



## Pirbright Village Primary School

### Progression of Knowledge & Skills in PSHE & RSE

<b>Subject Intent</b>	PSHE in Pirbright is <b>deeply rooted within our ethos</b> . By the end of Year 6 we want our children to be <b>citizens that are ready to tackle the world</b> .
<b>Progression of Skills</b>	
<b>EYFS</b>	<ul style="list-style-type: none"> <li>• I can name and identify different emotions.</li> <li>• I know the names of three adults I can speak to in school if I feel unsafe.</li> <li>• I can follow the rules and expectations of school.</li> <li>• I can make healthy food choices to keep my body healthy.</li> <li>• I know how to look after my teeth.</li> </ul>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>• I can show respect and love for my family.</li> <li>• I can build healthy relationships with my friends.</li> <li>• I know who to talk to if I feel unsafe in school.</li> <li>• I know how to look after my teeth.</li> <li>• I can use given words to talk about my emotions.</li> <li>• I use manners to pay others respect.</li> </ul>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>• I can use kind words to build relationships with people both in and outside school.</li> <li>• I respect other people's differences.</li> <li>• I can name the private parts of my body and recognise inappropriate behaviour.</li> <li>• I know that exercise and eating a variety of food keeps my body healthy.</li> <li>• I can recognise my emotions and use given strategies to manage how I am feeling.</li> <li>• I can share my ideas about how to look after the environment I am in.</li> <li>• I can discuss the difference between needs and wants.</li> </ul>
<b>Year 3</b>	<ul style="list-style-type: none"> <li>• I know that relationships require mutual commitment, respect and honesty.</li> <li>• I know how to report any unsafe behaviour, both on and offline.</li> <li>• I understand the importance of managing my time spent online.</li> <li>• I can protect myself from the sun.</li> <li>• I can identify my personal characteristics.</li> <li>• I can follow rules and restrictions.</li> <li>• I can start to think about the wide range of jobs I may be interested in.</li> </ul>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>• I know how to have a positive influence on my relationships.</li> <li>• I can adapt as my friendships change and grow.</li> <li>• I can respond safely and appropriately to people both online and in person.</li> <li>• I can identify some basic facts about puberty and how it is linked to reproduction.</li> </ul>

	<ul style="list-style-type: none"> <li>• I know how to manage both personal and environmental risks.</li> <li>• I can identify my personal strengths and contribute to my own sense of self-worth.</li> <li>• I value the Human Rights Act and recognise the effects of prejudice.</li> <li>• I recognise that my families spending affects others and the environment.</li> </ul>
<b>Year 5</b>	<ul style="list-style-type: none"> <li>• I can discuss the purpose of marriage as a commitment and how marriage differs around the world.</li> <li>• I can recognise the dangers of harmful substances.</li> <li>• I can stay safe online by following age restrictions and keeping my personal information private.</li> <li>• I know key facts about puberty including the menstrual cycle, and how this will affect me physically and emotionally.</li> <li>• I can start to think about how my mental health is important and must be looked after.</li> <li>• I can be compassionate towards others needs in my local area.</li> <li>• I can think about the skills I may need for jobs I may have in the future.</li> </ul>
<b>Year 6</b>	<ul style="list-style-type: none"> <li>• I can discuss how people's identities and relationships may be fluid.</li> <li>• I know that social media can manipulate information to influence myself and others.</li> <li>• I know the importance of personal hygiene.</li> <li>• I know the full reproduction process: how babies are conceived to how they are born.</li> <li>• I know and can use strategies to manage my emotions.</li> <li>• I can discuss and debate topical issues by sharing my own opinions and challenging others constructively.</li> <li>• I can recognise different routes into certain careers.</li> <li>• I am ready to transition into my secondary school.</li> </ul>

**EYFS**

<ul style="list-style-type: none"> <li>• To be able to name and talk about feelings using key vocabulary such as 'happy', 'sad', 'angry'.</li> <li>• To know that we are unique.</li> <li>• To know how to be a safe pedestrian and why this is important.</li> <li>• To name the roles of key people in our community.</li> <li>• To know that families are important and look different.</li> </ul>	<ul style="list-style-type: none"> <li>• To know why healthy eating is important and how to make healthy choices.</li> <li>• To know why regular exercise is important for their health.</li> <li>• To know how to stay safe when using technology.</li> </ul>	<ul style="list-style-type: none"> <li>• To know why regular teeth brushing is important for their health.</li> <li>• To know how to stay safe when near water.</li> </ul>
<ul style="list-style-type: none"> <li>• To know the behavioural expectations of the setting.</li> <li>• To know the effects of their behaviour on others.</li> <li>• To know what makes a good friend including attributes such as listening and sharing.</li> </ul>		

**Year 1**

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Earth, Wind &amp; Fire</b>	<b>Far, Far Away</b>	<b>Nurturing Nature</b>

