

KNOWLEDGE PROGRESSION OVERVIEW– PSHE & RSE

Features

At key stage 1 and 2, the knowledge progression takes full account of the national curriculum’s PSHE curriculum subjects of:

- Health Education
- Relationships Education

These are built up through the PSHE Association Programme core themes of:

- Health and Wellbeing
- Relationships
- Living in the Wider World

Each core theme comprises modules, 12 in total, in a spiral curriculum which builds upon previous learning:

- Health and Wellbeing – drug education; being healthy; growing up; changes; being safe.
- Relationships – exploring emotions; bullying matters; relationships.
- Living in the Wider World – being me; difference and diversity; being responsible; money matters.

- Skills are dependent on specific knowledge. A skill is the capacity to perform and in order to perform a deep body of knowledge and understanding needs to be acquired and retained.
- These knowledge statements should be what pupils retain forever. In other words, this knowledge is within their long-term memory and will be retained, enabling children to make informed choices.
- When considering pupils’ improvement in subject specific vocabulary, pupils could be provided with a knowledge organiser which contains all words used for PSHE for their age group.

National Curriculum Subject Content

Core Theme	Health and Wellbeing	Relationships	Living in a Wider World
Key Stage 1	<ul style="list-style-type: none"> • <i>Drug Education- including how to manage risk and peer influences.</i> • <i>Being Healthy- including the importance of looking after our mental health.</i> • <i>Growing Up- including the sex education element.</i> • <i>Changes- including coping with loss.</i> • <i>Being Safe- with particular reference to cyber, gaming and CSE.</i> 	<ul style="list-style-type: none"> • <i>Exploring Emotions- including how to recognise and manage feelings and emotions.</i> • <i>Bullying Matters- including how and who to ask for help.</i> • <i>Relationships- with an emphasis on a healthy relationship.</i> 	<ul style="list-style-type: none"> • <i>Being Me- including identity and community.</i> • <i>Difference and Diversity- including how to recognise and challenge stereotypes.</i> • <i>Being Responsible- including looking after the environment.</i> • <i>Money Matters- including enterprise.</i>
Lower Key Stage 2	<ul style="list-style-type: none"> • <i>Drug Education- including how to manage risk and peer influences.</i> • <i>Being Healthy- including the importance of looking after our mental health.</i> • <i>Growing Up- including the sex education element.</i> • <i>Changes- including coping with loss.</i> • <i>Being Safe- with particular reference to cyber, gaming and CSE.</i> 	<ul style="list-style-type: none"> • <i>Exploring Emotions- including how to recognise and manage feelings and emotions.</i> • <i>Bullying Matters- including how and who to ask for help.</i> • <i>Relationships- with an emphasis on a healthy relationship.</i> 	<ul style="list-style-type: none"> • <i>Being Me- including identity and community.</i> • <i>Difference and Diversity- including how to recognise and challenge stereotypes.</i> • <i>Being Responsible- including looking after the environment.</i> • <i>Money Matters- including enterprise.</i>

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Upper Key Stage 2	<ul style="list-style-type: none"> • <i>Drug Education- including how to manage risk and peer influences.</i> • <i>Being Healthy- including the importance of looking after our mental health.</i> • <i>Growing Up- including the sex education element.</i> • <i>Changes- including coping with loss.</i> • <i>Being Safe- with particular reference to cyber, gaming and CSE.</i> 	<ul style="list-style-type: none"> • <i>Exploring Emotions- including how to recognise and manage feelings and emotions.</i> • <i>Bullying Matters- including how and who to ask for help.</i> • <i>Relationships- with an emphasis on a healthy relationship.</i> 	<ul style="list-style-type: none"> • <i>Being Me- including identity and community.</i> • <i>Difference and Diversity- including how to recognise and challenge stereotypes.</i> • <i>Being Responsible- including looking after the environment.</i> • <i>Money Matters- including enterprise.</i>
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Module	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Drug Education	<p>Core Theme: Health and Wellbeing.</p> <p>H1. Identifying different ways to keep healthy. H5. Demonstrating simple hygiene routines that can stop germs from spreading. H6. Understanding how medicines can help people to stay healthy. H11. Naming different feelings. H28. Talking about rules and age restrictions that keep us safe. H31. Understanding that household products (including medicines) can be harmful if not used correctly. H33. Talking about the people whose job it is to help keep us safe. H37. Understanding that things that people put into their body or on their skin can affect how people feel.</p>	<p>Core Theme: Health and Wellbeing.</p> <p>H4. Recognising that habits can have both positive/negative effects on a healthy lifestyle. H10. Understanding how medicines, when used responsibly, contribute to health. H38. Identifying how to predict, assess and manage risk. H39. Understanding what hazards may cause harm or risk and what they can do to reduce risks/keep safe. H40. Understanding the importance of taking medicines correctly and using household products safely. H41. Identifying strategies for keeping safe. H44. How to respond and react in an emergency situation. H46. Learning about the risks and effects of legal drugs common to everyday life.</p>	<p>Core Theme: Health and Wellbeing/ Relationships</p> <p>H4. Recognising that habits can have both positive and negative effects on a healthy lifestyle. H44. How to respond in an emergency situation. H46. Exploring the risks/effects of legal drugs common to everyday life. H47. Recognising that there are laws surrounding the use of legal drugs. H48. Exploring why people choose to use or not use drugs. H49. Recognising the mixed messages in the media. H50. Identifying the people they can talk to if they have concerns. R15. Identifying strategies to manage peer influence and the desire for peer approval.</p>
Exploring Emotions	<p>Core Themes: Health and Wellbeing.</p> <p>H11. Naming different feelings. H12. Explaining how to recognise different feelings. H13. Recognising that feelings can affect the way we think, feel and behave. H14. Talking about how to recognise what others might be feeling. H15. Recognising that not everyone feels the same about the same things. H16. Naming a range of words to describe feelings. H17. Talking about things that help people's mental/physical health. H18. Identifying ways to manage big feelings. H19. Recognising when they need help and understand how to ask for help.</p>	<p>Core Themes: Health and Wellbeing.</p> <p>H15. Recognising the importance of taking care of mental health. H16. Identifying strategies and behaviours that support mental health. H17. Recognising feelings can change over time and range in intensity. H18. Identifying the everyday things that affect feelings and the importance of expressing how we feel. H19. Using a varied vocabulary when talking about feelings and how we can express feelings in different ways. H20. Identifying strategies that they could use to respond to feelings. H21. Identifying how to seek support for themselves and others. H24. Identifying strategies for dealing with emotions.</p>	<p>Core Themes: Health and Wellbeing.</p> <p>H18. Identifying the everyday things that affect feelings and the importance of expressing how we feel. H19. Using a varied vocabulary when talking about feelings and how we can express feelings in different ways. H20. Identifying strategies that they could use to respond to feelings. H21. Recognising when someone may be struggling with their mental health and understand how to seek support for themselves and others. H22. Recognising that anyone can experience mental ill health. H24. Identifying strategies for dealing with emotions, challenges and change. H29. Identifying how to reframe unhelpful thinking.</p>

