



PSHE-Knowledge

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Wellbeing	<p>Know how to stay safe on the internet.</p> <p>Know the importance of self respect.</p> <p>Know how to make positive choices.</p> <p>Know, manage and name their feelings in a positive way.</p> <p>Know how their behaviour and that of others may influence people both positively and negatively</p> <p>Know why washing hands is important.</p> <p>Know that germs can spread infections and diseases.</p>	<p>To know how to keep ourselves safe.</p> <p>To know why we need to keep safe.</p> <p>To recognise risks in activities which we may partake in.</p> <p>To know how to respond safely to other adults who are unfamiliar to them.</p> <p>To know what to do if children encounter a situation which is not safe.</p> <p>To know what they are good at.</p> <p>To know that choices made can help them to achieve goals.</p> <p>To know how to keep yourself clean (cleaning teeth, flossing, showering, cutting toe nails etc).</p> <p>To know why it is important to maintain personal hygiene.</p>	<p>There have been many documented cases of young people taking risks and making irresponsible choices in their use of IT. Although IT is an amazing development and the potential of its uses is endless, it can make individuals feel brave and do things online that they would never do in reality, some of which can have devastating consequences for themselves and others.</p>	<p>To use ICT safely including using software features and settings</p> <ul style="list-style-type: none"> - Know how information and data is shared and used online. - To know that the information we place online can always be traced. - To know that social media sites often have age limits [Most are 13] -To understand which information should not be shared online. - Know about the benefits of rationing time spent online, the 	<ul style="list-style-type: none"> • Know that alcohol contains a drug and can cause harm if not used correctly. • Drugs- see below. • Know how to recognise and talk about different emotions: anger, sadness, joy, fear, disgust. • Know that memories or mementoes can help us to grieve. • Know that death is inevitable and is part of the circle of life. 	<ul style="list-style-type: none"> • To know 5 aspirations for our lives. • To define achievement • To know how to set realistic goals based on interests and skills. • To know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • Disgnosis means The



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	<p>Know how and where fruit and vegetables grow. Know how to stay healthy and make healthy choices. Know what a balanced diet is. Know why it is important to take part in physical activities to keep healthy. Know the difference between secrets and surprises. Know that there are people who care for and look after them. Know how to keep safe and how and where to get help. Know how and why it is</p>	<p>To know the different ways of keeping yourself clean. To know a variety of ways to improve physical and mental health (healthy eating, exercise etc). To know regular visits to the dentist are important. To know who to speak to in case of a problem with their bodies, teeth, skin etc. To know that their bodies change over time. To know that medicines can help the body but also can harm the body if the wrong amount is taken. To know the differences and similarities between boys and girls. Know the names of each body part relevant to Year 2.</p>	<p>We wouldn't want to share important private matters in the real world so we should be very careful and make the right choices about the information we share in the virtual world, too.</p> <p>Whenever you visit a website, or make a comment online, you leave a digital footprint that other people can see. Your digital footprint includes all the information you</p>	<p>risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. -To understand the term digital footprint, explaining that every time we go online, we leave a trail of "footprints". - Know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p>	<ul style="list-style-type: none"> • Know who to ask for help (NSPCC) if you are feeling unsafe. • Know the different types of risks (health, social, legal, financial) and the impact of them. • Know that when we choose to take part in physical activity our bodies maintain strength, flexibility, tone and definition but we also feel better too. 	<p>process of identifying a disease, condition, or injury from its signs and symptom.</p> <ul style="list-style-type: none"> • Symptoms means a change in a living thing that indicates the presence of a disease or other physical disorder • Symptoms of illness are often unseen. • Immunisation means putting a special type of substance (a vaccine) into your body so that your body can learn how to fight that
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	<p>important to stay safe in the sun. Know how and why it is important to stay safe on the roads. Know the Green Cross Code</p>	<p>To know what we need at different stages of growing up. To know that the body changes can affect us physically but also mentally and know that this is normal. To know that exercise is good for the body and that we should be doing a minimum of 30 minutes a day of intense physical activity.</p> <p>To know how actions can have an effect on others. To know that it is important to listen to other peoples opinions and ensure we respect them. To understand people can suffer from mood swings and respond respectfully and in a manner we would want to be treated.</p>	<p>share or that's collected about you online, and there can be a lot of it.</p> <p>Lots of the information you share can be seen by other people. It can be used to target adverts at you, or it could be seen by a potential employer years later. Sometimes people can use the details you share to work out your identity.</p> <p>We wouldn't want to share important private</p>	<p>Know what constitutes a healthy diet (including understanding calories and other nutritional content) -Know where different foods come from. -To identify the different food groups on an Eat Well Plate. -Know about and understand the function of different food groups for a balanced diet. - Know the principles of planning and preparing a range of healthy meals.</p>	<ul style="list-style-type: none"> • Know what healthy choices are • Know what a healthy lifestyle is • Know what physical, emotional, mental signs show that we are healthy • Know some changes that they have experienced so far in their lives • Know where to label internal organs • Know some changes that happen when you go through puberty 	<p>infection (e.g. measles). By doing this, you will be protected (or immune) from getting sick if someone around you has that infection.</p> <ul style="list-style-type: none"> •
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		To know different strategies for coping with sadness/disappointment.	matters in the real world so we should be very careful and make the right choices about the information we share in the virtual world, too.		<ul style="list-style-type: none">• Physical - body• Emotional - strong feelings• Mental - of the mind• Know that it is essential to understand how they can maintain their health and wellbeing in a 3D whole person approach and, if problems do occur in any of the three areas, they know where to go for support.• Know why smoking is harmful• Know the harmful	
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					<p>effects of smoking</p> <ul style="list-style-type: none">• Know what Volatile Substance Abuse (VSA) is• Know that peer pressure can effect decision making• Know the effects of substance abuse• Know what makes a healthy and balanced diet: carboydrades, protein, vegetables and fruit, dairy, oils and spreads, through planning their own meal.• Know what to do if someone has been	
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					<p>badly burnt- cool the burn with cold running water for at least 10 minutes, cover it with cling flim and call 999.</p> <ul style="list-style-type: none">• Know what to do if someone is having an asthma attack- help them to sit comfotably and take their inhaler.• Know what to do when someone is unresponsive and not breathing- call 999 and find and adult- tell them to do chest compressions,	
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					<p>then get an AED or defibrillator.</p> <ul style="list-style-type: none">• Know what to do if someone is having an allergic reaction= help them to use their Epi pen and call 999.• Know what to do if you think someone has swallowed something poisonous- find out what and call 999.	
Growing and Relationships	Know how to be a good friend. Know that there are differences and similarities between themselves and their friends.	Know how to be respectful. Know why we need to be respectful. Know and understand that everyone is different.	Rules and responsibilities are part of society and they govern the way in which we live our lives. They	To know how to recognise the difference between isolated hostile incidents and bullying.	<ul style="list-style-type: none">• Know how to stay safe online: don't share personal information.• Know that a 'trolling' is online bully	<ul style="list-style-type: none">• To know that Martin Luther King and Rosa Parks stood up for black rights and were both punished for it. Their efforts made change for people today.



