



## Pirbright Village Primary School Progression of Knowledge 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>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>					
<b>Autumn</b>		<b>Spring</b>		<b>Summer</b>	
<b>Earth, Wind &amp; Fire</b>		<b>Far, Far Away</b>		<b>Nurturing Nature</b>	
<b><u>Being in My World</u></b>	<b><u>Celebrating Differences</u></b>	<b><u>Dreams and Goals</u></b>	<b><u>Healthy Me</u></b>	<b><u>Relationships</u></b>	<b><u>Changing Me</u></b>
<ul style="list-style-type: none"> <li>I understand my rights and responsibilities as a member of my class and know that my voice matters.</li> <li>I understand how choices and consequences affect myself and others and help keep our classroom safe and fair.</li> <li>I can contribute to our Learning Charter and help create a positive</li> </ul>	<ul style="list-style-type: none"> <li>I can recognise similarities and differences between myself and others.</li> <li>I understand the importance of kindness, inclusion and friendship.</li> <li>I know what bullying is and who I can talk to if I need help.</li> </ul>	<ul style="list-style-type: none"> <li>I can identify my strengths and set simple goals.</li> <li>I understand that learning new things can be challenging and helps me grow.</li> <li>I can persevere when things are difficult and celebrate my achievements.</li> <li>I can support others and work cooperatively towards shared goals.</li> </ul>	<ul style="list-style-type: none"> <li>I understand how healthy choices, including food, exercise and sleep, help my body and mind.</li> <li>I know how to keep myself clean and understand why hygiene is important.</li> <li>I understand how to stay safe at home and when out and about.</li> <li>I know who can help me if I feel worried, unwell or unsafe.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that families and friendships are important and can make people feel they belong.</li> <li>I can make friends, show kindness and help others feel included.</li> <li>I know who can help me and how to ask for support when I need it.</li> <li>I can recognise my positive qualities and celebrate what</li> </ul>	<ul style="list-style-type: none"> <li>I understand that living things grow and change throughout their life cycle.</li> <li>I can recognise how my body has changed and understand that everyone develops at different rates.</li> <li>I know the correct names for body parts and understand the importance of respecting my</li> </ul>

and respectful classroom community.				makes me special.	own body and others' bodies. <ul style="list-style-type: none"> <li>I can recognise feelings about change and use strategies to cope with them.</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>	
<b><u>Being in My World</u></b>	<b><u>Celebrating Differences</u></b>	<b><u>Dreams and Goals</u></b>	<b><u>Healthy Me</u></b>	<b><u>Relationships</u></b>	<b><u>Changing Me</u></b>
<ul style="list-style-type: none"> <li>I can identify my hopes and fears and know where to get help if I am worried.</li> <li>I understand how my choices affect myself and others.</li> <li>I understand how rights, responsibilities and rules help create a safe and fair learning environment.</li> <li>I can contribute positively to my class and school community.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that people are different and should be treated with respect.</li> <li>I can recognise stereotypes and challenge unfair assumptions.</li> <li>I know how to respond to bullying and support others kindly.</li> </ul>	<ul style="list-style-type: none"> <li>I can set realistic goals and recognise my achievements.</li> <li>I understand how perseverance, motivation and healthy choices help me succeed.</li> <li>I can work collaboratively to solve problems and achieve shared goals.</li> <li>I can manage my feelings and celebrate success in myself and others.</li> </ul>	<ul style="list-style-type: none"> <li>I understand how healthy eating and balanced choices support my wellbeing.</li> <li>I can recognise risks and hazards and make safe choices.</li> <li>I understand how medicines can help people and how they should be used safely.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that families can be different and all families are important.</li> <li>I can manage friendship difficulties and work cooperatively with others.</li> <li>I understand the difference between safe and unsafe physical contact and know how to seek help.</li> <li>I understand the importance of trust, honesty and respect in relationships.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that growth and change are a natural part of life and some changes cannot be controlled.</li> <li>I understand the importance of privacy, personal boundaries and respecting differences.</li> <li>I can be assertive about my personal space and know when to seek help from trusted adults.</li> <li>I can recognise and manage feelings about future changes.</li> </ul>