<ul style="list-style-type: none"> <li>• To know that we are all the same and also we are all different.</li> <li>• To know what I look like and be able to describe this.</li> <li>• To know there are different types of families.</li> <li>• To understand the roles of people in our community.</li> <li>• To know what to do in an emergency.</li> <li>• To know how to look after our teeth.</li> <li>• To know how to stay safe when using technology.</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• To know the rules for crossing the road.</li> <li>• To know how to keep safe in various situations.</li> <li>• To know that working in a team means you can achieve more.</li> <li>• To know why exercise is important.</li> <li>• To know why healthy eating is important.</li> <li>• To understand why families are important.</li> </ul>	<ul style="list-style-type: none"> <li>• To understand the term “personal hygiene”.</li> <li>• To know what it means to belong and think about what things we all belong to.</li> <li>• To know what the word “consent” means.</li> <li>• To know what makes a happy or an unhappy relationship.</li> <li>• To know people grow and change.</li> <li>•</li> </ul>
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**Year 2**

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Passports to the World</b>	<b>Living, Dead and Never Been Alive</b>	<b>Victorians</b>
<ul style="list-style-type: none"> <li>• To know everybody is different and that's ok.</li> <li>• To understand gender stereotypes.</li> <li>• To know families do not always look the same.</li> <li>• To be able to find solutions for ups and downs in friendships.</li> <li>• To know what respect means.</li> </ul>	<ul style="list-style-type: none"> <li>• To know the benefits of staying active.</li> <li>• To know the effect of sleep on our body.</li> <li>• To know how medicines can help keep our body healthy.</li> <li>• To know how to stay safe in the sun.</li> <li>• To use the correct names for body parts.</li> <li>• To know how female animals are able to feed their young.</li> <li>• To understand how electrical products could be dangerous – hot, electric shocks.</li> <li>• To know how to be safe in a fire.</li> <li>• To know what products we shouldn't put in our bodies.</li> <li>• To understand our responsibility to look after living things and the environment.</li> </ul>	<ul style="list-style-type: none"> <li>• To identify appropriate and inappropriate touch.</li> <li>• To know how to recognise and report feelings of being unsafe.</li> <li>• To know how healthy and unhealthy relationships can make us feel.</li> <li>• To be able to resolve conflict.</li> <li>• To know bullying is not acceptable.</li> </ul>

**Year 3**

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Clubs and Cavemen</b>	<b>Exhilarating Egyptians</b>	<b>Engaging Environment</b>
<ul style="list-style-type: none"> <li>• To know what family means</li> <li>• To know what important qualities of friendship are</li> </ul>	<ul style="list-style-type: none"> <li>• To know the risks of friends that they have never met online</li> </ul>	<ul style="list-style-type: none"> <li>• To know why we have rules and laws and why there are consequences for breaking them</li> </ul>

<ul style="list-style-type: none"> <li>• To know what a positive friendship is and what qualities make it positive</li> <li>• To explore conflicts in friendships, what these may look like and how to solve them.</li> <li>• To know what the word care means</li> <li>• To know what different types of relationships there are.</li> <li>• To know how to keep ourselves healthy and safe</li> <li>• To know why sleep is important</li> <li>• To know why sleep is key to a healthy lifestyle and maintaining it</li> <li>• To know why exercise is good for your body and mind</li> <li>• To know why exercise keeps you healthy</li> <li>• To know that socialising is important to a healthy lifestyle and mind</li> <li>• To know that having a hobby is good for us</li> <li>• To know the difference between a male and female body</li> <li>• To know how to keep our bodies clean and how it keeps us healthy</li> <li>• To know what mental health is and why it is important</li> </ul>	<ul style="list-style-type: none"> <li>• To know the risks of being online, harmful content and know how to report concerns</li> <li>• To know how to keep personal information private</li> <li>• To know how to be safe and respectful online</li> <li>• To know how to balance their time online and offline</li> <li>• To know why there are restrictions and rules online</li> <li>• To know the different ways of earning money</li> <li>• To know how people spend their incomes in different ways</li> <li>• To know that people have different attitudes to money</li> <li>• To know that you can spend money from different places e.g. credit cards, loans, etc</li> <li>• To understand what spending and saving money is</li> <li>• To know what a budget is and how to do it.</li> </ul>	<ul style="list-style-type: none"> <li>• To know what community means</li> <li>• To know that different people live in a community</li> <li>• To know what to do if someone is hurt and where to go for help</li> <li>• To know that mental health is just as important as physical health</li> <li>• To know what self-respect is and why it is important to being happy</li> <li>• To know what behaviours and strategies can help with your mental health</li> <li>• To know what personal identity means</li> <li>• To know what our personal qualities are and know they are individual</li> <li>• To know how to be ready for change e.g. a new school class.</li> </ul>
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Year 4		
Autumn	Spring	Summer
Cracking Contraptions & Extreme Earth	Are all Animals the Same? & Myths and Legends	Should we Thank the Romans for Invading Britain?
<ul style="list-style-type: none"> <li>• To understand the responsibility of each individual to stand up against spiteful behaviour</li> <li>• To understand that friendships change and grow</li> <li>• To understand that all families are different.</li> </ul>	<ul style="list-style-type: none"> <li>• To know what mental health means.</li> <li>• To know about everyday things that affect feelings.</li> <li>• To recognise that feelings can change over time and range in intensity.</li> <li>• To know how to express my emotions.</li> </ul>	<ul style="list-style-type: none"> <li>• To value the different contributions that people and groups make to the community</li> <li>• To know what prejudice means</li> <li>• To know what stereotypes means.</li> <li>• To know what diversity means.</li> </ul>

