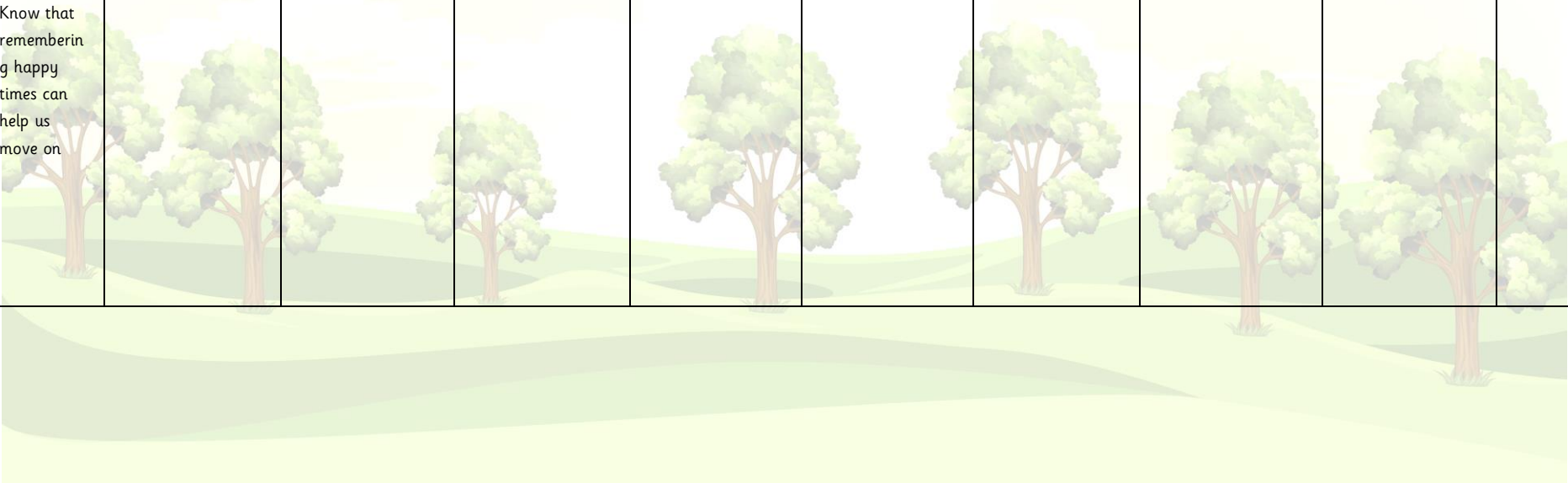


PSHE TREES OF KNOWLEDGE AND SKILLS PROGRESSION

| | Nursery | Reception | | | Year 1 | | | Year 2 | | |
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| | | Autumn Term Ourselves Following Rules All About Me Celebrating Difference | Spring Term Feelings Emotions Friendships | Summer Term Healthy Me Healthy and Happy Me | Autumn Term Being in my world Celebrating Differences | Spring Term Dreams and Goals Healthy Me | Summer Term Relationships Changing Me | Autumn term Being in my world Celebrating Differences | Spring term Dreams and Goals Healthy Me | Summer term Relationships Changing Me |
| Knowledge | <ul style="list-style-type: none"> Know special things about themselves. Know that some people are different from themselves. Know how happiness and sadness can be expressed. Know that hands can be used kindly unkindly. Know that being kind is good. Know that families can be different Know what a family is Know different ways of making friends. Know that friends sometimes fall out. Know the names of | <ul style="list-style-type: none"> Know special things about themselves. Know that some people are different from themselves. Know how happiness and sadness can be expressed. Know that hands can be used kindly unkindly. Know that being kind is good. Know that they have a right to learn and play safely and happily. Know what being proud means and that people can be proud of different things. Know what being unique means. Know that families can be different Know that people have | <ul style="list-style-type: none"> Know different ways of making friends. Know that they don't have to be the same as to be a friend. Know why having friends is important. Know some qualities of a positive friendship Know different ways to stand up for myself Know some of the characteristics of healthy and safe friendships. Know that friends sometimes fall out. Know some ways to mend a friendship Know that they have a right to learn | <ul style="list-style-type: none"> Know what the word 'healthy' means Know some things that they need to do to keep healthy. Know that they need to exercise to keep healthy. Know how to help themselves go to sleep and that sleep is good for them Know what to do if they get lost. Know how to say No to strangers. Revisit the names and functions of the body (Head, Shoulders, Knees, Toes, Arm, Leg, Eye, Ear, Mouth, Nose, Foot, Toe, Hand.) Know that we grow from | <ul style="list-style-type: none"> Know that they are special and unique Know their rights and responsibilities as a member of the class and within their classroom Know that their views are important Know that they have choices in their actions Know what 'consequences' means Know that their choices have consequences Know that people have differences and similarities Know what 'bullying' means Know that 'STOP' relates to bullying and stand for | <ul style="list-style-type: none"> Know how to set simple goals Know how to achieve a goal Know how to work well with a partner Know that tackling a challenge can stretch their learning Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them Know when a goal has been achieved Know the difference between being healthy and unhealthy Know some ways to keep healthy Know how to make healthy lifestyle choices | <ul style="list-style-type: none"> Know that everyone's family is different Know that there are lots of different types of families Know that families are founded on belonging, love and care Know how to make a friend Know the characteristics of healthy and safe friends Know that physical contact can be used as a greeting Know about the different people in the school community and how they help Know who to ask for help in the school community Know that animals | <ul style="list-style-type: none"> Know the rights and responsibilities of class members Know that it is important to listen to other people Know that their own views are valuable Know about rewards and consequences and that these stem from choices Know that positive choices impact positively on self-learning and the learning of others Know there are stereotypes about boys and girls Know that it is OK not to conform to gender stereotypes Know it is good to be yourself Know that sometimes | <ul style="list-style-type: none"> Know how to choose a realistic goal and know how they might achieve it Know what 'perseverance' means Know that it is important to persevere Know what working together well looks like Know how to share success with other