



Knowledge Progression Map: PSHE

	Nursery	Reception	Year 1	Year 2
Families and Friendship	Begin to understand how others might be feeling.	Know how to build constructive and respectful relationships.	Understand what it means to be a family and how families may be different. Understand the importance of telling someone if we have worries in our families	Know who to ask for help if feeling lonely or unhappy or to help someone else. Learn ways to positively resolve arguments between friends.
Safe Relationships	Understand who his/her trusted adults are.	Understand the concept of 'Tell 5 People'. Understand the role the emergency services play in keeping us safe.	Know the importance of keeping some things (including body parts) private. Know when it is important to ask for permission to touch others and how to give or not give permission.	Know the term bullying, what it could consist of and who to talk to about it. Know the difference between secrets and surprises. Know how to resist pressure to do something uncomfortable or unsafe. Know who to talk to if feeling unsafe or worried.
Respecting Ourselves and Others	Know how to find solutions to conflicts.	Know how to consider the feelings of others.	Understand how kind and unkind behaviour can make people feel. Understand the meaning of respect. Understand the importance of class rules, politeness and turn taking.	Know how to play and work collaboratively, sharing ideas, listening and taking part in discussions.
Belonging to a Community	Understand there is a sense of responsibility and membership of a community.	Understand that some places are special to members of the community.	Understand that different people have different needs.	Know the different parts that are played in different social groups.
Media Literacy and Digital Resilience	Know about some factors that support mental health and wellbeing, including sensible amounts of screen time.	Know about the different factors that support mental health including amounts of screen time.	Know how people communicate safely with others online.	Know the ways the internet can be accessed, its different uses and its value.
Money and Work	Know there are different occupations.	Understand the importance of different occupations, including those of the emergency services.	Understand that everyone has different strengths and how these are needed to do different jobs.	Know how money can be looked after and kept. Know that people are paid for the job they do.
Physical Health and Mental Wellbeing	Know the vocabulary when talking about feelings – happy, sad, angry, worried. Know that healthy lifestyle choices are important.	Understand the importance of healthy food choices. Know about the different factors that support health and wellbeing.	Understand what it means to be healthy and know why this is important. Understand and follow basic hygiene routines. Understand the importance of physical activity. Know about people who can help us keep healthy. Know how to stay safe in the sun.	Know why sleep and rest are important. Know that medicines, including vaccinations and immunisations, help people stay healthy. Know how to describe and share a range of feelings; know ways to calm down or change mood. Know who and when to ask for help.
Growing and Changing	Understand the importance of good hygiene.	Know how to manage basic hygiene and personal needs	Understand that everyone is unique and explore likes, dislikes and strengths. Understand how to manage and who to tell when things are difficult or when things go wrong. Understand how feelings can affect the way in which people behave.	Know about the human life cycle and how people grow from young to old.
Keeping Safe	Learn about road safety, stranger danger and NSPCC Pants work	Understand basic road safety. Understand stranger danger, NSPCC Pants	Know how rules help to keep us safe. Know the basic ways to keep safe online. Know who to tell if something worries us online.	Know how to recognise risk in everyday situations. Know how to help keep safe in familiar and unfamiliar environments, such as in school, online and 'out and about'. Know how to help keep safe at home in relation to electrical appliances, fire safety and medicines/household products.

				Know how to respond if there is an accident and someone is hurt.
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	Year 3	Year 4	Year 5	Year 6
Families and Friendship	Know what to do if family relationships make us feel unhappy or unsafe.	Know who to tell when facing worries about online contact.	Know about peer influence and how it can make people feel or behave; recognise the impact of the need for peer approval in different situations, including online; learn strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication. Know when and how to seek support in relation to friendships.	Know that people who love each other can be of any gender, ethnicity or faith. Know that people have the right to choose whom they marry or whether to get married and that forced marriage is illegal. Know how and where to report forced marriage.
Safe Relationships	Know what is appropriate to share with others, including online. Know that bullying is unacceptable in any situation and understand the effects of bullying on victims. Know who to tell if we have concerns about bullying.	Know how to respond to hurtful behaviour or bullying, including online. Know how people may behave differently online. Know how to report concerns about someone’s behaviour, including online.	Know how to ask for, give and not give permission for physical contact. Know that it is never someone’s fault if they have experienced unacceptable contact. Know how to respond to unwanted or unacceptable physical contact. Know whom to tell if we are concerned about unwanted physical contact.	Understand the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong. Understand how to assess the risk of different online challenges and dares. Understand how to recognise and respond to pressure from others. Know how to get advice and report concerns about personal safety, including online.
Respecting Ourselves and Others	Know the importance of having self-respect and our right to be treated with respect by others. Understand what it means to treat others politely. Understand ways in which people show respect in different cultures.	Understand the importance of respecting the differences and similarities between people.	Know why it is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to our own. Understand what discrimination means and different types of discrimination e.g. racism, sexism, homophobia. Understand the impact of discrimination on individuals, groups and wider society.	Understand how to be a positive role model.
Belonging to a Community	Know the reasons for rules and laws in wider society. Understand the consequences that might happen if laws and rules are broken. Understand what human rights are and give examples of these, as well as the rights of the child.	Understand the meaning and benefits of living in a community. Understand the groups that make up and contribute to a community.	Know about how resources are allocated and the effect this has on individuals, communities and the environment. Understand the importance of protecting the environment and how everyday actions can either support or damage it. Know about the way that money is spent and how it affects the environment.	Understand what prejudice means. Understand the difference between prejudice and discrimination and recognise acts of discrimination. Learn strategies to safely respond to and challenge discrimination.