<ul style="list-style-type: none"> <li>• To know how to ask for help.</li> <li>• To know the difference between danger and risk.</li> <li>• To know what privacy means.</li> <li>• To know what boundaries are.</li> <li>• To know the difference between healthy and unsafe contact.</li> <li>• To know that online bullying can have an impact on mental health</li> </ul>	<ul style="list-style-type: none"> <li>• To identify personal strengths, skills, achievements.</li> <li>• To know how to manage setbacks/perceived failures.</li> <li>• The importance of seeking support if feeling lonely or excluded.</li> <li>• To know that the body changes when a child grows up</li> <li>• To know some basic facts about puberty</li> <li>• To name male and female body parts</li> <li>• To know how puberty is linked to reproduction</li> <li>• To know that children change into adults so they can reproduce</li> </ul>	<ul style="list-style-type: none"> <li>• To know the benefits of living in a diverse community.</li> <li>• To value diversity within communities.</li> <li>• To understand the importance of sleep to health</li> <li>• To know how bacteria and viruses can affect health</li> <li>• To know the risks and affects of legal drugs</li> </ul>
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**Year 5**

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>To Infinity and Beyond &amp; In Your Imagination</b>	<b>Journey Around the World &amp; The Diversity of Life</b>	<b>Raiders &amp; Invaders</b>
<ul style="list-style-type: none"> <li>• To know how to stay safe online</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• To understand changes that happen between birth and adulthood.</li> <li>• To know what happens in puberty for girls.</li> <li>• To know what happens in puberty for boys.</li> <li>• To know facts about legal and illegal substances</li> <li>• To know when a secret should or should not be agreed to.</li> <li>• To know there are different types of families and committed relationships.</li> <li>• To know the characteristics and associated risks of a poor diet.</li> <li>• To know about the benefits of physical exercise on mental well-being.</li> <li>• To know and respect the differences between people.</li> <li>• To know what to do in an emergency</li> </ul>	<ul style="list-style-type: none"> <li>• To know what "aspirations" mean and that we should all have them.</li> <li>• To know about times when they haven't been a good friend and learn from this.</li> <li>• To know that it is common for people to experience mental ill health and seek support.</li> <li>•</li> </ul>

Year 6		
Autumn	Spring	Summer
To Be A Child In WWII	Marvellous Me!	Visit To Central & South America
<ul style="list-style-type: none"> <li>• To know what mental health and mental ill-health means.</li> <li>• To know some of the factors that can cause mental health to worsen or improve.</li> <li>• To know some of the strategies that can be used to maintain good mental health.</li> <li>• To know how feelings and emotions can be managed at changing, challenging or difficult times.</li> <li>• To know what cyber-bullying is and how it can impact on mental health.</li> <li>• To know how to identify secure websites.</li> <li>• To know the potential benefits and risks of online relationships.</li> <li>• To know what information should not be shared online.</li> <li>• To know how to report concerns about online safety (for themselves or others).</li> <li>• To know what a stereotype is and how they can be harmful.</li> <li>• To identify gender stereotypes.</li> <li>• To be aware of the SMART acronym for staying safe online.</li> </ul>	<ul style="list-style-type: none"> <li>• To know the term 'Mental Health'.</li> <li>• To know that characteristics are passed down from parents to offspring.</li> <li>• To know and appreciate how other people's family history and heritage is different.</li> <li>• To know the benefits of exercise for the mind and body.</li> <li>• To know that there are many routes into a career.</li> <li>• To know how to consider plans and aspirations for the future.</li> <li>• To know that people may be attracted to each other people (of the same or opposite gender), romantically, sexually and/or emotionally.</li> <li>• To identify external genitalia and internal reproductive organs in males and females.</li> <li>• To know how puberty relates to human reproduction.</li> <li>• To know how to maintain personal hygiene and how this will change during puberty.</li> <li>• To know how babies are conceived and born.</li> <li>• To know what to do if somebody is injured in an accident.</li> <li>• To know how to contact the emergency services and what information they would need.</li> </ul>	<ul style="list-style-type: none"> <li>• To know the post-16 route into careers.</li> <li>• To know that some jobs are paid more than others.</li> <li>• To know that money is one factor that may influence a choice of career and that some people choose to take on voluntary work.</li> <li>• To know the risks involved with gambling.</li> <li>• To know that money can have an impact on people's feelings and emotions.</li> <li>• To know the common anxieties that may be experienced when transitioning to secondary school and some strategies to deal with them.</li> </ul>