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Being Healthy	<p>Core theme: Health and Wellbeing.</p> <p>H1. Identifying different ways to keep healthy. H2. Recognising foods that support good health; the risks of eating too much sugar. H3. Exploring how physical activity helps us to stay healthy. H4. Recognising why sleep is important and different ways to rest and relax. H5. Demonstrating simple hygiene routines that can stop germs from spreading. H7. Exploring what good dental care is; identifying food and drink that supports dental health. H8. Describing different ways of keeping safe in the sun to reduce skin damage. H9. Recognising the importance of knowing when to take a break online/offline.</p>	<p>Core theme: Health and Wellbeing.</p> <p>H1. Identifying what affects their physical/ mental health. H2. Understanding what a balanced, healthy lifestyle means. H3. Understanding what might influence our choices. H4. Recognising that habits can have both positive/negative effects on a healthy lifestyle. H6. Explaining what constitutes a healthy diet. H7. Recognising opportunities to be physically active. H8. Understanding routines that support good quality sleep. H9. Identifying hygiene routines that can limit the spread of infection. H11. Talking about how to maintain good mouth hygiene. H12. Understanding the benefits/risks of sun exposure. H13. Identify strategies for managing/balancing time online/offline. H16. Recognising behaviours that support good mental health.</p>	<p>Core theme: Health and Wellbeing.</p> <p>H1. Identifying what affects their physical and mental health. H2. Understanding what a balanced, healthy lifestyle means. H3. Identifying what influences our choices to have a balanced lifestyle. H4. Recognising that habits can have both positive/negative effects on a healthy lifestyle. H5. Recognising early signs of physical illness. H6. Exploring a balanced/unbalanced diet and the effects. H7. Recognising opportunities/risks associated with an active/inactive lifestyle. H8. Identifying routines that support good quality sleep; the effects of lack of sleep. H9. Understand the importance of personal hygiene and how to maintain it. H11. Identifying good oral hygiene; the impact of lifestyle choices on dental care. H12. Identifying how to keep safe from sun damage and reduce the risk of skin cancer. H13. Identifying strategies for managing/ balancing time online/offline. H14. Identifying how and when to seek support if they are worried about their health. H16. Identify strategies and behaviours that support mental health.</p>
Growing Up	<p>Core themes: Health and Wellbeing/Relationships.</p> <p>H5. Identifying simple hygiene routines that can stop germs from spreading. H20. Identifying feelings associated with change/loss. H21. Recognising what makes them special. H22. Talking about the ways in which we are all unique. H25. Naming the main parts of the body including external genitalia. H26. Explaining how people’s needs change as they grow from young to old. R13. Recognising and understanding the importance of respecting privacy. R16. Identifying how to respond if physical contact makes them feel uncomfortable/unsafe. R17. Understanding that there are situations when they should ask for permission. R18. Recognising the importance of not keeping adults’ secrets. R20. Identifying what to do if they feel unsafe/worried for themselves or others. R23. Recognising the ways in which they are the same/different to others.</p>	<p>Core themes: Health and Wellbeing/Relationships/Living in the Wider World.</p> <p>H9. Understanding that everyday hygiene routines can limit the spread of infection. H25. Identifying what contributes to who we are. H27. Recognising their individuality and personal qualities. H28. Identifying personal strengths, skills, achievements and interests. H30. Identifying the external genitalia and internal reproductive organs and how the process of puberty relates to human reproduction. H31. Identifying the physical and emotional changes that happen when approaching/during puberty. H32. Identifying the importance of keeping clean and how to maintain personal hygiene. H33. Understanding the human life cycle. R22. Understanding privacy and personal boundaries. R26. Recognising what seeking and giving permission (consent) means. R29. Explaining where to get advice or report concerns if worried. L9: Learning about stereotypes.</p>	<p>Core themes: Health and Wellbeing/Relationships/Living in the Wider World.</p> <p>H27. Recognising their individuality and personal qualities. H28. Identifying personal strengths, skills, achievements and interests. H30. Identifying the external genitalia and internal reproductive organs and how the process of puberty relates to human reproduction. H31. Identifying the physical and emotional changes that happen when approaching/ during puberty. H32. Identifying the importance of keeping clean and how to maintain personal hygiene. H33. Understanding the human life cycle. H34. Identifying where to get advice. H35. Recognising the responsibilities growing up brings. R2. Recognising that people may be attracted to someone emotionally, romantically and sexually. R26. Recognising what seeking and giving permission (consent) means. R29. Explaining where to get advice or report concerns if worried. L11. Recognising ways in which social media can be used positively and negatively. L16. Identifying how images on social media can be manipulated.</p>
Changes	<p>Core themes: Health and Wellbeing.</p> <p>H13. Recognising that feelings can affect the way we think, feel and behave.</p>	<p>Core themes: Health and Wellbeing.</p> <p>H17. Recognising that feelings can change over time, and range in intensity. H18. Identifying the everyday things that affect feelings, and the</p>	<p>Core themes: Health and Wellbeing.</p> <p>H17. Recognising that feelings can change over time, and range in intensity.</p>

