

Joy

Compassion

Respect

Perseverance



**Hunton**  
C of E Primary School  
Life in all its fullness - John 10:10

## Progression of Knowledge in PSHE/RSE

PSHE/RSE			
Devas	Bannerman	Porteous	Borton
Self-regulation: My Feelings	<b>Cycle A</b> Families and Relationships	<b>Cycle A</b> Families and Relationships	<b>Cycle A</b> Families and Relationships
Building relationships: My family and friends	Health and wellbeing	Health and wellbeing	Health and wellbeing
Self-regulation: Listening and following instructions	Safety and the changing body	Safety and the changing body	Safety and the changing body
Building relationships: Special relationships	Citizenship	Citizenship	Citizenship
Managing self: My wellbeing	Economic Wellbeing	Economic Wellbeing	Economic Wellbeing
Building relationships: My family and friends	<b>Cycle B</b> Families and Relationships	<b>Cycle B</b> Families and Relationships	<b>Cycle B</b> Families and Relationships
Managing self: Taking on challenges	Health and wellbeing	Health and wellbeing	Health and wellbeing
	Safety and the changing body	Safety and the changing body	Safety and the changing body
	Citizenship	Citizenship	Citizenship
	Economic Wellbeing	Economic Wellbeing	Economic Wellbeing



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## Progression of Knowledge in PSHE/RSE

Families and relationships						
Devas	Bannerman		Porteous		Borton	
<b>30-50 months</b> - I know who is in my family. - I know what I do and do not enjoy doing. - I know who my friends are. - I know some similarities and differences between myself and others. - I know that some actions and words can hurt others' feelings.  <b>40-50+ months</b> - I know that all families are valuable and special. - I know the people in my life that are special. - I know what it means to be a valued person. - I know why it is important to share and cooperate with others. - I know I am a valuable individual. - I know it is okay to like different things. - I know what my interests are and can share these with a group. - I know the characteristics that make a good friend  <b>ELG</b> <b>Personal, Social and Emotional Development; Building Relationships:</b> - 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.  <b>Understanding the World; Past and Present:</b> - Talk about the lives of the people around them and their roles in society	<b>Year 1</b> I know that families look after us.  I know some words to describe how people are related (e.g. aunty, cousin)  I know that some information about me and my family is personal.  I know some characteristics of a positive friendship.  I know that friendships can have problems but that these can be overcome.  I know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only.	<b>Year 2</b> I know that families can be made up of different people.  I know that families may be different to my family.  I know some problems which might happen in friendships.  I know that some problems in friendships might be more serious and need addressing.  I know some ways in which people show their feelings.  I know what good manners are.  I know some stereotypes related to jobs.  I know that there are ways we can remember people or events.	<b>Year 3</b> I know that I can talk to trusted adults or services such as ChildLine if I experience family problems.  I know that bullying can be physical and verbal.  I know that bullying is repeated, not a one off event.  I know that violence is never the right way to solve a friendship problem.  I know that trust is being able to rely on someone and it is an important part of relationships.  I know the signs of a good listener.  I know that there are similarities and differences between people.  I know some stereotypes related to age.	<b>Year 4</b> I know that families are varied in the UK and across the world.  I know the different roles related to bullying including victim, bully and bystander.  I know that everyone has the right to decide what happens to their body.  I know the courtesy and manners which are expected in different scenarios.  I know some stereotypes related to disability.  I know that bereavement describe the feelings someone might have after someone dies or another big change in our lives.	<b>Year 5</b> I know that marriage is a legal commitment and is a choice that people can make.  I know that if I have a problem, I can call ChildLine on 0800 1111.  I know what attributes and skills make a good friend.  I know what might lead to someone bullying others  I know what action a bystander can take when they see bullying.  I know positive attributes are the good qualities that someone has.  I know that stereotypes can be unfair, negative and destructive.  I know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex or disability.	<b>Year 6</b> I know that a conflict is a disagreement or argument and can occur in friendships.  I know and understand the concepts of negotiation and compromise.  I know and understand what respect is.  I know that everyone deserves respect but respect can be lost.  I know and understand that stereotypes can lead to bullying and discrimination.  I know that loss and change can cause a range of emotions.  I know that grief is the process people go through when someone close to them dies.