people Know what their body needs to stay healthy Know what 'relaxed' means Know what makes them feel relaxed / stressed Know how medicines work in their bodies Know that it is important to use medicines safely | <ul style="list-style-type: none"> Know that everyone's family is different and that families function well when there is trust, respect, care, love and co-operation Know that there are lots of forms of physical contact within a family Know they can stay 'Stop' if someone is hurting them Know some reasons why friends have conflicts Know that friendships have ups and downs and sometimes change with time Know there are 'good secrets' and 'worry secrets' and why it is important to share worry secrets |

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| | <p>some emotions such as happy sad, frightened and angry</p> <ul style="list-style-type: none"> • Know that they don't have to be the same as another person to be a friend. • Know which words are kind • Know the names for some parts of their body • Know what the word 'healthy' means • Know some things that they need to do to keep healthy • Know that they need to exercise to keep healthy • Know when and how to wash their hands properly • Know how to say No to strangers | <p>different homes and why they are important to them.</p> <ul style="list-style-type: none"> • Know what a family is. • Know that they don't have to be 'the same as' to be a friend • Know why having friends is important • Know some qualities of a positive friendship • Know when and how to wash their hands properly Can explain what they need to do to stay healthy. • Know the names for some parts of their body: Head, Shoulders, Knees, Toes, Arm, Leg, Eye, Ear, Mouth, Nose, Foot, Toe, Hand, Finger • Know what a challenge is • Know that it is important to keep trying • Know what a goal is | <p>and play safely and happily.</p> <ul style="list-style-type: none"> • Know that unkind words can never be taken back and they can hurt • Know some reasons why others get angry. • Know some jobs that they might like to do when they are older. • Know that they must work hard now in order to be able to achieve the job they want when they are older. • Know the names of some emotions such as happy sad, frightened and angry. • Know which words are kind | <p>baby to adult.</p> <ul style="list-style-type: none"> • Know who to talk to if they are feeling worried. • Know that sharing how they feel can help solve a worry • Know that remembering happy times can help us move on. • Know that they don't have to be 'the same as' to be a friend • Know why having friends is important • Know some qualities of a positive friendship | <p>'Several Times On Purpose'</p> <ul style="list-style-type: none"> • Know that 'bullying' is not tolerated at Westacre • Know who to tell if they or someone else is being bullied or is feeling unhappy • Know how to make friendships • Know that people are unique and that it is OK to be different | <ul style="list-style-type: none"> • Know how to keep themselves clean and healthy • Know that germs cause disease / illness • Know that all household products, including medicines, can be harmful if not used properly • Know that medicines can help them if they feel poorly • Know how to keep safe when crossing the road • Know how to keep themselves safe • Know about other people who can keep them safe | <p>including humans have a life cycle changes happen when we grow up</p> <ul style="list-style-type: none"> • Know that people grow up at different rates and that is normal • Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these • Know who to ask for help if they are worried or frightened • Know that learning brings about change | <p>people get bullied because of difference</p> <ul style="list-style-type: none"> • Know the difference between right and wrong and the role that choice has to play in this • Know that friends can be different and still be friends • Re-visit knowledge of "STOP" in relation to bullying – "Several Times On Purpose" • Know where to get help if being bullied • Know the difference between a one-off incident and bullying • Know that bullying is not tolerated at Westacre and know the impact of being bullied • Know how to stand up for themselves when they need to | <ul style="list-style-type: none"> • Know why healthy snacks are good for their bodies • Know how to make some healthy snacks (Sandwich): • Know which foods given their bodies energy | <ul style="list-style-type: none"> • Know what trust is • Know that life cycles exist in nature • Know that ageing is a natural process and that some changes are out of an individual's control • Know how their bodies have changed from when they were a baby and that they will continue to change as they age • Know that private body parts are special and that no one has the right to hurt these • Know there are different types of touch and that some are acceptable and some are unacceptable • Know who to ask for help if they are worried or frightened • Know the physical differences between male and female bodies |