**Year 3**

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
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Clubs and Cavemen		Exhilarating Egyptians		Engaging Environment	
<u>Being in My World</u>	<u>Celebrating Differences</u>	<u>Dreams and Goals</u>	<u>Healthy Me</u>	<u>Relationships</u>	<u>Changing Me</u>
<ul style="list-style-type: none"> <li>I recognise my strengths and achievements and can set personal goals.</li> <li>I understand that my behaviour and choices affect other people.</li> <li>I understand why rules, fairness and inclusion are important within a community.</li> <li>I can work cooperatively with others and consider different viewpoints.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that families can be different and all families are important.</li> <li>I can use kind words and actions to build positive relationships.</li> <li>I understand the role of a witness to bullying and how to help safely.</li> <li>I can challenge stereotypes and respect differences in others.</li> </ul>	<ul style="list-style-type: none"> <li>I can set goals and break them down into achievable steps.</li> <li>I understand how a positive attitude and motivation support success.</li> <li>I can overcome challenges and learn from setbacks.</li> <li>I can work collaboratively and help others achieve their goals.</li> </ul>	<ul style="list-style-type: none"> <li>I understand how food, exercise and lifestyle choices affect my health and wellbeing.</li> <li>I can recognise risks, keep myself safe and respond appropriately in an emergency.</li> <li>I understand that medicines and drugs can affect the body.</li> <li>I can identify safe and unsafe situations and take responsibility for my own safety.</li> </ul>	<ul style="list-style-type: none"> <li>I understand the roles and responsibilities within families and friendships.</li> <li>I can solve problems and resolve conflicts fairly and respectfully.</li> <li>I understand how to stay safe online and think critically about information I see.</li> <li>I understand that people are connected locally and globally and can show empathy towards others.</li> </ul>	<ul style="list-style-type: none"> <li>I understand how babies grow and how bodies change as people get older.</li> <li>I understand some of the physical changes associated with puberty and the importance of personal hygiene.</li> <li>I know the correct vocabulary for body parts and understand that families can be diverse.</li> <li>I can identify trusted adults and use strategies to cope with change and transition.</li> </ul>

**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?	
<u>Being in My World</u>	<u>Celebrating Differences</u>	<u>Dreams and Goals</u>	<u>Healthy Me</u>	<u>Relationships</u>	<u>Changing Me</u>
<ul style="list-style-type: none"> <li>I understand my role and responsibilities within my class</li> </ul>	<ul style="list-style-type: none"> <li>I understand that first impressions and appearance</li> </ul>	<ul style="list-style-type: none"> <li>I can set achievable goals and identify steps to reach them.</li> </ul>	<ul style="list-style-type: none"> <li>I understand the importance of healthy friendships</li> </ul>	<ul style="list-style-type: none"> <li>I understand that relationships can bring a range of emotions and can</li> </ul>	<ul style="list-style-type: none"> <li>I understand the physical and emotional changes that</li> </ul>

<p>and school community.</p> <ul style="list-style-type: none"> <li>I understand how democracy enables people to share ideas and contribute to decisions.</li> </ul>	<p>can influence assumptions.</p> <ul style="list-style-type: none"> <li>I can show empathy, respect and acceptance towards others.</li> <li>I understand different forms of bullying and know how to seek help.</li> <li>I can recognise and value the qualities that make people unique.</li> </ul>	<ul style="list-style-type: none"> <li>I understand that setbacks are a normal part of learning and can be overcome.</li> <li>I can use resilience and positive coping strategies when facing challenges.</li> <li>I can work with others to achieve shared goals and celebrate success.</li> </ul>	<p>and positive relationships.</p> <ul style="list-style-type: none"> <li>I can recognise peer influence and use assertiveness to make safe choices.</li> <li>I understand the risks associated with smoking, vaping and alcohol.</li> <li>I can recognise and respond appropriately to unsafe situations.</li> </ul>	<p>manage these appropriately.</p> <ul style="list-style-type: none"> <li>I can negotiate, compromise and repair friendships when difficulties arise.</li> <li>I understand the characteristics of healthy and respectful relationships.</li> <li>I understand that people should never feel pressured in friendships or relationships.</li> </ul>	<p>occur during puberty, including menstruation.</p> <ul style="list-style-type: none"> <li>I understand the importance of family, trusted adults and support networks.</li> <li>I can manage worries and adapt positively to change.</li> <li>I can reflect on personal goals and identify positive changes I would like to make.</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>	
<b><u>Being in My World</u></b>	<b><u>Celebrating Differences</u></b>	<b><u>Dreams and Goals</u></b>	<b><u>Healthy Me</u></b>	<b><u>Relationships</u></b>	<b><u>Changing Me</u></b>
<ul style="list-style-type: none"> <li>I can set personal goals and approach challenges positively.</li> <li>I understand my rights and responsibilities as a member of my school and wider community.</li> <li>I understand how fairness, equality</li> </ul>	<ul style="list-style-type: none"> <li>I understand how assumptions, stereotypes and discrimination can affect people.</li> <li>I can recognise different forms of bullying, including cyberbullying and racism.</li> <li>I can manage conflict and support others with</li> </ul>	<ul style="list-style-type: none"> <li>I can consider how my aspirations, values and choices may influence my future.</li> <li>I understand that opportunities and challenges can be different for people around the world.</li> </ul>	<ul style="list-style-type: none"> <li>I understand the health risks associated with smoking, vaping and alcohol.</li> <li>I can make informed decisions and resist pressure from others.</li> <li>I understand how media and advertising can</li> </ul>	<ul style="list-style-type: none"> <li>I have a positive sense of self and can recognise my strengths and qualities.</li> <li>I understand the benefits and risks of online relationships and digital communities.</li> <li>I can stay safe online by</li> </ul>	<ul style="list-style-type: none"> <li>I understand the physical and emotional changes of puberty for both males and females.</li> <li>I understand menstruation, body confidence and how media can influence self-image.</li> </ul>