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	<p>H16. Recognising ways of sharing feelings. H18. Identifying ways to manage big feelings. H19. Recognising when we need help and understand how to ask for help. H20. Identifying feelings associated with change/loss. H24. Exploring how to manage when we find things difficult. H26. Explaining how people’s needs change as they grow from young to old. H27. Explaining positive ways of preparing to move to a new class/year group.</p>	<p>importance of expressing how we feel. H19. Using a varied vocabulary when talking about feelings. H21. Recognising the signs when someone may be struggling and understand how to seek support. H23. Discussing change and loss, and how these can affect feelings, thoughts and behaviours. H24. Identifying strategies for dealing with emotions, challenges and change. H36. Identifying strategies to manage transitions between classes and key stages.</p>	<p>H18. Identifying the everyday things that affect feelings, and the importance of expressing how we feel. H19. Using a varied vocabulary when talking about feelings. H21. Recognising the signs when someone may be struggling and how to seek support. H23. Discussing change and loss, and how these can affect feelings, thoughts and behaviours. H24. Identifying strategies for dealing with emotions, challenges and change. H36. Identifying strategies to manage transitions between classes and key stages.</p>
<p>Bullying Matters</p>	<p>Core themes: Relationships.</p> <p>R8. Recognising simple strategies to resolve arguments between friends positively. R9. Recognising how to ask for help if a friendship is making them feel unhappy. R10. Recognising that bodies/feelings can be hurt by words and actions. R11. Identifying how people may feel if they experience hurtful behaviour or bullying. R12. Understanding that hurtful behaviour is not acceptable. R12. Explaining how to report bullying and the importance of telling a trusted adult. R20. Identifying what to do if they feel worried. R21. Identifying what is kind and unkind behaviour. R22. Recognising how to treat themselves and others with respect. R24. Playing, listening and working cooperatively.</p>	<p>Core themes: Relationships.</p> <p>R13. Recognising the importance of seeking support if feeling lonely or excluded. R17. Identifying positive strategies that may help to resolve disputes in friendships. R18. Recognising if a friendship (online or offline) is making them feel unsafe or uncomfortable. R19. Recognising the impact of bullying and the consequences of hurtful behaviour. R20. Suggesting strategies to respond to hurtful behaviour. R21. Discussing what discrimination means and how to challenge it. R30. Recognising that our own behaviour can affect other people.</p>	<p>Core themes: Relationships.</p> <p>R13. Recognising the importance of seeking support if feeling lonely or excluded. R17. Identifying positive strategies that may help to resolve disputes in friendships. R18. Recognising if a friendship (online or offline) is making them feel unsafe or uncomfortable. R19. Recognising the impact of bullying and the consequences of hurtful behaviour. R20. Suggesting strategies to respond to hurtful behaviour. R21. Discussing what discrimination means and how to challenge it. R25. Identifying strategies to respond to unwanted touch. R30. Recognising that our own behaviour can affect other people.</p>
<p>Being Me</p>	<p>Core themes: Living in the Wider World/Relationships/Health and Wellbeing.</p> <p>L4. Recognising the different groups they belong to. L14. Identifying that everyone has different strengths. R23. Recognising the ways in which they are the same and different to others. H21. Recognising what makes them special. H22. Identifying the ways in which we are all unique. H23. Identifying what they are good at, what they like and dislike.</p>	<p>Core themes: Living in the Wider World/Relationships/Health and Wellbeing.</p> <p>L6. Identifying the different groups that make up their community. L7. Identifying the different contributions that people/groups make to the community. L8. Explore diversity: what it means; the benefits of living in a diverse community. L10. Recognising behaviours/actions which discriminate against others. L25. Recognising positive things about themselves/achievements. H25. Identifying what contributes to who we are. R30. Recognising that our own behaviour can affect other people. R32. Recognising the differences and similarities between people. R33. Listening to and responding respectfully to a wide range of people.</p>	<p>Core themes: Living in the Wider World/Relationships/Health and Wellbeing.</p> <p>L6. Identifying the different groups that make up their community. L7. Describing the different contributions that people/groups make to the community. L8. Discussing diversity: what it means; the benefits of living in a diverse community; and how we value diversity within our communities. L10. Recognising behaviours/actions which discriminate against others and ways of responding to it if witnessed/experienced. L25. Recognising positive things about themselves/achievements and can set goals. H25. Identifying what contributes to who we are. R30. Recognising that our own behaviour can affect other people. R32. Respecting and recognising the differences and similarities between people. R33. Listening to and responding respectfully to a wide range of people.</p>