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| | <ul style="list-style-type: none"> • Know the names and functions of the body. • Know that we grow from baby to adult • Know who to talk to if they are feeling worried • Know that sharing how they feel can help solve a worry • Know that remembering happy times can help us move on | <ul style="list-style-type: none"> • Know how to set goals and work towards them • Know when they have achieved a goal. | | | | | | | | <ul style="list-style-type: none"> • Know the names of male and female private body parts (those kept private by underwear: vagina, anus, penis, testicles, vulva) • Know that there are correct names for private body parts and nicknames, and when to use them |
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| Skills | <ul style="list-style-type: none"> • Be able to consider others' feelings • Identify feelings of happiness and sadness • Recognise emotions when they or someone else is upset, frightened or angry. • Develop skills to play cooperatively with others • Recognise similarities and differences between their family and other families • Identify what jobs they do in their family and those carried out by parents/carers and siblings • Identify and use skills to make a friend • Identify things they are good at. • Recognise emotions when they | <ul style="list-style-type: none"> • Identify feelings associated with belonging • Identify feelings of happiness and sadness. • Be able to consider others feelings • Be responsible in the setting. • Identify feelings associated with being proud. • Identify things they are good at. • Identify some ways they can be different and the same as others. • Recognise similarities and differences between their families and other families. • Identify what jobs they do in their family and those carried out by parents/carers and siblings. • Identify and use skills to make a friend. • Identify body parts. | <ul style="list-style-type: none"> • Identify and use skills to make a friend. • Identify and use skills to stand up for themselves. • Use different ways to mend a friendship • Identify that words can hurt feelings. • Recognise what being angry feels like. • Identify what jobs people have within the family. • Recognise emotions when they or someone else is upset, frightened or angry. • Recognise how kind words can encourage others. | <ul style="list-style-type: none"> • Recognise how exercise makes them feel • Explain how they feel if they don't get enough sleep. • Identify where they can help; (Shop, police station.) • Explain what to do if a stranger approaches them. • Identify body parts • Say what might change for them they get older. • Identify who they can talk to in school or at home. • Identify positive memories from the past year in school/home. • Say how they feel about changing class/growing up. • Identify qualities of a good friendship. | <ul style="list-style-type: none"> • Understand that they are safe in their class • Identify helpful behaviours to make their class a safe place • Identify what it is like to feel proud of an achievement • Recognise and identify feelings associated with positive and negative consequences • Recognise ways in which they are the same as their friends and ways they are different • Identify what is bullying and what isn't • Identify how being bullied might feel • Have skills and understanding to help a person who is being bullied • Identify emotions associated with making a new friend • Verbalise some of the attributes that | <ul style="list-style-type: none"> • Recognise things that they do well • Explain how they learn best • Celebrate an achievement with a friend • Recognise their own feelings when faced with a challenge or an obstacle • Recognise how they feel when they overcome an obstacle • Can store feelings of success so that they can be used in the future • Feel good about themselves when they make healthy choices • Realise that they are