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## Progression of Knowledge in PSHE/RSE

Family, friend, unique, hobby, feelings, emotions, celebration	Behaviour, care, emotions, family, feelings, friend, friendly, problem, stereotype	Friendship, love, manners, feelings, emotions, family, stereotype, respect	Stereotypes, Bullying, Communicate, Open-questions, solve, similar, sympathy	act of kindness, authority, bereavement, boundaries, bystander, permission	Attributes, Bullying, bystander, cyberbullying, marriage, secret	Authority, conflict, earn, expectation, grieving,
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## Health and wellbeing

Devas	Bannerman		Porteous		Borton	
<b>30-50 months</b> <ul style="list-style-type: none"> <li>- I know why it is important to wash my hands.</li> <li>- I know some of the effects physical activity can have on the body.</li> <li>- I know what makes me happy and sad.</li> </ul> <b>40-60 months</b> <ul style="list-style-type: none"> <li>- I know the importance of exercise.</li> <li>- I know how mindfulness activities can help my body to stretch, relax and stay healthy.</li> <li>- I know why it is important to take care of myself.</li> <li>- I know the factors that support my overall health and well-being.</li> <li>- I know what it means to eat healthily.</li> <li>- I know the importance of healthy food choices.</li> <li>- I know what it means to have a balanced diet.</li> <li>- I know different feelings and emotions.</li> <li>- I know some reasons behind my emotions.</li> <li>- I know what different facial expressions mean.</li> </ul> <b>ELG</b> <b>Personal, Social and Emotional Development; Self-Regulation;</b> <ul style="list-style-type: none"> <li>- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</li> </ul>	<b>Year 1</b> <p>I know we can limit the spread of germs by having good hand hygiene.</p> <p>I know the five S's for sun safety: slip, slop, slap, shade, sunglasses.</p> <p>I know that certain foods and other things can cause allergic reactions in some people.</p> <p>I know that sleep helps my body to repair itself, to grow and restores my energy.</p> <p>I know that strengths are things we are good at.</p> <p>I know that qualities describe what we are like.</p> <p>I know the words to describe some positive and negative emotions.</p>	<b>Year 2</b> <p>I know that food and drinks with lots of sugar are bad for our teeth.</p> <p>I know the importance of exercise to stay healthy.</p> <p>I know the balance of foods we need to keep healthy.</p> <p>I know breathing techniques can be a useful strategy to relax.</p> <p>I know that we can feel more than one emotion at a time.</p> <p>I know that a growth mindset means being positive about challenges and finding ways to overcome them.</p>	<b>Year 3</b> <p>I know ways to prevent tooth decay.</p> <p>I know the positive impact relaxation can have on the body.</p> <p>I know the different food groups and how much of each of them we should have to have a balanced diet.</p> <p>I know and understand the importance of belonging.</p> <p>I know what being lonely means and that it is not the same as being alone.</p> <p>I know what a problem or barrier is and that these can be overcome.</p>	<b>Year 4</b> <p>I know key facts about dental health.</p> <p>I know that visualisation means creating an image in our heads.</p> <p>I know that different job roles need different skills and so some roles may suit me more than others.</p> <p>I know that it is normal to experience a range of emotions.</p> <p>I know that our mental health refers to our emotional wellbeing, rather than physical.</p> <p>I know that mistakes can help us to learn.</p> <p>I know who can help if we are worried about</p>	<b>Year 5</b> <p>I know and understand the risks of sun exposure.</p> <p>I know that relaxation stretches can help us to relax and de-stress.</p> <p>I know that calories are the unit that we use to measure the amount of energy certain foods give us.</p> <p>I know that what we do before bed can affect our sleep quality.</p> <p>I know and understand what can cause stress.</p> <p>I know that failure is an important part of success.</p>	<b>Year 6</b> <p>I know that vaccinations can give us protection against disease.</p> <p>I know that changes in the body could be possible signs of illness.</p> <p>I know that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health).</p> <p>I know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits.</p>

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## Progression of Knowledge in PSHE/RSE

<b>Personal, Social and Emotional Development; Managing Self:</b> <ul style="list-style-type: none"> <li>- Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> </ul>				our own or other people's mental health.		
Exercise, healthy, heart rate, independent, care, well-being, balanced, diet	Allergy, emotions, feelings, germs, ill (poorly), qualities, relax	Diet, exercise, goal, healthy, physical activity, growth mindset, relaxation, strengths, skill	alone, balance, barriers, belonging, identity, lonely, resilience	Emotions, fluoride, healthy, intense, emotions, mental, health, relaxation, resilience, skill, visualise	Relaxation, success, stress	Antibodies, growth mindset, habit, qualities, vaccination

