PSHE Subject Knowledge Progression

Knowledge:

Me and My Relationships Right and Responsibilities

Knowledge:

Valuing Difference

Knowledge:

Being My Best

Knowledge:

Keeping Myself Safe

Knowledge:

Growing and Changing

Nursery

I know the school rules and try my best to follow them.

Reception

I know right from wrong and I know the school

EYFS

I know that my friends like different toys to

I know families can be different.

Nursery:

I know that we need to eat food and drink water to be healthy.

Reception

Oliver's Vegetables text-need for water and healthy foods



I know how to keep myself safe in school and look after the things in my classroom

Nursery: N/A

Reception

I can explain how I have changed as I have grown up



I can give some examples of how I look after myself and my environment - at school or at home. I can also say some ways that we look after money

I know when I need help and who to go to for help

I can tell you some different classroom rules



Year 1

I can say ways in which people are similar as well as different

Year 2



I can say why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day

Year 1

I can give examples of how I keep myself

I can say when medicines might be harmful (e.g. overdose, if not needed, another person's medicine, etc.)

I can tell you what some of my body parts do

I can tell you some things I can do now that I couldn't do when I was a toddler



I can tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me

I can suggest rules that will help to keep us happy and friendly and what will help me keep to these rules.

I can say how I could help myself if I was being left out

Year 2

I can name different parts of my body that are inside me and help to turn food into energy. I know what I need to get energy

Year 2

I can explain that they can be helpful or harmful, and say some examples of how they can be used safely

Year 2

I can tell you who helps us grow (people who look after us) and what things I can now do myself that I couldn't when I was younger



Year 3

I can say how I can help the people who help me, and how I can do this. I can give an example of this

I can give ideas about what I do to be a good friend and tell you some different ideas for how I make up with a friend if we've fallen out

Year 3

I can give examples of different community groups and what is good about having different

Year 3

I can give a few examples of things that I can take responsibility for in relation to my healthy and give an example of something that I've done which shows this

I can say why medicines can be helpful or harmful

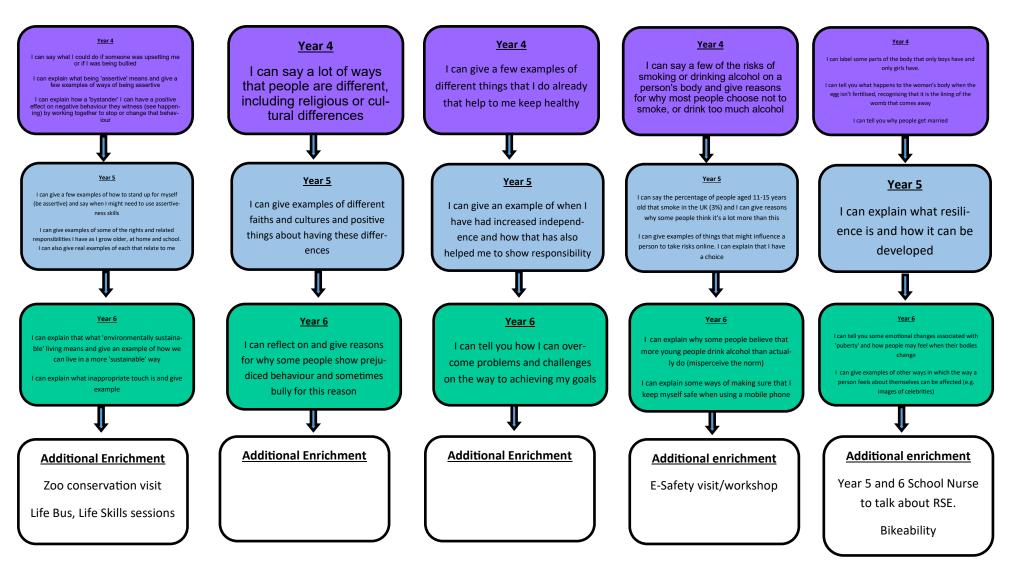
I can tell you a few things about keeping my personal details safe online. I can explain why information I see online might not always be true

Year 3

I can identify when someone hasn't been invited into my body space and show how I can be assertive in asking them to leave it if I feel uncomfortable



PSHE Subject Knowledge Progression



Enrichment—Makaton singing/ signing, Life Bus, Life Skills sessions

Kooth sessions (Y6) for transition (HSLW)