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Difference and Diversity	<p>Core themes: Living in the Wider World/Relationships/Health and Wellbeing</p> <p>L6. Recognising ways they are the same as, and different to, other people. L14. Identifying that everyone has different strengths. L17. Discussing the strengths/interests someone might need to do different jobs. R2. Identifying the people who love and care for us. R3. Recognising that there are different types of families. R4. Identifying common features of family life. R22. Recognising how to treat themselves and others with respect. R23. Recognising the ways in which they are the same/different to others. H21. Recognising what makes them special. H22. Celebrating the ways in which we are all unique.</p>	<p>Core themes: Relationships/Living in the Wider World/Health and Wellbeing.</p> <p>R31. Recognising the importance of self-respect and how to respect others. R32. Respecting and recognising the differences and similarities between people. R34. Debating topical issues, respecting other people’s points of view/constructively challenging those they disagree with. L9. Understanding and challenging stereotypes. L10. Recognising behaviours/actions which discriminate against others. H25. Identifying what contributes to who we are. H27. Recognising their individuality and personal qualities.</p>	<p>Core themes: Relationships/Living in the Wider World/Health and Wellbeing.</p> <p>R20. Identifying strategies to respond to hurtful behaviours. R21. Describing what discrimination means and how to challenge it. R30. Recognising that our own behaviour can affect other people. R31. Describing how to respect others. R32. Respecting/recognising the differences/ similarities between people. R34. Debating topical issues with respect. L4. Identifying the importance of having compassion towards others. L8. Discussing diversity: what it means; the benefits of living in a diverse community. L10. Understanding prejudice. L12. Exploring how to make safe, reliable choices from search results. H25. Identifying what contributes to who we are. H26. Understanding that for some people gender identity does not correspond with their biological sex. H27. Recognising their individuality and personal qualities. H28. Identifying personal strengths, skills, achievements and interests.</p>
Being Responsible	<p>Core themes: Living in the Wider World/Relationships</p> <p>L1. Understanding what rules are and why different rules are needed for different situations. L2. Recognising that people and other living things have different needs and understand the responsibilities of caring for them. L3. Explaining things they can do to help look after their environment. L5. Exploring the different roles/responsibilities people have. R25. Sharing opinions on things that matter to them.</p>	<p>Core themes: Living in the Wider World</p> <p>L1. Recognising reasons for rules and laws; consequences of not adhering to rules and laws. L2. Recognising there are human rights, that are there to protect everyone. L3. Understanding the relationship between rights and responsibilities. L4. Identifying the importance of having compassion towards others. Explaining how to show care/concern. L5. Identifying ways of protecting the environment in school and at home. Understanding how everyday choices can affect the environment.</p>	<p>Core themes: Living in the Wider World</p> <p>L1. Recognising reasons for rules and laws; consequences of not adhering to rules and laws. L2. Recognising there are human rights, that are there to protect everyone. L3. Understanding the relationship between rights and responsibilities. L4. Identifying the importance of having compassion towards others. Explaining how to show care/concern. L5. Identifying ways of protecting the environment in school and at home and understanding how everyday choices can affect the environment.</p>
Being Safe	<p>Core themes: Health and Wellbeing/Living in the Wider World/Relationships.</p> <p>H28. Talking about rules and age restrictions that keep us safe. H29. Recognising risk and what action to take to minimise harm. H30. Describing how to keep safe at home. H32. Describing ways to keep safe in familiar/ unfamiliar environments. H33. Talking about the people whose job it is to help keep us safe H34. Explaining basic rules to keep safe online. H35. Understanding what to do if there is an accident and someone is hurt. H36. Demonstrating how to get help in an emergency.</p>	<p>Core themes: Health and Wellbeing/ Living in the Wider World/Relationships.</p> <p>H13. Identifying strategies for balancing time online/offline. H37. Identifying reasons for following age regulations and restrictions. R12/H38. Identifying how to predict, assess and manage risk in different situations. H39. Understanding what they can do reduce risks and keep safe. H41. Identifying strategies for keeping safe in the local environment. H42. Identifying strategies for keeping safe online. H43. Demonstrating basic techniques for dealing with common injuries. H44. Understanding how to respond in an emergency situation.</p>	<p>Core themes: Health and Wellbeing/ Living in the Wider World/Relationships.</p> <p>H38. Identifying how to predict, assess and manage risk in different situations. H39. Understanding what hazards may cause harm, injury or risk in the home and what they can do reduce risks and keep safe. H41. Identifying strategies for keeping safe in the local environment or unfamiliar places. H42/ R29 Identifying strategies for keeping safe online. H43. Demonstrating basic techniques for dealing with common injuries. H44: Demonstrating how to respond/react in an emergency situation.</p>

