PSHE Key Knowledge Progression 2026

EUXTON PRIMROSE HILL Primary School "Together we will make a difference."

	Keeping Healthy	Relationships	Responsibilities
EYFS	• I know why I need sleep and what happens if I don't get enough sleep. Bedtime, sleep, wake,	• I know how to make friends and what to do if we fall out. I know who I can ask for help. Friend, fall out, argue, make up	• I know I am responsible for being gentle with my hands and feet. • I know I can hurt people if I am rough or aggressive. Kind, gentle, hurt, unkind
Year 1	• I understand why we need to wash our hands, know how germs are spread and how they can affect our health. Healthy, unhealthy, germs	• I understand the importance of caring about other people's feelings. • I understand how to be a good friend. *Relationship, love, security*	• I know how to prevent accidents and understand the importance of preventing accidents. • I know the differences between being responsible and being irresponsible. Responsibility, accident, honesty, dishonest
Year 2	• I know that food is needed for our bodies to be healthy and to grow. • I know the differences between healthy and unhealthy choices. Ingredients, energy, vitamins, saturated fat • I understand when it is safe to take medicine and I know who we can accept medicine from Vaccination, medicine, allergies, germs, healthy, unhealthy	• I understand why we should care about other people's feelings, and I can see and understand bullying behaviours. • I understand that feelings can be shown without words. Bullying, teasing, advice, threatening	• I understand the importance of trying hard and not giving up. • I understand the risks of talking to people you don't know very well in the community. *Abilities, qualities, self-respect, improve.*
Year 3	• I understand why we need to brush our teeth and I am able to develop strategies to help me remember to brush my teeth when I forget, am tired, or busy. Decay, fluoride	• I understand the difference between appropriate and inappropriate touch. I know who and how to ask for help. • I know the names of the human body parts. *Appropriate, penis, testicles, vagina, vulva*	• I understand the differences between borrowing and stealing. • I know how you might feel if something of yours is borrowed and not returned. *Borrowing, stealing, consequences, irresponsible*
Year 4	• I know how too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older. *Balanced diet, lifestyle, carbohydrates*	• I know the different types of relationships we can have and describe how these can change as we grow. • I know how to identify how relationships can be healthy or unhealthy. *Connection, inappropriate, civil partnership, marriage*	• I know the importance of behaving in a responsible manner in a range of situations. • I know a range of situations where being on time is important. Punctual, appointment, irresponsible
Year 5	• I know some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc. *Nicotine, addictive, respiratory system, cardiovascular system*	• I know the changes that boys and girls may go through during puberty and know why our bodies go through puberty. *Puberty, hormone, ovaries, fallopian tubes, bladder*	• I know why we should take action when someone is being unkind. I know what caring and considerate behaviour is. • I understand the importance of looking out for others. *Considerate, inconsiderate*
Year 6	• I know the risks associated with alcohol and can describe how alcohol can affect your immediate and future health. Alcohol, unit, legal age limit, alcohol poisoning	• I know the terms 'conception' and 'reproduction'. I know the function of the female and male reproductive systems • I understand the various ways adults can have a child. *Conception, reproduction, consent, fertilised, IVF*	• I understand the importance of being honest and not stealing. • I know and can explain why it is important to have a trusting relationship between friends and family. *Possession, permission, trust, consent*