





PSHE & SRE knowledge and skills progression



	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships  Families and people who care for me Respectful relationships Caring friendships Privacy & boundaries Feeling safe Self-respect Prejudice & discrimination Secrets Attraction	*Know that they can approach adults in the classroom *Separate from main carer and learn to adapt to the classroom *Learn how to share resources and play in a group *Show an awareness of how others may be feeling	*Recognise the importance of friendship *Recognise that all families are different *Describe a friend *Understand how to be a good friend *Understand how to make the right choices and the consequences of not making the right ones	*Identify and name some feelings (for example through interpreting facial expressions) and express some of their positive qualities *Know what a special person is *Identify people special to them *Know what makes people special *Know about friendship *Understand that special people care for each other *Know how special people care for each other *Know that Thank you is an important thing to say to special people *Demonstrate that they can manage some feelings in a positive and effective way *Begin to share their views and opinions (for example talking about fairness) *Set themselves simple goals		*Demonstrate that they recognise their own worth and that of others *Express their views confidently and listen to and show respect for the views of others *Know different types of friendship *Understand why friendship is important and know and describe the qualities of a good friend *Know how to maintain a good friendship *Understand that sometimes friends fall out *Know how to prevent an argument and know how to mend a friendship *Express their views confidently and listen to and show respect for the views of others		*Identify ways to face new challenges. *Discuss some of the bodily and emotional changes at puberty, and demonstrate some ways of dealing with these in a positive way *Know about different feelings and emotions during puberty *Understand feelings will include highs and lows *Know about crushes *Develop strategies to manage feelings with support *Identify positive ways to face new challenges (for example the transition to secondary school) *Know about different types of relationships *Know what makes a positive, healthy relationship *Know that respect is important in all relationships	

<p>Living in the wider world</p>  <p>Looking after the environment Internet safety Communities Rules, freedoms & responsibilities Money Aspirations</p>	<ul style="list-style-type: none"> *Know that it is OK to engage with others, even if in a different environment *Learn how to share resources and play in a group 	<ul style="list-style-type: none"> *Begin taking turns with their friends *Talk about different festivals *Understand why different people celebrate different things *Talk about the world that we live in and how there are similarities and differences when looking at different aspects 	<ul style="list-style-type: none"> *Explain different ways that family and friends should care for one another *Recognise that bullying is wrong and can list some ways to get help in dealing with it *Recognise the effect of their behaviour on other people and can cooperate with others (for example by playing or working with friends or classmates) *Identify and respect differences and similarities between people. 	<ul style="list-style-type: none"> *Explain how their actions have consequences for themselves and others *Describe the nature and consequences of bullying and express ways of responding to it *Show how they care for the environment (eg. animals and school grounds) *Describe the nature and consequences of bullying and can express ways of responding to it *Identify different types of relationship (for example marriage or friendships) and show ways to maintain good relationships (for example listening, supporting, caring) 	<ul style="list-style-type: none"> *Respond to, or challenge, negative behaviours such as stereotyping and aggression *Describe some of the different beliefs and values in society, and demonstrate respect and tolerance towards people different from themselves *Talk about a range of jobs, and explain how they will develop skills to work in the future. *Demonstrate how to look after and save money
<p>Health and wellbeing</p>  <p>Physical health Mental health Internet safety Healthy eating Risks to health First aid Changing bodies Health & prevention</p>	<ul style="list-style-type: none"> *Know about different feelings and be able to talk about them during morning check in time, 'happy', 'sad', 'angry' or 'worried' *Wash hands after using the toilet show an awareness of the importance of oral health 	<ul style="list-style-type: none"> *Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices 	<ul style="list-style-type: none"> *Explain ways of keeping clean *Explain that people grow from young to old *Make simple choices about some aspects of their health and wellbeing and know what keeps them healthy. *Talk about the harmful aspects of some household products and medicines and describe ways of keeping safe in familiar situations *Know things change as they grow and know about the Life Cycle *Know how babies change and that people need different things compared to babies *Know about responsibilities now and in the future *Know animals can be male or female *Know boys' and girls' bodies have similarities and differences and be able to name and label male and female body 	<ul style="list-style-type: none"> *Make choices about how to develop healthy lifestyles *List the commonly available drugs and substances that are legal and illegal and describe some of the effects and risks of these *Understand when they should keep secrets and promises and when they should tell somebody about them *Label male and female body parts and know that puberty is about changes. *Know about changes in boys during puberty *Know about changes in girls during puberty *Know that hygiene is important and that during puberty certain parts of the body need to be kept clean *Know which products to buy to keep 	<ul style="list-style-type: none"> *Identify some factors that affect emotional health and wellbeing *Identify and explain how to manage the risks in different familiar situations *Accurately label male and female body parts *Know about the menstrual cycle. *Know about wet dreams *Make judgements and decisions and list some ways of resisting negative peer pressure around issues affecting their health and well-being *List the commonly available substances and drugs that are legal and illegal, and describe some of the effects and risks of these. *Know about physical and emotional changes in puberty <p>Sex education:</p>

			parts	clean	<ul style="list-style-type: none"> *Recognise and know about the male and female reproductive organs *Use keywords linked to reproduction *Know the process involved in fertilisation *Know what needs to be considered before a couple decide to have a baby
<p>Core Skills</p> 	<ul style="list-style-type: none"> *Know how to manage their emotions in different situations *Know that there are boundaries set *know that we must respect our resources and put them back when we have finished with them *Know that when playing in a group they need to share and also know that they will get a turn *Independently put on coats and use the toilet 	<ul style="list-style-type: none"> *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 *Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly 	<ul style="list-style-type: none"> *Recognise their feelings *Explain their ideas as responses to an issue *Find a partner and sit with them and work with them *Develop skills of speaking and listening *Negotiate with a partner *Recognise their likes and dislikes *Demonstrate compassion *Demonstrate making simple choices *Understand the concept of risk and know who to tell *Recognise their feelings *Explain their ideas, and responses to an issue *Work with others *Develop active listening skills and check for clarification *Understand verbal and non-verbal communication *Know that it is okay to make mistakes *Demonstrate compassion and empathy *Know that saying 'No' means No 	<ul style="list-style-type: none"> *Recognise their own likes and dislikes, traits and individual preferences *Demonstrate active listening skills *Demonstrate compassion, empathy and tolerance *Demonstrate they can work in a group or with others *Understand that they have choices and points of choice *Recognise simple body language *Understand verbal and non-verbal communication *Become more assertive in themselves and ask for time to think things through *Recognise the influences over choice and decisions – both internal and external *Demonstrate that they know the process for decision making 	<ul style="list-style-type: none"> *Recognise their own and other people's personality traits, individual preferences and characteristics *Consider how they respond to challenging circumstances e.g conflict and violence *Demonstrate respectful interactions with others Value themselves and others *Demonstrate their knowledge of group dynamics *Recognise the importance of skill and how different people bring this to tasks Demonstrate the use of the decision making process *Recognise decision and choices they may have to make in the future *Know ways of coping in difficult situations *Recognise risk in different situations and make judgements about how to respond in order to keep safe *Recognise peer influence