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	<p>L8. Talking about the role of the internet in everyday life. L9. Identifying that not all information online is true. R14. R15. Responding safely to people online/offline.</p>	<p>R22. Understanding privacy and personal boundaries. R23/R24. Recognising on-line risks. R25. Recognising acceptable/ unacceptable physical contact. R26. Understanding about seeking and giving permission R28. Recognising pressure from others. L11- L16. Recognising ways in which the internet and social media can be used both positively/negatively.</p>	<p>R23. Recognising on-line risks, harmful content/ behaviours and how to report concerns. R28. Can recognise pressure from others. L11- L16. Recognising ways in which technology can be used positively and negativity and identifying ways to stay safe.</p>
Relationships	<p>Core themes: Relationships/Living in the Wider World/Health and Wellbeing.</p> <p>R1. Recognising the roles different people play in their lives. R5. Understanding that it is important to tell someone if something about their family makes them unhappy or worried. R6. Understanding how people make friends and explain what makes a good friendship. R7. Recognising when they or someone else feels lonely and what to do that may help. R19. Explaining basic techniques for resisting pressure to do something they don't want to do. L7. Explaining how the internet and devices can be used safely to communicate with others. H14. Talking about how to recognise what others might be feeling. H15. Recognising that not everyone feels the same about the same things.</p>	<p>Core themes: Relationships.</p> <p>R1. Recognising that there are different types of relationships. R6. Recognising the different ways people care for each other. R7. Recognising and respecting that there are different family structures. R8. Recognising the characteristics of healthy family life. R10. Identifying the strategies to build positive friendships and how friendship can support wellbeing. R11. Identifying what constitutes a positive healthy friendship. R14. Comparing the difference between healthy/ unhealthy friendships. R16. Understanding the benefits of having different types of friends. R27. Recognising the risks associated with keeping a secret.</p>	<p>Core themes: Relationships.</p> <p>R1. Recognising that there are different types of relationships. R3. Understanding what marriage and civil partnership means. R4 . Understanding that forced marriage is a crime. R5. Recognising different types of loving, caring and committed relationships. R6. Identifying the difference between healthy/ unhealthy relationships. R7. Recognising and respecting that there are different family structures. R8 .Recognising the characteristics of healthy family life. R9 .Recognising how to seek advice if family relationships make them unhappy. R10. Identifying the strategies to build positive friendships and how friendship can support wellbeing. R11. Identifying what constitutes a positive healthy friendship. R14. Comparing the difference between healthy/ unhealthy friendships. R16. Exploring how friendships can change and the benefits of having different types of friends.</p>
Money Matters	<p>Core themes: Living in the Wider World</p> <p>L10. Understanding what money is. L11. Recognising that people make different choices about how to save/spend money. L12. Recognising the difference between needs and wants. L13. Understanding how money can be looked after. L14. Identifying that everyone has different strengths. L15. Understanding that jobs help people to earn money to pay for things. L16. Identifying different jobs that people do. L17. Identifying the strengths/interests someone might need to do different jobs.</p>	<p>Core themes: Living in the Wider World</p> <p>L17. Understanding the different ways to pay for things. L18. Identifying that people's attitudes towards saving/spending is different. L19. Recognising that people's spending decisions can affect others and the environment. L20. Recognising that people make spending decisions based on needs and wants. L21. Recognising different ways of keeping track of money. L24. Identifying the ways that money can impact on people's feelings. L30. Identifying some of the skills that may help them in their future careers.</p>	<p>Core themes: Living in the Wider World</p> <p>L21. Understanding different ways to keep track of money. L22. Understanding the risks associated with money and ways of keeping money safe. L23. Identifying the risks involved in gambling activities. L24. Identifying the ways that money can impact on people's emotions. L25. Recognising positive things about themselves and can set goals. L26. Identifying there is a broad range of different jobs/careers. L27. Exploring what is meant by stereotypes. L28/29. Recognising that there are many factors which may influence a person's job or career choice. L30. Recognising some of the skills that will help them in their future careers. L31. Identifying the kind of job that they might like to do when they are older. L32. Recognising a variety of routes into careers.</p>

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Through the Drug Education module pupils will be able to...

KS1	LKS2	UKS2
Knowledge	Knowledge	Knowledge
Explore the role of medicines (use when we are ill/ prevent illness/ manage a condition.) Understand that household products, including medicines, can be harmful if not used properly.	Describe the different purposes that medicines have. Explain the importance of taking medicines correctly and using household products safely	Understand that there are rules and laws surrounding the use of medicines, drugs and household products. Reflect on the risks/effects that legal drugs common to everyday life can have on health.
Managing Risk	Managing Risk	Managing Risk
Explore that medicines come in different forms and are used in different ways. Understand that things that people put into their body or on their skin can affect how they feel. Talk about some simple rules for staying safe around medicines and other household substances/products. Identify people that they can go to if they are ill, worried or to help them/others to stay healthy.	Describe risk in relation to the use of medicines/household products, and suggest what action to take to help prevent or minimise harm. Explore the possible risks and consequences of using/misusing legal drugs/ household products in everyday situations. Identify a circle of support and how to ask for help. Demonstrate what to do in an emergency situation.	Describe some ways in which alcohol, tobacco and other substances can affect the body/decision making. Explain why some substances are harmful for growing bodies. Analyse mixed messages in the media relating and recognise how they might influence opinions/behaviour. Identify a range of strategies to better manage situations involving peer influence/approval. Research reliable sources of information/support for children/adults affected by their own or someone else's drug use.

Through the Exploring Emotions module pupils will be able to...

KS1	LKS2	UKS2
Exploring Emotions	Exploring Emotions	Exploring Emotions
Name a range of words to describe feelings. Understand that all feelings are ok. Understand that feelings can affect how our bodies feel and behave.	Use a wider vocabulary to describe how they feel. Describe feelings that can be comfortable/uncomfortable. Recognise that feelings can differ in intensity.	Use a varied vocabulary when talking about feelings. Understand that sometimes we can have conflicting feelings. Explain that feelings can change over time and range in intensity.
Recognising Emotions	Recognising Emotions	Recognising Emotions
Explore how to recognise different feelings. Talk about how we recognise what others might be feeling. Understand that not everyone feels the same about the same things.	Explore how everyday things can affect how we think, feel and behave. Describe what supports good mental/ physical health. Identify that not everyone feels the same about the same things.	Understand that feelings can impact our mental and physical health. Recognise the importance of taking care of mental health and wellbeing. Discuss the signs that someone may be struggling with their mental health.
Managing Emotions	Managing Emotions	Managing Emotions
Talk about ways to manage big and uncomfortable feelings. Identify who they can ask for help and can demonstrate how to ask for help.	Identify strategies that they could use to respond to feelings, including intense or uncomfortable feelings. Understand the importance of not bottling up how you are feeling. Understand the importance of asking for help if feelings become too uncomfortable. Explain how they can access help.	Identify strategies that they could use to respond to feelings, including conflicting feelings. Record strategies and behaviours that support mental health and wellbeing. Explain how to seek support for themselves and others.

