

Key Content for PSHE

Early Years Foundational Knowledge of PSHE

EYFS:

- find ways to calm myself
- establish a sense of self
- express preferences
- engage with others
- manage transitions
- play with increased confidence
- express a range of emotions
- show increased independence
- notice simple differences and ask questions
- develop friendships
- use the toilet independently
- select and use activities and resources
- develop sense of self
- become more outgoing with unfamiliar people
- show more confidence in new social situations
- play with 1 or more children
- find solutions to conflicts and rivalries
- follow simple rules
- becoming more independent when meeting your own care needs
- make healthy choices about food and drink
- build relationships
- show perseverance and resilience

Unit	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being me in my World	<ul style="list-style-type: none"> • understand how it feels to belong and that we are similar and different • recognise and manage my feelings • understand why it is good to be kind and use gentle hand • understand children's rights and this means we should all be allowed to learn and play 	<ul style="list-style-type: none"> • know that I belong to my class • know the rights and responsibilities as a member of the class • know how it feels to be proud of a achievement • know how to make my class a safe place to learn • understand the consequences of the choices I make 	<ul style="list-style-type: none"> • know the rights and responsibilities of being a member of my class and school • share ideas about rewards and consequences • know who to ask for help • know how to make the class a safe and fair place • know how to work cooperatively 	<ul style="list-style-type: none"> • know how to set personal goals • know how to complete new challenges • recognise how it feels to be happy/sad and scared • know why we need rules • understand my behaviour can bring rewards and consequences • know how to work cooperatively in a group 	<ul style="list-style-type: none"> • understand who is in my school community and the roles they play • understand how democracy works through the school council • understand how democracy and having a voice is important • understand other people have feelings and start to empathise with them • understand how groups make decisions 	<ul style="list-style-type: none"> • understand my rights and responsibilities as a British citizen • empathise with people in this country whose lives are different to my own • understand how democracy and having a voice benefits the school community 	<ul style="list-style-type: none"> • know that there are universal rights for all children but for many children these rights are not met • understand my actions affect other people locally and globally understand how an individual's behaviour can impact on a group
Celebrating Difference	<ul style="list-style-type: none"> • identify something I am good at and understand everyone is good at different things • understand that being different makes us all special • know why my home is special to me • know to be a kind friend • know which words to use to stand up for myself 	<ul style="list-style-type: none"> • know similarities and differences between people in my class • know what bullying is • know how to make new friends • know some people I can talk to if I am unhappy 	<ul style="list-style-type: none"> • know some ways boys and girls are similar and different • know how some people make assumptions about boys and girls-stereotypes • know that bullying is sometimes about differences • know what is right and wrong 	<ul style="list-style-type: none"> • understand how families are different • understand that differences and conflicts happen between families • know some ways to problem solve a bullying situation • recognise some words that can be used in a hurtful ways (gay/fat) 	<ul style="list-style-type: none"> • know how to accept people for who they are • understand what influences me to make assumptions based on how people look • know what to do if I think bullying is going on know what is special about me and why I'm unique • know of a time when my first impression of 	<ul style="list-style-type: none"> • understand that cultural differences sometimes cause conflict • understand what racism is • understand that rumour spreading and name calling can be bullying behaviour • compare my life with people in the developing world 	<ul style="list-style-type: none"> • understand there are different perceptions about what normal means • understand how having a disability can affect some-one's life • understand how democracy and having a voice benefits the school community • explain ways in which difference can be a source