## Safety and the changing body

Devas	Bannerman		Porteous		Borton	
<b>30-50 months</b> <ul style="list-style-type: none"> <li>- I know some parts of my body and can identify them.</li> <li>- I know when I am hungry, full up or tired.</li> <li>- I know that some equipment and tools can be used safely.</li> </ul> <b>40-60+ months</b> <ul style="list-style-type: none"> <li>- I know why we have rules.</li> <li>- I know why it is important to listen carefully.</li> <li>- I know why it is important to tell the truth and think about the feelings of others.</li> <li>- I know what it means to be a safe pedestrian.</li> <li>- I know some parts of my body are private.</li> <li>- I know the names of some parts of my body and their function.</li> </ul> <b>ELG</b>	<b>Year 1</b> <p>I know that some types of physical contact are never appropriate.</p> <p>I know what to do if I get lost.</p> <p>I know that a hazard is something which could cause an accident or injury.</p> <p>I know that some things are unsafe to put onto or into my body and to ask an adult if I'm not sure.</p> <p>I know that an emergency is a situation where someone is badly hurt,</p>	<b>Year 2</b> <p>I know the PANTS rule.</p> <p>I know that I should tell an adult if I see something online which makes me feel uncomfortable.</p> <p>I know the difference between secrets and surprise.</p> <p>I know the rules for crossing the road safely.</p> <p>I know that medicine can help us when we are ill.</p>	<b>Year 3</b> <p>I know that cyberbullying is bullying which takes place online.</p> <p>I know signs that an email might be fake.</p> <p><b>I know the rules for being safe near roads.</b></p> <p>I know that other people can influence our choices.</p> <p><b>I know that bites or stings can sometimes cause an allergic reaction.</b></p> <p><b>I know that it is important to maintain the safety of myself</b></p>	<b>Year 4</b> <p>I know that there are risks to sharing things online.</p> <p>I know the difference between private and public.</p> <p>I know the risks associated with smoking tobacco.</p> <p><b>I know and understand the physical changes to both male and female bodies as people grow from children to adults.</b></p>	<b>Year 5</b> <p>I know the steps to take before sending a message online (using the THINK mnemonic).</p> <p>I know some of the possible risks online.</p> <p><b>I know and understand the process of the menstrual cycle.</b></p> <p><b><u>I know the names of the external sexual parts of the body and the internal reproductive organs.</u></b></p>	<b>Year 6</b> <p>I know that online relationships should be treated in the same way as face to face relationships.</p> <p>I know where to get help with online problems.</p> <p>I know about the risks associated with drink driving.</p> <p><b><u>I know and understand how a baby is conceived and develops.</u></b></p>

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## Progression of Knowledge in PSHE/RSE

<b>Personal, Social and Emotional Development; Self- Regulation:</b> <ul style="list-style-type: none"> <li>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</li> </ul> <b>Personal, Social and Emotional Development; Managing Self:</b> <ul style="list-style-type: none"> <li>Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> </ul>	very ill or a serious accident has happened.  I know that the emergency services are the police, fire service and the ambulance service.	I know that we should only take medicines when a trusted adult says we can.  I know the names of parts of my body including private parts.	and others, before giving first aid.	I know that asthma is a condition which causes the airways to narrow.	I know that puberty happens at different ages for people.  I know how to assess a casualty's condition.	I know how to conduct a primary survey (using DRSABC)
Truth, honest, team, hazard, careful, crossing, pedestrian	Accident, drug, emergency, hazards, medicine, physical contact, polite, respect, role, trust	Medicine, pedestrian, private, secret, surprise	Allergic, anaphylaxis, Bullying, casualty, Choice, cyberbullying, Decision, distraction, Fake, influence, injuries	Age restriction, Asthma Breasts, Genitals, Law Penis, Private, Protect Puberty, Public, Testicles/Testes, Tobacco	Breasts, egg, fallopian tube, genitals, labia, menstruation, ovaries, sperm, testicles, uterus, vulva, womb	Alcohol, bladder, breasts, cervix, clitoris, contraception, egg, fallopian tube, ejaculation, genitals fertilisation, labia, menstruation, ovaries, pubic hair, sexual intercourse, sperm, testicles, urethra, uterus, vagina, vulva, womb

## Citizenship

Devas	Bannerman		Porteous		Borton	
<b>30-50 months</b> <ul style="list-style-type: none"> <li>I know right and wrong with adult support.</li> <li>I know some rules of the setting I am in.</li> <li>I know some of my daily routine.</li> </ul> <b>40-50+ months</b> <ul style="list-style-type: none"> <li>I know that we all have different beliefs and celebrate special times in different ways.</li> <li>I know why sharing is important.</li> <li>I know how to help, listen to and support others when working in a team.</li> <li>I know why we have rules.</li> <li>I know the importance of persistence in the face of challenges.</li> <li>I know some different 'grounding' coping strategies.</li> </ul>	<b>Year 1</b> I know the rules in school.  I know that different pets have different needs.  I know and understand the needs of younger children and that these change over time.	<b>Year 2</b> I know some of the different places where rules apply.  I know that some rules are made to be followed by everyone and are known as 'laws'.  I know some of the jobs people do to look after the environment in the school and the local community.	<b>Year 3</b> I know and understand the UN Convention on the Rights of the Child.  I know how recycling can have a positive impact on the environment.  I know that the local council is responsible for looking after the local area.	<b>Year 4</b> I know that human rights are specific rights that apply to all people.  I know some of the people who protect our human rights such as police, judges and politicians.  I know that reusing items is of benefit to the environment.  I know that councillors have to balance looking after local	<b>Year 5</b> I know what happens when someone breaks the law.  I know and understand about the waste hierarchy.  I know that parliament is made up of the House of Commons, the House of Lords and the Monarch.	<b>Year 6</b> I know that education is an important right.  I know that our food choices can affect the environment.  I know that the prime minister appoints 'ministers' who have responsibility for different areas, such as healthcare and education.