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Through the Being Healthy module pupils will be able to...

KS1	LKS2	UKS2
Factors of a Healthy Lifestyle	Factors of a Healthy Lifestyle	Factors of a Healthy Lifestyle
<p>Explore what 'being healthy' means and why it is important. Understand that food is necessary to keep our bodies healthy. Identify that food choices can vary for families/cultures. Name/describe different physical activities and identify ones they enjoy. Explain how physical activity can help us to stay healthy. Understand that sleep and relaxation are important for growing and keeping healthy. Talk about healthy ways to feel good, calm down or change their mood.</p>	<p>Explain what a healthy lifestyle is and why it is important. Understand what a healthy, balanced diet may include. Understand what an informed choice is. Identify opportunities for physical activity within their everyday lives. Describe some consequences of being physically inactive, on the mind and body. Identify routines that support good quality sleep. Explore strategies and behaviours that support mental health.</p>	<p>Identify things that can affect someone's physical/mental health. Explain what constitutes a healthy diet and the risks associated with not having one. Reflect on what may influence our choices to have a balanced lifestyle. Identify what good physical health means and how to seek help if they are worried about their health. Recognise habits that can have both positive/ negative effects on a healthy lifestyle. Understand routines/strategies that support good quality sleep; the effects of lack of sleep. Identify strategies and behaviours that support mental health.</p>
Hygiene, Health and Prevention	Hygiene, Health and Prevention	Hygiene, Health and Prevention
<p>Demonstrate how to brush teeth. Explain what good dental care is understanding the foods/drinks that support it. Demonstrate simple hygiene routines that stop germs from spreading. Begin to recognise different ways of staying healthy in the sun. Understand what it means to take a break and how this is important for our health.</p>	<p>Explain what good dental health means, including how to brush and floss. Identify the effects of different foods/ drinks on the teeth. Identify the everyday hygiene routines that can limit the spread of infection. Identify the benefits/risks of sun exposure. Describe how the five ways to wellbeing can be used as a tool to help keep a healthy balance.</p>	<p>Identify the everyday routines that improve dental health. Identify the everyday routines/habits that can limit the spread of infection. Understand the wider importance of personal hygiene and how to maintain it. Explain how to keep safe from sun damage and reduce the risk of skin cancer. Identify the benefits of the internet and strategies for managing/balancing time online/offline.</p>

Through the Growing Up module pupils will be able to...

KS1	LKS2	UKS2
Growing and Changing	Growing and Changing	Growing and Changing
<p>Name the main parts of the body including vagina and penis. Recognising the difference between male and female body parts. Understand the human life cycle and that people grow from young to old. Describe ways that people's needs and bodies change as they grow. Talk about some ways to keep clean. Understand that babies grow in the mothers' body and have particular needs when they are born. Recognise what makes them special and unique.</p>	<p>Name external genitalia and some reproductive organs including penis, vagina, testicles, womb, umbilical cord, ovaries. Understand the processes of reproduction and birth as part of the human life cycle – that babies start from an egg and sperm. Explore physical and emotional changes that happen during puberty. Explain how daily hygiene helps to reduce the spread of infection. Explain how adults care for a baby during and after pregnancy. Recognising that individuality and personal qualities contribute to who we are.</p>	<p>Identify the external genitalia and internal reproductive organs and how the process of puberty relates to human reproduction. Explain how babies are conceived, born and cared for. Identify the physical and emotional changes that happen when approaching/during puberty. Know some key facts about menstruation. Identify the importance of keeping clean and how to maintain personal hygiene whilst growing and changing. Reflect on the responsibilities of being a parent or carer and how having a baby changes someone's life. Identify and value personal strengths, skills, achievements and interests.</p>
Privacy, Boundaries and Consent	Privacy, Boundaries and Consent	Privacy, Boundaries and Consent
<p>Understand that some parts of the body are private. Identify different types of touch and how they make people feel. Understand the difference between happy surprises and secrets that make them feel uncomfortable or worried and how to get help.</p>	<p>Explain what is meant by privacy and personal boundaries. Recognise uncomfortable/comfortable behaviour online/offline. Know when it is right to break or keep a confidence or share a secret. Know how to ask for help.</p>	<p>Understand what consent means and how to seek and give/not give permission in different situations. Analyse when behaviour including physical touch is acceptable, unacceptable, wanted or unwanted in different situations. Respond appropriately if someone asks you to keep a secret that makes you feel uncomfortable. Identify who to ask for help.</p>

KNOWLEDGE PROGRESSION OVERVIEW– PSHE & RSE

Through the Changes module pupils will be able to...

