

Substantive Knowledge Progression – PSHE – EYFS, KS1 & KS2

WIS			WJS			
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Me and my relationships</p> <ul style="list-style-type: none"> • What makes me special • People close to me • Getting help <p>Valuing difference</p> <ul style="list-style-type: none"> • Similarities and difference • Celebrating difference • Showing kindness. <p>Keeping Safe</p> <ul style="list-style-type: none"> • Keeping my body safe • Safe secrets and touches • People who help to keep us safe. <p>Rights and respect</p> <ul style="list-style-type: none"> • Looking after things: friends, environment, money. <p>Being my best</p> <ul style="list-style-type: none"> • Keeping my body healthy – food, exercise, sleep • Growth Mindset. <p>Growing and changing</p> <ul style="list-style-type: none"> • Cycles • Life stages • Girls and boys – similarities and difference. 	<p>Me and my relationships</p> <ul style="list-style-type: none"> • Feelings • Getting help • Classroom rules • Special people • Being a good friend <p>Valuing difference</p> <ul style="list-style-type: none"> • Recognising, valuing and celebrating difference • Developing respect and accepting others • Bullying and getting help <p>Keeping Safe</p> <ul style="list-style-type: none"> • How our feelings can keep us safe – including online safety • Safe and unsafe touches • Medicine Safety • Sleep <p>Rights and respect</p> <ul style="list-style-type: none"> • Taking care of things: <ul style="list-style-type: none"> • Myself • My money • My environment <p>Being my best</p> <ul style="list-style-type: none"> • Growth Mindset • Healthy eating • Hygiene and health • Cooperation <p>Growing and changing</p> <ul style="list-style-type: none"> • Getting help • Becoming independent • Taking care of self and others 	<p>Me and my relationships</p> <ul style="list-style-type: none"> • Bullying and teasing • Our school rules about bullying • Being a good friend • Feelings/self-regulation • Valuing difference <p>Keeping Safe</p> <ul style="list-style-type: none"> • Safe and unsafe secrets • Appropriate touch • Medicine safety <p>Rights and respect</p> <ul style="list-style-type: none"> • Cooperation • Self-regulation • Online safety • Looking after money – saving and spending <p>Being my best</p> <ul style="list-style-type: none"> • Growth Mindset • Looking after my body • Hygiene and health • Exercise and sleep <p>Growing and changing</p> <ul style="list-style-type: none"> • Life cycles • Dealing with loss • Being supportive • Growing and changing • Privacy 	<p>How can we be a good friend?</p> <ul style="list-style-type: none"> • Relationships • Friendship - making positive friendships • Managing loneliness • Dealing with arguments <p>What keeps us safe?</p> <ul style="list-style-type: none"> • Health and wellbeing • Keeping safe - at home and school • Our bodies • Hygiene • Medicines and household products <p>What are families like?</p> <ul style="list-style-type: none"> • Relationships • Families • Family life • Caring for each other <p>What makes a community?</p> <ul style="list-style-type: none"> • Living in the wider world • Community • Belonging to a group • Similarities and differences • Respect for others <p>How can we manage our feelings?</p> <ul style="list-style-type: none"> • Health and wellbeing • Feelings and emotions • Expression of feelings • Behaviour <p>Why should we keep active and sleep well?</p> <ul style="list-style-type: none"> • Importance of sleep • Health and wellbeing • Being healthy • Keeping active, taking rest 	<p>What strengths, skills and interests do we have?</p> <ul style="list-style-type: none"> • Health and wellbeing • Self-esteem • Self-worth • Personal qualities • Goal setting • Managing set backs <p>How do we treat each other with respect?</p> <ul style="list-style-type: none"> • Relationships • Respect for self and others • Courteous behaviour • Safety • Human rights <p>Why should we eat well and look after our teeth?</p> <ul style="list-style-type: none"> • Health and wellbeing • Being healthy • Eating well • Dental care <p>How will we grow and change?</p> <ul style="list-style-type: none"> • Health and wellbeing • Growing and changing • Puberty <p>How can our choices make a difference to others and the environment?</p> <ul style="list-style-type: none"> • Living in the wider world • Caring for others • Caring for the environment • People and animals • Shared responsibilities, making choices and decisions 	<p>What makes up our identity?</p> <ul style="list-style-type: none"> • Health and wellbeing • Identity • Personal attributes and qualities • Similarities and differences • Individuality • Stereotypes <p>What decisions can people make with money?</p> <ul style="list-style-type: none"> • Living in the wider world • Money • Making decisions • Spending and saving <p>How can we help in an accident or emergency?</p> <ul style="list-style-type: none"> • Health and wellbeing • Basic first aid, accidents, dealing with emergencies <p>How can friends communicate safely?</p> <ul style="list-style-type: none"> • Relationships • Friendships • Relationships • Becoming independent • Online safety <p>How can drugs common to everyday life affect health?</p> <ul style="list-style-type: none"> • Health and wellbeing • Drugs, alcohol and tobacco • Healthy habits <p>What jobs would we like?</p> <ul style="list-style-type: none"> • Living in the wider world • Careers • Aspirations • Role models 	<p>How can we keep healthy as we grow?</p> <ul style="list-style-type: none"> • Health and wellbeing • Looking after ourselves • Growing up • Becoming independent • Taking more responsibility <p>How can the media influence people?</p> <ul style="list-style-type: none"> • Living the wider world • Media literacy and digital resilience • Influences and decision-making • Online safety <p>How do friendships change as we grow?</p> <ul style="list-style-type: none"> • Different relationships • Changing and growing, adulthood • Independence, • Moving to secondary school