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### Progression of Knowledge in PSHE/RSE

<p><b>ELG</b> <b>Personal, Social and Emotional Development; Managing Self:</b> - Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p><b>Understanding the World; People, Culture and Communities:</b> - Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class. - Explain some similarities and differences between life in this country and life in other countries, drawing on knowledge from stories, non-fiction texts and – when appropriate – maps.</p>	<p>I know that voting is a fair way to make a decision.</p> <p>I know that people are all different.</p>	<p>I know how democracy works in school through the school council.</p> <p>I know that everyone has similarities and differences.</p>	<p>I know that elections are held where adults can vote for local councillors.</p> <p>I know some of the consequences of breaking rules.</p> <p>I know about the role of charities in the community.</p>	<p>residents and the needs of the council.</p> <p>I know that there are a number of groups which make up the local community.</p>	<p>I know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.</p> <p>I know that a pressure group is a group of people who feel very strongly about an issue and want to see something change.</p>	<p>I know that prejudice is making assumptions about someone based on certain information.</p> <p>I know that discrimination is treating someone differently because of certain factors.</p>
<p>Festival, beliefs, tradition, rules, right, wrong, fair, perseverance, strategy,</p>	<p>Rule, unique, different, same, group, role, community, environment, responsibility, job</p>	<p>Care, democracy, different, election, fair, responsibility, rule, vote</p>	<p>Charity, community, Consequence, council, Councillor, law, recycling Rights, United Nations (UN)</p>	<p>Authority, cabinet Community, council council officer, diversity environment, human rights, protect, local government, reuse, United Nations (UN) volunteer</p>	<p>Proposals, law, parliament, House of Lords, House of Commons, Prime minister, government</p>	<p>Discrimination, assumptions, ministers, parliament, government, hierarchy</p>

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## Progression of Knowledge in PSHE/RSE

Economic wellbeing						
Devas	Bannerman		Porteous		Borton	
<b>30-50 months</b> I know we use money to buy things in a shop  I know there are different coins and notes we use to buy things  I know there are different coins and notes used.  <b>40-60+ months</b> I know money is used to buy something from a shop.  I know some things can cost a lot of money and some do not  I know some of the coins and notes we use in the UK.	<b>Year 1</b> I know that coins and notes have different values.  I know some of the ways children may receive money.  I know that it is wrong to steal money.  I know that banks are places where we can store our money.  I know some jobs in school.  I know that different jobs need different skills.	<b>Year 2</b> I know some of the ways in which adults get money.  I know the different between a 'want' and 'need'.  I know some of the features to look at when selecting a bank account.	<b>Year 3</b> I know that there are different ways to pay for things.  I know that budgeting money is important.  I know that there are a range of jobs available.  I now that some stereotypes can exist around jobs but these should not affect people's choices.	<b>Year 4</b> I know that money can be lost in a variety of ways.  I know the importance of tracking money.  I know that many people will have more than one job in their lifetimes.  I know ways to explore how to overcome stereotypes in the workplace.	<b>Year 5</b> I know that when money is borrowed it needs to be paid back, usually with interest.  I now that it is important to prioritise spending.  I know that income is the amount of money received and expenditure is the amount of money spent.  I know some ways that people lose money.	<b>Year 6</b> I know that there are certain rules to follow to keep money safe in bank accounts.  I know that gambling is a risk where money, or something else, is swapped in the hope of winning something better or more money.  I know that different jobs have different routes into them.  I know that people change jobs for a number of reasons.  I know that banks and organisations such as Citizens' Advice can help with money-related problems.

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### Progression of Knowledge in PSHE/RSE

Money, coin, note	Bank, cash, earn, job, money, spend, pocket money, safe, save, skill, value	Bank account, debit card, electronic, prioritise, withdraw, transaction, wages, survive	account assumption budget career continuum digital trade fair trade feeling profession stereotype	bank account bank statement career career satisfaction influence password perspective satisfaction security value for money	Borrow, commitment, expenditure, impact, income, loan, repayment	Earning, educational requirement, expense, gambling, risks, safeguard, valuables
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