KS1	LKS2	UKS2
About Loss and Change	About Loss and Change	About Loss and Change
Identify examples of loss and change. Begin to recognise that loss and change can affect the way we think, feel and behave. Understand that changes can produce big feelings.	Recognise that loss/change are a normal part of life. Describe how change and loss, can affect feelings, thoughts and behaviours. Recognise that feelings associated with loss/change can change over time and range in intensity.	Explore that loss, bereavement and change are part of the human life cycle. Understand that change and loss, including death, can create feelings and behaviours that are not the same for everyone. Recognise that internal conflicting emotions can be normal when dealing with loss and change.
Managing Loss and Change	Managing Loss and Change	Managing Loss and Change
Identify feelings associated with loss and change. Recognise some simple ways to prepare for change/transition. Identifying different things that may help to manage big feelings. Talk about some ways to help others when they are affected by change. Know that it is important to talk to someone if you are worried. Identify people who can help us if we feel worried/unhappy.	Use a varied vocabulary when talking about feelings associated with loss and change. Identify self-help strategies and the importance of support when preparing for change/transitions. Describe everyday things that affect feelings and understand the importance of expressing feelings. Develop some ways of responding to others and showing support if they are affected by loss/change. Know why it is important to talk about our feelings and not bottle them up. Know who to talk to if you are worried or have strong feelings.	Describe a range of emotions and intensities associated with loss and change. Identify problem solving strategies to manage transitions between classes and key stages. Identify strategies to respond to feelings, including intense or conflicting feelings. Recognising the signs when someone may be struggling and understand how to seek support. Explore some barriers to asking for help and some ways to address them. Know who to talk to and where to go for help.

Through the Bullying Matters module pupils will be able to...

KS1	LKS2	UKS2
About Bullying	About Bullying	About Bullying
Explore what is bullying and what is not. Recognise kind and unkind behaviour in themselves and others. Identify that bodies and feelings can be hurt by words and actions. Understand that hurtful behaviour is not acceptable.	Describe different types of bullying including the role of a bystander. Recognise that our behaviour can affect others. Identify how the body may react to unhappy or uncomfortable feelings. Explain the consequences of hurtful/ bullying behaviour and understand neither are acceptable.	Explain what direct, indirect and cyber-bullying means. Identify when banter or other behaviour becomes unkind. Analyse ways to identify and manage uncomfortable feelings online/offline. Explore the impact and consequences of bullying and discrimination, identifying positive ways to challenge it.
Strategies and Support	Strategies and Support	Strategies and Support
Explore simple strategies to resolve arguments between friends. Understand how to report bullying and who they can talk to.	Explain positive strategies they can use if subject to bullying or hurtful behaviour on or offline. Recognise the importance of seeking support and identify how they might do this.	Identify positive strategies that may help to resolve disputes in friendships. Describe some barriers to accessing support. Recognise the importance of seeking support if feeling lonely, excluded or unsafe.

KNOWLEDGE PROGRESSION OVERVIEW– PSHE & RSE

Through the Being Me module pupils will be able to...

KS1	LKS2	UKS2
Being Unique and Special	Being Unique and Special	Being Unique and Special
Recognise and share facts about themselves. Identify their likes and dislikes and what they are good at. Talk about some ways that they are special.	Explore what contributes to who we are. Identify and talk about their own strengths and interests. Recognise what makes them unique and understands that being different is something to celebrate.	Identify a range of factors that what contributes to our identity. Express their talents and strengths with confidence. Set goals for how they would like to develop them. Explain ways in which they respect and value other people's differences.
Understanding Similarities and Differences	Understanding Similarities and Differences	Understanding Similarities and Differences
Recognise how friends can have both similarities and differences. Show some simple ways to respect and celebrate other's differences.	Identify visible/invisible differences between people. Explain why it is important to respect and celebrate the differences and similarities between people.	Respect the differences and similarities between people. Reflect on how discrimination and our own behaviour can affect others.
Being Part of a Community	Being Part of a Community	Being Part of a Community
Name some groups that they belong to. Talk about how being part of a group makes them feel.	Identify the different groups that make up their community. Recognise that they belong to different communities as well as the school community. Describe what is positive about their community and how it supports them.	Explain some of the benefits of communities. Reflect on diversity and what it means. Understand the benefits of living in a diverse community and how we value diversity within our communities. Explore how shared events and experiences can create a stronger community.

Through the Diversity Matters module pupils will be able to...

KS1	LKS2	UKS2
Similarities and Differences	Similarities and Differences	Similarities and Differences
Recognise ways they are the same as and different to others. Talk about some ways that they are special. Express their thought and opinions and recognise that others can be different.	Discuss a range of the similarities/ differences between people. Explore what contributes to who we are. Listen actively to others' views and explore how they are the similar or different to their own.	Reflect on diversity and what it means; the benefits of living in a diverse community. Recognise their individuality and identify their personal qualities. Understand that their views and opinions come from their different backgrounds and experiences. Model how to discuss or debate respectfully.
Respecting Others	Respecting Others	Respecting Others
Talk about some ways to treat themselves and others with kindness. Know what it means if something is fair or unfair.	Recognise the importance of self-respect and demonstrate ways to respect others. Recognise and challenge stereotypes. Explain the concept of being equal	Explain the importance of having respect and compassion for self and others. Recognise how stereotypes are perpetuated and have some strategies to challenge positively. Identify different types of discrimination and recognise the impact they can have. Understand that there are laws about discrimination so that we can live in a fair society.

KNOWLEDGE PROGRESSION OVERVIEW– PSHE & RSE

Through the Being Responsible module pupils will be able to...

KS1	LKS2	UKS2
Rules and Responsibilities	Rules and Responsibilities	Rules and Responsibilities
Understand what a rule is and that we follow rules to help each other. Understands that rules need be fair. Give examples of rules from different situations. Identify simple responsibilities they have. Describe some simple ways to manage waste.	Explain why rules and laws are important. Explore the consequences of not having rules and laws or of breaking them. Describe some basic human rights. Understand that rights come with responsibilities. Describe what climate change is and some ways we can all help to reduce the effects.	Explore how law protects our rights and how to respond respectfully if something is not within the law. Recognise that human rights are there to protect everyone. Understand the relationship between rights and responsibilities, providing examples. Explain the importance of protecting the environment and set personal everyday actions.
Community and Care	Community and Care	Community and Care
Recognise that people have different needs. Describe some ways to care for people, animals and other living things.	Explore what is meant by a community and the differences between needs and wants within a community. Explore and identify the welfare needs of animals and humans.	Recognise how we can support others within a community. Identify diversity within a community and explore how we can celebrate this. Recognise the importance of having compassion towards others and explain how to show care and concern.