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	<p>Know why it is important to express and communicate their views and feelings.</p> <p>Know why it is important to listen to the views and feelings of others.</p> <p>Know why having good manners is important.</p> <p>Know and talk about the similarities and differences between people.</p> <p>Know what is meant by the term 'bully' and identify bullying behaviours.</p> <p>Know the difference between kind</p>	<p>Know how we can share and why it is kind to share.</p> <p>To know how to make develop a kind relationship with a friend.</p> <p>To know how to be considerate towards others.</p> <p>To know the difference between right and wrong.</p> <p>To know what is fair and unfair.</p> <p>To know how their behaviour can influence others.</p> <p>To know how to reflect on their own actions.</p> <p>To know how to negotiate.</p> <p>To know how to debate.</p> <p>To know how to deal with someone bullying you/someone else.</p> <p>To know who to speak to if you need help.</p>	<p>are used to keep us safe and healthy and to ensure we are respectful of other people: their cultures, values and beliefs.</p> <ul style="list-style-type: none"> Rules in a classroom can be seen as negative, as part of a sanction-led approach. Rules are also part of exercising authority in order to govern behaviour, whereas expectations in school raise responsibility by empowering pupils in a 	<p>-To understand what self-esteem is and why it is important</p> <p>- Know how to communicate their opinions in a group setting.</p> <p>-Understand the terms 'resilience' and 'persistence' and why these character traits are important.</p> <p>-Know about different types of bullying (PHYSICAL, VERBAL, RELATIONAL & CYBER) the impact of bullying, responsibilities of bystanders (primarily reporting</p>	<p>where someone hides behind a computer.</p> <ul style="list-style-type: none"> Know that socially acceptable drugs are: cigarettes (nicotine), alcohol and coffee (caffeine). Know that prescribed drugs require a subscription from a medical professional. Know that over the counter medication can be brought in a supermarket or pharmacy. 	<ul style="list-style-type: none"> To know that marriage (and civil partnership) represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong To know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing To know that relationships can change as a result of growing up
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	<p>and unkind behaviour. Know how their behaviour and that of other people can effect other negatively and positively. Know what is kind and unkind behaviour. Know that family and friends care for one another. Know that their behaviour and that of others can effect people negatively and positively. Know why families are important. Know that families take care of one another.</p>	<p>To know that bullying can happen in a variety of different ways and to be aware of this. To know that our family and friends are there to care and look after us. To know that how we act can have a positive or negative effect on someone else and that we should always be looking to influence others in a positive way.</p>	<p>positive way. They motivate pupils and encourage them to act responsibly.</p>	<p>bullying to an adult) and how to get help -Know how to recognise bullying behaviour. Understand how we are all connected by our similarities. -Know that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. - Know and understand how the make-up of family units can differ.</p>	<ul style="list-style-type: none"> • Know that steroids can be used for medical reasons, however, some people take it to enhance their medical performance. • Know that illegal drugs are: heroin, cannabis, cocaine. • Know that there are different types of relationships. • Know the good qualities of a relationship. • Know what the PANTS slogan means. 	
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	Know who the special people are in their lives and why they are so special.			<p>- Understand and appreciate the range of different cultures and religions represented within school.</p> <p>-Learn about the need for tolerance for those of different faiths and beliefs.</p> <p>-Know what a stereotype is, and how stereotypes can be unfair, negative or destructive.</p> <p>-Understand the term 'diversity' and appreciate diversity within school.</p> <p>-Learn about the need for</p>	<ul style="list-style-type: none"> • Know how to contact NSPCC • Know to keep their bodies safe. • Know where to go for help. • Know the terms: Respect, mutual, Trust, Understanding consenting, positive relationships • Physical contact-Spring during RSE week. • Know how to communicate with one another: eye contact/ waiting to speak/ responding to what the 	
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				tolerance for those who are different from us.	<p>person has says.</p> <ul style="list-style-type: none"> • Know that collaboration means working together as a team. <p>Know that everyone has a different role in a team, each one is just as important.</p>	
Living in the Wider World and Being a Responsible Citizen	<p>Know why we have rules and expectations. Know why it is important to follow rules. Know why it is important to take turns and share fairly in a group game. Know that people and other living things have needs and that they have</p>	<p>To know how to be involved in a conversation. Know what a community is. Know that we are part of our school community/year group community. To know and name other communities/groups. Know how to work within a group. To know how we can look after our community.</p>		<p>- Know what a stereotype is, and how stereotypes can be unfair, negative or destructive</p> <p>- Know and understand the terms 'discrimination' and 'stereotype'.</p> <p>- To understand that discrimination is when someone is</p>	<ul style="list-style-type: none"> • Know that structure is important in our daily lives. • Know that democracy is a system of government. • Know that dictatorship is a government by one person. • Know that a monarchy is 	<ul style="list-style-type: none"> • A budget is a plan for saving and spending. It looks at the money you get and the money you want to spend. By comparing the money you have coming in and going out, you can see what you can afford