	when someone says or does something unkind		<ul style="list-style-type: none"> know how to get help if I am being bullied 		some-one changed when I got to know them	<ul style="list-style-type: none"> respect my own and other people's cultures 	of conflict and a cause of celebration
Dreams and Goals	<ul style="list-style-type: none"> understand that if I persevere I can tackle challenge know about a time I didn't give up until I achieved my goal Set a goal and work towards it know how to use kind words to encourage people understand the link between what I learn now and the job I might like to do when I'm older 	<ul style="list-style-type: none"> Identify my successes and achievements know how to work with a partner know how to face obstacles and how I feel when I overcome them 	<ul style="list-style-type: none"> identify some of my strengths as a learner know what perseverance is understand how to work cooperatively 	<ul style="list-style-type: none"> talk about someone who has faced difficult challenges and overcome them to achieve dreams/goals (disability) know a dream I have recognise how to be motivated and enthusiastic to achieve new challenges 	<ul style="list-style-type: none"> identify my hopes and dreams understand the importance of focussing on happy and positive experiences to counteract disappointment 	<ul style="list-style-type: none"> understand dreams and goals of children in a culture different to mine understand that communicating with someone in a different culture means we can learn from each other know ways we can support young people here and abroad to meet their aspirations e.g. sponsorship identify a job I can do when I grow up 	<ul style="list-style-type: none"> know how to set challenging goals for myself identify problems in the world and talk to others about them know how to work with others to make the world a better place
Healthy Me	<ul style="list-style-type: none"> understand that I need to exercise to keep my body healthy know which foods are healthy and not so healthy know how to help myself go to sleep and understand why sleep is good for me wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet know what a stranger is and how to stay safe if a stranger approaches me 	<ul style="list-style-type: none"> know the difference between healthy and unhealthy know what are healthy life choices know how germs cause disease and illness know that household products including medication can be harmful if not used properly know how to cross the road safely 	<ul style="list-style-type: none"> understand ways to keep my body healthy understand how medicines work understand the importance of using medicines safely sort food into correct food groups know which foods give energy know some healthy snacks are 	<ul style="list-style-type: none"> understand how exercise affects my body know why heart and lungs are such important organs know what my knowledge and attitude is towards drugs identify things/people and places I need to keep myself safe from understand household substances can be harmful if not used correctly understand why and how to take care of my body 	<ul style="list-style-type: none"> recognise how to handle difficult emotions understand facts about smoking and its effects on health know some reasons why people start smoking understand facts about alcohol and its effects on health know some reasons why people drink alcohol know for myself what I believe is right and wrong 	<ul style="list-style-type: none"> know the health risks of smoking and how tobacco affects the lungs, liver and heart know some of the risks of misusing alcohol, including anti-social behaviour know that alcohol misuse affects the liver and heart know and put into practice basic emergency aid procedures (including the recovery position) understand how the media and celebrity culture promotes certain body types explain how people develop eating disorders 	<ul style="list-style-type: none"> know the impact of food on the body know about different types of drugs know about drug use and the effects on the body particularly the liver and heart understand when alcohol is being used responsibly, anti-socially or being misused know and can put into practice basic emergency aid procedures understand what it means to be emotionally well and explore people's attitudes towards mental health/illness
Relationships	<ul style="list-style-type: none"> identify some of the jobs I do in my family and how I feel like I belong know how to make friends to stop myself from feeling lonely know ways to solve problems and stay friends understand the impact of unkind words know how to be a good friend 	<ul style="list-style-type: none"> identity members of my family and know there are different types of families know what being a good friend means know appropriate ways of physical contact to greet my friends know who can help me in my school community know why someone is special to me 	<ul style="list-style-type: none"> identify different members of my family know safe forms of contact recognise people who can help me in my family, school and community 	<ul style="list-style-type: none"> begin to understand expectations of males and females identify and put into practice some skills of friendship- take turns and good listener understand how my needs and rights are shared by children around the world begin to identify how our lives are different to children around the world 	<ul style="list-style-type: none"> identify web view of an animal rights issue understand how people feel when they lose a special pet know how to show love and appreciation to the people and animals who are special to us 	<ul style="list-style-type: none"> know who I am as a person in terms of my characteristics and personal qualities recognise how friendships change know how to make new friends know how to manage conflict when I fall out with friends understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean understand how to stay safe when using technology 	<ul style="list-style-type: none"> identify significant people in my life so far know some of the feelings we can have when someone dies or leaves understand there are different stages of grief recognise when people are trying to gain power or control understand how technology can be used to gain power/control and how to use it positively
Changing Me	<ul style="list-style-type: none"> name parts of the body know some things I can do and foods I can eat to be healthy understand that we all grow from babies to adults know how I feel about moving to Year 1 	<ul style="list-style-type: none"> understand the life cycle of humans understand the life cycle of animals know some ways my body has changed since I was a baby 	<ul style="list-style-type: none"> know life cycles understand the process of growing from young to old understand some ways my body changes since I was a baby recognise physical differences between boys and girls 	<ul style="list-style-type: none"> know in animals and humans lots of changes happen between conception and growing up know it is usually the female that has the baby 	<ul style="list-style-type: none"> understand some of my personal characteristics have come from my birth parents understand those personal characteristics happen because I am made from the joining of their egg and sperm 	<ul style="list-style-type: none"> have some awareness of my own self image explain how a girl's body changes during puberty understand the importance of looking after yourself physically and emotionally 	<ul style="list-style-type: none"> know how to develop my self-esteem understand how I feel about the changes that happen to me during puberty explain how girls and boys bodies change during puberty

	<ul style="list-style-type: none"> know some of my worries and/or the things I am looking forward to about being 	<ul style="list-style-type: none"> identity parts of the body that makes boys different to girls know correct names for penis/testicles and vagina 	<ul style="list-style-type: none"> know the correct name for penis/testicles and vagina 	<ul style="list-style-type: none"> understand how babies grow and develop in the mother's uterus identify how boys and girls bodies change on the outside and inside during the growing up process start to recognise stereotypical ideas that I might have about parenting and family roles 	<ul style="list-style-type: none"> name and label the internal and external parts of male and female bodies that are necessary to make a baby describe how a girl's body changes to be able to have a baby and that menstruation is a natural part of this 	<ul style="list-style-type: none"> describe how boys' and girls' bodies change during puberty understand sexual intercourse can lead to conception and that is how babies are made 	<ul style="list-style-type: none"> understand the importance of looking after yourself physically and emotionally understand and explain how a baby develops from conception to birth and understand how babies are born understand how being physically attracted to someone changes the nature of the relationship
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