special • Able to keep themselves safe • Recognise ways to look after themselves if they feel poorly • Recognise when they feel frightened and have the skills to ask for help | <ul style="list-style-type: none"> • Express how it feels to be part of a family and to care for family members • Say what being a good friend means • Show skills of friendship • Identify forms of physical contact they prefer • Can say 'No' when they receive a touch they don't like • Can praise themselves and others • Recognises some of their personal qualities • Explain why they appreciate a special relationship • Understand and accepts that change is a natural part of getting older • Identify some things that have changed and some things that have stayed the same since being a baby | <ul style="list-style-type: none"> • Identify hopes and fears for the year ahead • Recognise their own feelings and know when and where to get help, if needed • Know how to make their class a safe and fair place • Show good listening skills • Recognise the feeling of being worried • Able to work cooperatively • Understand that boys and girls can be similar in lots of ways and that is OK • Understand that boys and girls can be different in lots of ways and that is OK • Explain how being bullied can make someone feel • Chooses to be kind to others • Recognises that they should not judge people because they are different • Understands that everyone's differences make them | <ul style="list-style-type: none"> • Describe their own achievements and the feelings linked to this • Recognise their own strengths as a learner • Recognise how working with others can be helpful • Work effectively with a partner and as part of a group • Be able to choose a partner with whom they work well • Recognise how it feels to be part of a group that succeeds and store this feeling • Strive to make healthy lifestyle choices • Identify when a feeling is weak and when a feeling is strong • Feel positive about caring for their bodies and keeping it healthy • Express how it feels to share healthy food | <ul style="list-style-type: none"> • Identify the different roles and responsibilities in their family • Recognise the value that families can bring • Recognise and talk about the types of physical contact that is acceptable or unacceptable • Use positive problem-solving techniques (Mending Friendships or Solve-it-together) to resolve a friendship conflict • Identify the negative feelings associated with keeping a 'worry secret' • Identify the feelings associated with trust • Identify who they trust in their own relationships • Can give and receive compliments • Name who they would go to for help if they were |
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| | <ul style="list-style-type: none"> • or someone else is upset, frightened or angry • Explain what they need to do to stay healthy • Name examples of healthy foods (including fruits and vegetables) • Recognise what being scared/worried feels like • Give examples of healthy food (Such as Fruit and Vegetables.) • Explain what to do if a stranger approaches them. • Identify body parts such as: Head, Eye, Ear, Mouth, Arm, Hand, Leg, Foot. • Identify how they have changed from a baby (They are bigger, they can talk, walk, they can go to the toilet.) | <ul style="list-style-type: none"> • Understand that challenges can be difficult. • Recognise some of the feelings of perseverance. • Talk about the time that they kept on trying to achieve their goal. • Be ambitious. • Celebrate success. | | | make them unique and special | <ul style="list-style-type: none"> • Recognise how being healthy helps them to feel happy | (including the body) <ul style="list-style-type: none"> • Express why they enjoy learning • Suggest ways to manage change e.g. moving to a new class | special and unique | with their friends | worried or scared <ul style="list-style-type: none"> • Recognise that changes will happen and that some can be controlled and others not • Express how they feel about changes • Recognise the independence and responsibilities they have now compared to being a baby or toddler • Identify what greater responsibilities and freedoms they may have in the future and say what they are looking forward to in the next year |
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| | <ul style="list-style-type: none"> Identify that they can talk to a teacher, a parent, or a grown up if they are feeling worried. | | | | | | | | | |
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