			How can we manage risk in different places? <ul style="list-style-type: none"> • Health and wellbeing • Keeping safe • Out and about • Recognising and managing risk 	<ul style="list-style-type: none"> • The future 	
Concepts/Themes					
	Health & Wellbeing	Relationships	Living in the Wider World		
Year R	<ul style="list-style-type: none"> • Being my best • Growing and changing 	<ul style="list-style-type: none"> • Me and my relationships • Valuing difference 	<ul style="list-style-type: none"> • Keeping Safe • Rights and respect 		
Year 1	<ul style="list-style-type: none"> • Being my best • Growing and changing 	<ul style="list-style-type: none"> • Me and my relationships • Valuing difference 	<ul style="list-style-type: none"> • Keeping Safe • Rights and respect 		
Year 2	<ul style="list-style-type: none"> • Being my best • Growing and changing 	<ul style="list-style-type: none"> • Me and my relationships • Valuing difference 	<ul style="list-style-type: none"> • Keeping Safe • Rights and respect 		
Year 3	<ul style="list-style-type: none"> • What keeps us safe? 3 lessons of 1 hour • How can we manage our feelings? 3 lessons of 1 hour • Why should we keep active and sleep well? 3 lessons of 1 hour 	<ul style="list-style-type: none"> • How can we be a good friend? 3 lessons of 1 hour • What are families like? 3 lessons of 1 hour 	<ul style="list-style-type: none"> • What makes a community? 3 lessons of 1 hour 		
Year 4	<ul style="list-style-type: none"> • What strengths, skills and interests do we have? 3 lessons of 1 hour or 6 lessons ½ hour • Why should we eat well and look after our teeth? 3 lessons of 1 hour or 6 lessons ½ hour • How will we grow and change? 3 lessons of 1 hour or 6 lessons ½ hour • How can we manage risk in different places? 3 lessons of 1 hour or 6 lessons ½ hour 	<ul style="list-style-type: none"> • How do we treat each other with respect? 3 lessons of 1 hour or 6 lessons ½ hour 	<ul style="list-style-type: none"> • How can our choices make a difference to others and the environment? 3 lessons of 1 hour or 6 lessons ½ hour 		
Year 5	<ul style="list-style-type: none"> • What makes up our identity? 3 lessons of 1 hour • How can we help in an accident or emergency? 3 lessons of 1 hour • How can drugs common to everyday life affect health? 3 lessons of 1 hour 	<ul style="list-style-type: none"> • Hope can friends communicate safely? 3 lessons of 1 hour 	<ul style="list-style-type: none"> • What decisions can people make with money? 3 lessons of 1 hour • What jobs would we like? 3 lessons of 1 hour 		
Year 6	<ul style="list-style-type: none"> • How can we keep healthy as we grow? 6 lessons of 1 hour 	<ul style="list-style-type: none"> • How do friendships change as we grow? 6 lessons of 1 hour 	<ul style="list-style-type: none"> • How can the media influence people? 6 lessons of 1 hour 		