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	<p>responsibilities to meet them. Know about responsibility to others. Know ways of looking after the school or community and how to care for the local environment Know the concept of 'borrowing'. Know and understand the importance of sharing. Know that everyone has a responsibility to consider the needs of others Know where money comes from and the importance of it.</p>	<p>To know how to decision make. To know what is a good choice and a bad choice. To respect other peoples feelings. To know what the local community is. To understand what the local community provides. To know how to care for the local environment and be actively trying to help with that. To think of ways that we can develop links with the local community. To know how and why managing money is important and to know that it is important to be sensible when spending money.</p>		<p>treated differently or unfairly because of their racial or ethnic origin, disability, religion or belief, age, sex or sexual orientation. -Learn about and reflect on their own spending habits / choices -Understand why financial management and planning is important from a young age</p>	<p>the royal family.</p> <ul style="list-style-type: none"> • Know that the prime minister/ president is in change of a country. • Know that rules and laws are decided by multiple people in government. • Know that the UN (United nations) state that were are ceretain rights that every child should have. • Know the different diversity in their community. • Know about different 	<p>to spend, or where you need to cut back.</p> <ul style="list-style-type: none"> • A profit occurs when you sell something. for more than it cost • Tax is money paid to the government by individuals and businesses that is used to fund public services like healthcare, education, and transport.
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	<p>Know how money plays a part in society and our everyday lives.</p> <p>Know and recognise notes and coins.</p> <p>Know about the different types of work people do.</p> <p>Know that people spend money on things they want and need.</p> <p>Know and understand why it is important to keep money safe</p>				<p>minority groups: LGBTQ+, disability, religion, race, sexuality, gender and the impact bullying can have on them.</p>	
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