Through the Being Safe module pupils will be able to...

KS1	LKS2	UKS2
Keeping Safe	Keeping Safe	Keeping Safe
Explore basic rules for keeping safe online e.g. not to share information, whom to tell if they see something online that is upsetting, the importance of passwords and the importance of adult supervision. Talk about examples of rules and age restrictions that are there to keep them safe. Identifying possible risks/hazards in the home and outside. Explore how to keep safe and reduce risks at home and in their local environment.	Explain basic strategies to help keep themselves safe online e.g. passwords, using trusted sites, identifying misinformation, sharing information, who to trust, how to report. Identifying situations where age restrictions apply. Identify and assess risk online/offline. (Including in the home and when playing out). Discuss ways to reduce risks at home and in the local environment in order to stay safe.	Identify strategies for keeping safe online including how to report the misuse of personal information or sharing of upsetting content/images, the importance of personal responsibility, balancing time online/offline. Explain reasons for age restrictions/ regulations. Predict, assess and manage risks online and offline. (Including road and water safety). Explore how the pressure/excitement in the moment can affect how we manage risk.
First Aid	First Aid	First Aid
Recognises what to do if there is an accident and someone gets hurt. Know to keep themselves safe first. Demonstrate how to ask for help including calling 999	Explain what first aid is and demonstrate basic techniques for dealing with common injuries such as asthma attacks and bites/stings. Identify why first aid is important and demonstrate how to ask for help including calling 999 in an emergency.	Identify hazards that may cause injury. Demonstrate basic first aid techniques for dealing with common injuries such as bleeding and choking. Explain how to respond in an emergency, including when and how to contact different emergency services.

KNOWLEDGE PROGRESSION OVERVIEW– PSHE & RSE

Through the Relationships module pupils will be able to...

KS1	LKS2	UKS2
Friendships	Friendships	Friendships
<p>Explain what makes a good friend/ friendship. Talk about some ways to make friends.</p> <p>Explain basic techniques for resisting pressure. Recognise kind and unkind behaviour.</p> <p>Name the special people in their lives.</p> <p>Resolve conflict in simple ways e.g. choosing to share, take turns, etc.</p> <p>Tell someone if you are worried about something in a relationship/family.</p>	<p>Identify what makes a positive healthy or unhealthy friendship.</p> <p>Identifying strategies to build friendships. Understand the difference between persuasion, influence and pressure.</p> <p>Explain how kindness can support wellbeing. Recognise there are different types of relationships.</p> <p>Explain what can cause arguments with friends and describe some ways to resolve them. Recognise the importance of asking for help if we feel worried, lonely or excluded</p>	<p>Reflect on what the qualities of a good friendship/relationship are and are not.</p> <p>Identify and apply strategies that support healthy friendships. Use strategies to manage peer influence and the need for peer approval.</p> <p>Explore what a loving caring relationship means. Understand what marriage and civil partnership means.</p> <p>Understand that forced marriage is a crime.</p> <p>Use strategies to positively resolve disputes and reconcile differences in friendships.</p> <p>Explain when and how to seek advice if family, friendship or relationships make them unhappy through a range of options.</p>
Families	Families	Families
<p>Talk about some ways that their family is the same or different to others.</p> <p>Describe some things they enjoy doing with their family and how it makes them feel.</p>	<p>Recognise that there are different types of family structures.</p> <p>Explain what it means to be part of a family.</p>	<p>Explore and respect that there are different family structures in society.</p> <p>Reflect on how being part of a family provides stability and love.</p>

Through the Money Matters module pupils will be able to...

KS1	LKS2	UKS2
Economic Wellbeing	Economic Wellbeing	Economic Wellbeing
<p>Understand what money is and its different forms.</p> <p>Describe some ways money can be looked after. Recognise that people make different choices about how to spend/save money.</p> <p>Talk about some things we all need and some things we want but don't need.</p>	<p>Explain some different ways to pay for things. Explain some different ways to keep track of money.</p> <p>Identify that people have different attitudes towards saving/spending.</p> <p>Recognise that people make spending decisions based on needs, wants and priorities.</p> <p>Identifying the ways that money can impact on people's feelings.</p> <p>Recognise that people's spending decisions can affect others and the environment</p>	<p>Understand what a bank account is and how this is linked to payment.</p> <p>Understand the risks associated with money and ways of keeping money safe</p> <p>Identify the risks involved in gambling activities. Explain some ways to get help if they are concerned about gambling or other financial risks. Reflect on the role that money plays in people's lives, attitudes towards it and what influences decisions about spending and saving.</p> <p>Identify the impact that having or not having money can have on a person's wellbeing.</p> <p>Explain some ways that money is/can be distributed to benefit the community.</p>
Work, Aspirations and Careers	Work, Aspirations and Careers	Work, Aspirations and Careers
<p>Know that everyone has different strengths and talents, in and out of school.</p> <p>Name some different jobs that people do.</p>	<p>Recognise positive things about themselves and their achievements.</p> <p>Identify some of the skills that may help them in their future careers.</p>	<p>Identify how skills can help them with their future career.</p> <p>Identify jobs that they might like to do in the future.</p> <p>Discuss their views on how or why someone may or may not choose a certain career.</p> <p>Recognise a variety of routes into careers. Explore some strategies to challenge stereotypes and to understand the impact this can have on aspirations.</p>