

PSHE strands.

	Friendships	Keeping safe	Body changes/differences
Nursery	I know about and can share my feelings with others. I know that everyone needs a turn and can wait patiently for short periods	I know about some dangers and how I keep myself safe from them.	I know about how boys and girls can be different or the same.
Reception	I know how to help a friend if they are sad or worried. I know how to share resources and takes turns fairly in both structured and free play.	I know the PANTS rule.	I know the scientific names for my body parts.
Y1	I know how to listen to others and wait my turn to speak. I know how to share and take turns with others, showing fairness and patience.	I know that I should say 'no' to unwanted touch and ask for help from a trusted adult.	I know the body parts girls and boys have that are the same and which body parts are different.
Y2	I know what makes a good friend and also tell you how I try to be a good friend.	I know that I should say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping myself and others safe.	I know the human private parts.
Y3	I know why friends may fall out and how they can make up.	I know what I could do to make a situation less risky or not risky at all.	Not covered in this year group.
Y4	I know how to recognise the qualities of a healthy relationship.	I know examples of people or things that might influence me to take risks and make decisions.	Girls: I know what happens to a woman's body when the sperm does not meet the egg. Both: I know why young people can have mixed up feelings when they go through puberty.
Y5	I know the warning signs that a relationship could be unhealthy or unsafe.	I know what someone should do when faced with a risky situation.	I know what happens to a woman or a man's body during puberty and that this is linked to reproduction.
Y6	I know how to work through challenges I have with my friends with respect, assertiveness and understanding.	I know types of touch that are against the law and can suggest ways of getting help if someone experiences inappropriate or illegal touch.	I know how someone could cope with or get support during puberty.