PSHE Subject Skills Progression

Knowledge:

Me and My Relationships Right and Responsibilities

Knowledge:

Valuing Difference

Knowledge:

Being My Best

Knowledge:

Keeping Myself Safe

Knowledge:

Growing and Changing

EYFS

Morning check in using zones of regulation - talking about feelings with an adult. Begin to co –regulate my emotions.

ightharpoons

Year 1

I can name different feelings and explain how these might make me behave. I can think of some different ways of dealing with 'not so good' feelings



I can give you lots of ideas about being what makes a good friend and also tell you how I try to be a good friend

Most of the time I can express my feelings in a safe, controlled way

Year 3

I can say some ways of checking whether something is a fact or just an opinion

I can usually accept the views of others and understand that we don't always agree with each other

EYFS

Through play I can (Nursery: begin to) share, take turns and reach a compromise.



Year 1

I can say why things sometimes seem unfair, even if they are not



I can give a few examples of good listening skills and I can explain why listening skills help to understand a different point of view



Year 3

I can talk about examples in our classroom where respect and tolerance have helped to make it a happier, safer place

EYFS

Proud clouds from home feedback

I can say what I am proud of

I can become more independent in self care



Year 1

I can name a few different ideas of what I can do if I find something difficult



I can explain how setting a goal or goals will help me to achieve what I want to be able to do



I can explain and give an example of a skill or talent that I've developed and the goal-setting that I've already done (or plan to do) in order to improve it

EYFS

Red zone -When I am angry I can ...

Blue zone-When I feel sad I can



Year 1

I can say what I can do if I have strong, but not so good feelings, to help me stay safe (e.g. sad - talk to someone)



I can give some examples of safe and unsafe secrets and I can think of safe people who can help if something feels wrong

can give other examples of touches that are ok or not ok I can identify a safe person to tell if I felt 'not OK' about something

Nursery: N/A

Reception

I can explain answer questions from a story and think about how it relates to myself.



I can identify an adult I can talk to at both home and school if I need help



I can give examples of how to give feedback to someone

I can give examples of how it feels when you have to say goodbye to someone or something

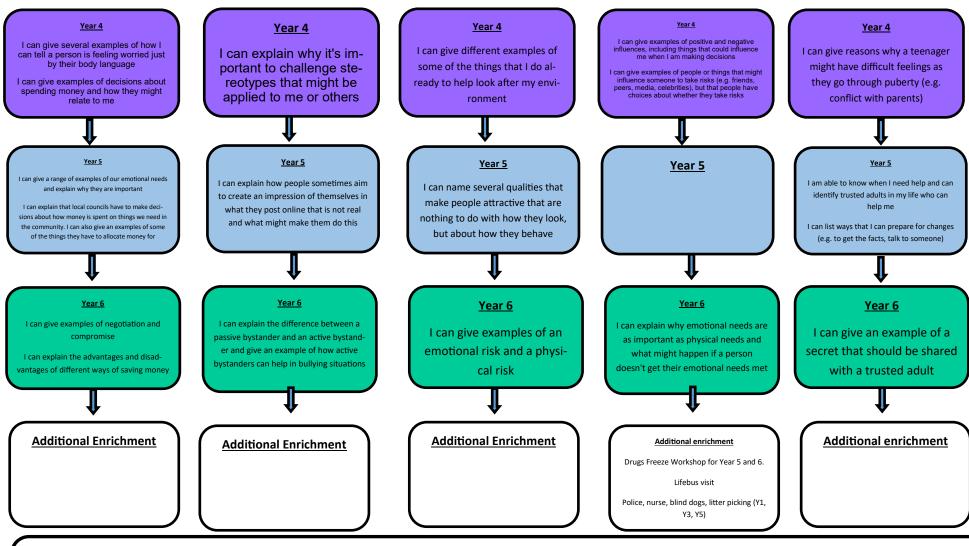
Year 3

I can say what I could do to make a situation less risky or not risky at all

Year 3

I can name a few things that make a positive relationship and some things that make a negative relationship

PSHE Subject Skills Progression



Daily Meditation for all year groups.

Daily PSHE sessions including Growth Mindset, St. Mary's Values and Physical Activity

Racial justice across the whole school Heritage Day (Autumn?) Anti Racism Pause Day (Spring 2 March)