Progression of Knowledge and Skills for PSHE

EYFS		
Personal, Social and Emotional Development	**Self-Regulation**	Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.
	Managing Self	Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.
	Building Relationships	Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others' needs.

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	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health Education	Understand what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental care. Understand how to maintain personal hygiene. Understand that medicines can help to keep people healthy but only if used properly. Start to understand the associated feelings in change and loss. Start to explore how to manage feelings and the strategies which can be used when findings things difficult. Understand the benefits of having a positive learning attitude. Recognise that everyone is different and have different likes, dislikes, strengths, etc. Recognise the people that look after them and know who to go to if they are worried.	Learn from experiences, recognise and celebrate strengths and set simple yet challenging goals. Recognise that humans experience different feelings, somegood and some not so good. Develop confidence in describing feelings and strategies for managing emotions. Understand the process of growing from young to old and recognise how people's needs change. Understand how to make informed choices that help to improve physical and emotional health. Recognise that choices can have positive and not so positive consequences and the impact of decisions needs to be considered. Recognise that we are presented with new opportunities and responsibilities that will increase independence. Understand different ways of keeping physically and emotionally safe, including when online and in the environment. Understand the difference between a surprise and a secret. Name the main parts of the body (including external genitalia) and understand that boys and girls are different. Understand that some things should remain private (body parts).	Understand the need to make informed decisions about health including diet, lifestyle, sun exposure and personal and oral hygiene. Understand what a habit is and recognise that habits can have both a positive and negative affect on a healthy lifestyle. Recognise when to ask for help and develop techniques for resisting pressure to do something dangerous, unhealthy or makes them feel uncomfortable. Differentiate between the terms 'risk', 'danger' and 'hazard'.	Understand that mental health, just like physical health, is part of daily life; we need to take care of our mental health. Understand different techniques and routines that can support mental health and wellbeing. Recognise that feelings can change over time and in intensity and understand the importance of expressing them. Begin to recognise the signs of mental ill health and wellbeing and understand how to seek support for themselves and others. Recognise opportunities to make their own choices about food, what might influence their choices and the benefits of a balanced diet. Recognise that we can experience setbacks/ perceived failures and learn to manage these. Identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction. Understand how personal hygiene routines need to change during puberty. Understand the process of reproduction and birth as part of the human life cycle. Know that there are legal, restricted and illegal substances (drugs, alcohol).	Understand how to make informed choices and their responsibility in creating a 'balanced lifestyle'. Understand the risks and effects of legal drugs common to everyday life and how these can impact on health. Recognise that bacteria and viruses can affect health and that following simple routines can reduce the spread. Develop awareness of how to predict, assess and manage risk in different situations and use this as an opportunity to build resilience.	Recognise that sometimes we experience conflicting emotions and when we need to listen to these or overcome them. Further develop growth mindset by facing new challenges positively, drawing on help, making responsible choices and taking action. Understand what positively and negatively affects their physical, mental and emotional health (including the media). To reflect on and celebrate their achievements, identify strengths, areas of improvement and set high, aspirational goals. Recognise their increasing responsibility in keeping themselves and others safe. Understand how to care for their body and that they have the right to protect their body from inappropriate or unwanted contact. Know how to get support if they are worried for themselves for their peers.