<p>and empathy help build positive communities.</p> <ul style="list-style-type: none"> <li>I can use my voice responsibly and contribute to decisions that affect my community.</li> </ul>	<p>empathy and respect.</p> <ul style="list-style-type: none"> <li>I can appreciate and celebrate cultural diversity within local and global communities.</li> </ul>	<ul style="list-style-type: none"> <li>I can think critically about information and make informed decisions about my goals.</li> <li>I can work with others to support causes and make a positive contribution to my community.</li> </ul>	<p>influence body image and lifestyle choices.</p> <ul style="list-style-type: none"> <li>I can value and care for my body and wellbeing.</li> </ul>	<p>protecting personal information and making responsible choices.</p> <ul style="list-style-type: none"> <li>I can behave respectfully and know how to seek help when I feel unsafe or worried online.</li> </ul>	<ul style="list-style-type: none"> <li>I understand the basic concepts of conception and how babies are made. (Non-Compulsory Sex Education)</li> <li>I can identify reliable sources of information and manage feelings about growing up and change.</li> </ul>
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**Year 6**

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
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<b>To Be A Child In WWII</b>	<b>Marvellous Me!</b>	<b>Visit To Central &amp; South America</b>
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<b><u>Being in My World</u></b>	<b><u>Celebrating Differences</u></b>	<b><u>Dreams and Goals</u></b>	<b><u>Healthy Me</u></b>	<b><u>Relationships</u></b>	<b><u>Changing Me</u></b>
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<ul style="list-style-type: none"> <li>I can identify my goals for the future and manage feelings about change and transition.</li> <li>I understand that children have rights and that these are not always met across the world.</li> <li>I understand how my actions and choices can affect people locally and globally.</li> </ul>	<ul style="list-style-type: none"> <li>I understand how prejudice, discrimination and inequality can affect individuals and groups.</li> <li>I understand protected characteristics and the importance of equality and inclusion.</li> <li>I can manage conflict, challenge unfair behaviour and seek support when needed.</li> </ul>	<ul style="list-style-type: none"> <li>I can set ambitious but realistic goals and plan the steps needed to achieve them.</li> <li>I understand how motivation, perseverance and self-belief contribute to success.</li> <li>I can demonstrate leadership and teamwork when working towards shared goals.</li> <li>I can use my skills and knowledge</li> </ul>	<ul style="list-style-type: none"> <li>I understand how my choices and habits affect my long-term physical and emotional health.</li> <li>I understand the effects and risks associated with different types of drugs.</li> <li>I can recognise pressure, exploitation and risky situations and know how to seek help.</li> <li>I can use strategies to</li> </ul>	<ul style="list-style-type: none"> <li>I understand how mental health and emotional wellbeing can affect relationships and daily life.</li> <li>I can recognise signs of stress, anxiety and grief and know how to seek support.</li> <li>I understand power, control and pressure in relationships and can respond assertively.</li> </ul>	<ul style="list-style-type: none"> <li>I understand how puberty can affect physical health, emotions, self-esteem and relationships.</li> <li>I understand human reproduction, pregnancy and birth. (Non-Compulsory Sex Education)</li> <li>I understand the importance of consent, respect and healthy relationships.</li> </ul>
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<ul style="list-style-type: none"><li>• I can use my voice and actions to contribute positively to my school and wider community.</li></ul>	<ul style="list-style-type: none"><li>• I can show empathy and respect for people whose experiences and backgrounds differ from my own.</li></ul>	<p>to make a positive difference in my community and the wider world.</p>	<p>manage stress, build resilience and support my mental wellbeing.</p>	<ul style="list-style-type: none"><li>• I can use technology safely and responsibly, recognising risks and evaluating online information critically.</li></ul>	<ul style="list-style-type: none"><li>• I can manage worries about transition and prepare confidently for the move to secondary school.</li></ul>
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