL RELATIONSHIPS
To understand content which may be appropriate or inappropriate to share online	To identify appropriate people to turn to for help	To understand how to keep safe when cycling.	To understand how to keep safe when cycling.	To understand gender stereotypes.	To understand gender stereotypes.

SUMMER TERM

RELATIONSHIPS EDUCATION	SCIENCE	HEALTH EDUCATION			
1 CARING RELATIONSHIPS	2 GROWTH & DEVELOPMENT	3 CHANGING ADOLESCENT BODY	4 CHANGING ADOLESCENT BODY	5 CHANGING ADOLESCENT BODY	6 CHANGING ADOLESCENT BODY
To identify the qualities of a good friend	To think and talk about how they have grown and changed since they were babies	To know about the physical changes that happen at puberty	To understand what menstruation and wet dreams are To know how to manage menstruation and wet dreams	To know the importance of hygiene during puberty	To know <i>how and why</i> emotions and relationships change during puberty To know <i>where to get help and support</i> to manage changes during puberty

RELATIONSHIPS EDUCATION	RELATIONSHIPS/HEALTH EDUCATION			RELATIONSHIPS EDUCATION
7 RESPECTFUL RELATIONSHIPS	9 MENTAL WELLBEING/ CARING RELATIONSHIPS	10 MENTAL WELLBEING/ CARING RELATIONSHIPS	11 MENTAL WELLBEING/ CARING RELATIONSHIPS	12 CARING RELATIONSHIPS
To know how to deal with feelings in relationships	To develop a sense of belonging.	To develop a sense of belonging.	To develop a sense of belonging.	To recap the qualities of a good friend

YEAR 6 LEARNING OBJECTIVES

AUTUMN TERM

	HEALTH EDUCATION				
1	2 PHYSICAL HEALTH AND FITNESS/HEALTHY EATING	3 PHYSICAL HEALTH AND FITNESS	4 DRUGS, ALCOHOL & TOBACCO	5 DRUGS, ALCOHOL & TOBACCO	6 DRUGS, ALCOHOL & TOBACCO
To set a goal	To recap how to keep ourselves healthy	To explain some of the health benefits of being active.	To learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs	To learn about assessing the level of risk in different situations involving drug use	To learn about ways to manage risk in situations involving drug use

HEALTH EDUCATION		RELATIONSHIPS EDUCATION			HEALTH EDUCATION
7 MENTAL WELLBEING	8	9 RESPECTFUL RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS	11 RESPECTFUL RELATIONSHIPS	12 INTERNET SAFETY & HARMS
<ul style="list-style-type: none"> To learn how to talk about mental health and wellbeing To know who can help us and how to ask for help To know the difference between a big and a small feeling To learn how to be a good listener 	To understand how a parliamentary debate takes place in the House of Commons.	To explore ways in which human beings are similar and different	Anti-bullying Week	To understand what trust means when online	To know what to do if they have any concerns about something they experience online

RELATIONSHIPS EDUCATION

13 RESPECTFUL RELATIONSHIPS
To understand the concept of appearance ideals

		RELATIONSHIPS EDUCATION		HEALTH EDUCATION	
1	2	3 RESPECTFUL RELATIONSHIPS	4 RESPECTFUL RELATIONSHIPS	5 MENTAL WELLBEING	6 MENTAL WELLBEING
To know there are a range of salaries for different jobs.	To understand 'value for money'.	To understand stereotypes associated with homelessness	To understand hidden homelessness	UPDATED To learn about mental health; what it means and how we can take care of it	UPDATED To learn about how feelings and emotions are affected and can be managed at changing, challenging or difficult times

RELATIONSHIPS/HEALTH EDUCATION		RELATIONSHIPS EDUCATION			
7 ONLINE RELATIONSHIPS/ INTERNET SAFETY & HARMS	7 ONLINE RELATIONSHIPS/ INTERNET SAFETY & HARMS	9 BEING SAFE	10 BEING SAFE	11 RESPECTFUL RELATIONSHIP	12 RESPECTFUL RELATIONSHIP
Identify different tactics someone might use to manipulate another person online	Explain what to do if someone tries to pressure or manipulate them	To begin to identify risks and risky behaviour	To begin to identify risks and risky behaviour	To challenge gender stereotypes	To challenge gender stereotypes

RELATIONSHIPS EDUCATION	HEALTH EDUCATION	RELATIONSHIPS EDUCATION	SEX EDUCATION		RELATIONSHIPS EDUCATION
1 RESPECTFUL RELATIONSHIPS	2 CHANGING ADOLESCENT BODY	3 RESPECTFUL RELATIONSHIPS	4 SEX EDUCATION	5 SEX EDUCATION	6 RESPECTFUL RELATIONSHIPS/BEING SAFE
To identify the qualities of a good friend	To remind pupils about the physical, emotional and social changes that take place during puberty To dispel any myths about puberty	To know what constitutes a positive healthy relationship To know that relationships change over time	To know the difference between an adult intimate/loving relationship and other types of relationships To know how a baby is made (sexual intercourse)	know how a baby is made and grows (conception and pregnancy) To know what conception and pregnancy are	To understand the difference between a healthy and unhealthy relationship

	To explore some of the concerns people might have during puberty		To know what pregnancy means		
RELATIONSHIPS EDUCATION	HEALTH EDUCATION				
7 RESPECTFUL RELATIONSHIPS/ ONLINE RELATIONSHIPS	8 MENTAL WELLBEING	9 MENTAL WELLBEING	10 MENTAL WELLBEING/ INTERNET SAFETY & HARMS	11 MENTAL WELLBEING/ PHYSICAL HEALTH AND FITNESS	
To explore ways to communicate in a relationship and know when it is appropriate to share personal information To know some of the risks of meeting people online	Be able to: identify the differences between primary and secondary school describe how it might feel to move to secondary school explain different ways of managing change.	To understand how to develop positive self-talk	To learn how to manage screen time and maintain a healthy balance	To learn the importance of good sleep	