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	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships	Communicate their feelings to others. Recognise how other people show their emotions and respond. Share their opinions that matter to them and explain their views. Listen to other people and how to play / work cooperatively. Recognise strategies that can be used to resolve arguments / disagreements. Identify people who love and care for them. Recognise how their behaviour affects other people. Understand that our bodies and emotions can be hurt by words and actions, including online. Recognise what is fair and unfair, right and wrong, kind and unkind. Recognise when people are unkind to each other and respond in appropriate ways. Understand that hurtful behaviour is not accepted and how report bullying to a trusted adult.	Identify their special people, what makes them special and how they should care for each other. Learn how to offer constructive support and feedback to others. Further develop strategies that can be used to solve simple arguments, including negotiation. Understand the difference between secrets and surprises and the importance of not keeping an adult's secret. Identify and respect the differences and similarities between people. Develop basic techniques for resisting pressure to do something that they don't want to do or makes them feel unsafe. Recognise that some things are private and that privacy should be respected. Understand that sometimes people behave differently online. Understand how to respond safely to adults that they don't know. Further understand that people's bodies and feelings can be hurt and how to respond to this.	Recognise and respond appropriately to a wider range of feelings in others. Understand that personal behaviour can affect other people as well as themselves. Understand that pressure to behave in an unacceptable or unhealthy way can come from a variety of sources (peer influence, media, online) and develop strategies to manage this. Feel confident in raising concerns if worried about their own or someone else's personal safety. Identify what constitutes a positive and healthy friendship.	Recognise that there are different types of relationship, including those between acquaintances, friends, relatives and family. Know how to recognise if family relationships / friendships are making them feel unhappy, unsafe or uncomfortable and how to ask for support. Know what discrimination is and how to challenge it. Recognise bullying and abuse, including prejudice-based bullying in person, online and through social media. Realise consequences of anti-social and aggressive behaviours such as bullying and discrimination. Resolve differences by looking at alternatives and respecting the views of others. Develop strategies to resolve disputes and conflict through using negotiation and compromise.	Recognise what constitutes positive and healthy relationships and develop skills to maintain these. Recognise in which ways a relationship can be healthy / unhealthy and who to talk to for support. Recognise the importance of friendship and how positive relationships support wellbeing. Develop strategies to respond to hurtful behaviour experienced or witnessed (including online) and know how to report concerns. Respect the similarities and differences between people and recognise what they have in common with other people. Listen and respond respectfully and know how to constructively challenge other views in discussions or debates.	Understand that marriage and civil partnership are a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong. Understand that marriage is a commitment that is freely entered into by both people and that forcing someone into a marriage is a crime. Recognise and respect that there are different types of family structure. Recognise different types of physical contact, judge what is acceptable and unacceptable and know how to respond. Recognise that pressure to behave in an unacceptable and unhealthy way can come from a variety of sources and know how to ask for help. Understand the concept of keeping something confidential or a secret and when this should or shouldn't be agreed to.

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Living in the Wider World	Understand and explain what rules are and why they are needed in different situations. Understand that people and living things have different needs. Recognise the different groups and communities that they belong to and the roles and responsibilities that people have within them. Know that money comes from different sources and can be used for different purposes. Understand that people need to make choices about how to spend and save their money. Recognise the difference between needs and wants – sometimes people may not always be able to have everything they want.	Recognise that people and living things have needs that everyone has responsibilities in meeting. Understand the role money plays in their life including how to manage it and how to make sensible choices when spending it. Understand the role of the internet in everyday life and that not all information seen online is true.	Recognise the need for rules and laws in protecting others and the consequences of not adhering to them. Understand the importance of compassion and the role we play in showing care and concern towards others. Understand what a community is and value the different contributions people can make and the diversity within them. Understand what stereotypes are, how they can be challenged and how they can negatively influence behaviours and attitudes towards others. Recognise prejudice behaviour / actions that discriminate against others and know how to respond if witnessed or experienced. Recognise that people have different attitudes towards saving and spending money. Understand that there are a variety of jobs that people can have and people can have more than one job in their lifetime.	Identify the different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment. Understand that they can take part in making and changing rules. Recognise and challenge stereotypes. Consider the lives of people living in other places and people with different values and customs. Understand that resources can be allocated in different ways and economic choices can affect individuals and the environment.	Understand that everyone has human rights which are there to protect everyone. Understand the role money plays in their own and others' lives, including how to manage money and about being a critical consumer. Recognise the risks associated with money and ways of keeping money safe. Develop an initial understanding of 'interest', 'loan', 'debt' and 'tax'. Understand what being part of a community means and recognise the varied institutions that support communities locally and nationally.	Recognise that children have their own rights set out in the United Nations Declarations of the Rights of the Child. Research, discuss and debate topical issues, problems and events concerning health and wellbeing and offer recommendations to appropriate people. Appreciate the range of national, regional, religious and ethnic identities in the United Kingdom. Know and use strategies for keeping safe online, including the importance of protecting personal information.