Media Literacy and Digital Resilience	Understand how the internet can be used positively for leisure purposes. Know that images and information online can be altered and understand why this may happen.	Understand what is meant by a digital footprint. Understand that organisations can use personal information to encourage people to buy things. Understand how search results are ordered and how this can affect what information people access.	Learn basic strategies to assess whether content online (e.g. research, news, reviews, blogs) is based on fact, opinion, or is biased. Know that some media and online content promote stereotypes. Learn how to assess which search results are more reliable than others. Understand how devices store and share information.	Understand the benefits of safe internet use. Understand why images online might be manipulated, altered or faked. Understand why people choose to communicate through social media and some of the risks of doing so. Understand why some social media sites have age restrictions. Understand the reasons why some media and online content may be unsuitable for children. Understand how online content can be designed to manipulate people’s emotions.
Money and Work	Know that people can have more than one job at once or in their lifetime. Understand some gender stereotypes related to work and challenge these stereotypes through examples of role models in different fields.	Understand how people make different spending decisions based on their budget, values and needs. Know about different ways to pay for things. Understand that how people spend money can have positive or negative effects.	Understand the importance of diversity and inclusion to promote people’s career opportunities. Know that there are a variety of routes into work e.g. college, apprenticeships, university, training.	Understand the role money plays in people’s lives, attitudes towards it and what influences decisions about money. Understand how companies encourage customers to buy things and why it is important to be a critical consumer. Understand how having or not having money can impact a person’s emotion, health and wellbeing. Understand common risks associated with money and know how money can be gained or lost. Know how to get help if concerned about gambling or other financial risks.
Physical Health and Mental Wellbeing	Understand what a habit is and consider the effects of habits on health. Understand what is meant by a balanced diet. Understand the benefits exercise can have on physical and mental health.	Know what good physical health means and how to recognise the early signs of physical illness. Understand that common illnesses can be quickly and easily treated with the right care. Understand the importance of regular visits to the dentist.	Understand how sleep contributes to a healthy lifestyle; develop healthy sleep strategies and how to maintain them. Understand the benefits of being outdoors and in the sun for physical and mental health; know how to manage risk in relation to sun exposure, including skin damage and heat stroke. Understand how medicines can contribute to health and how allergies can be managed; know that some diseases can be prevented by vaccinations and immunisations. Know that bacteria and viruses can affect health; know how they can prevent the spread of bacteria and viruses with everyday hygiene routines.	Understand that mental health is just as important as physical health and that both need looking after; recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support; understand how negative experiences such as being bullied or feeling lonely can affect mental wellbeing. Understand the process of grieving and how grief can be expressed; think about strategies that can help someone cope with the feelings associated with change or loss, including how to ask for help and support with loss, grief or other aspects of change. Know what to do and whom to tell if we are frightened or worried about something we have seen online.
Growing and Changing	Know that everyone is an individual and has valuable contributions to make.	Know about the physical and emotional changes during puberty. Know the key facts about the menstrual cycle and menstrual well-being, erections and wet dreams. Learn strategies to manage the changes during puberty, including menstruation. Know the importance of good hygiene routines during puberty. Know how to discuss the challenges of puberty with a trusted adult.	Understand about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes. Understand that for some people their gender identity does not correspond with their biological sex.	Understand what it is like to become more independent. Understand what sexual intercourse is and how it can be one part of an intimate relationship between consenting adults Understand how pregnancy occurs and that this can be prevented with contraception. Understand the responsibilities of being a parent or carer and how having a baby changes someone’s life

Keeping Safe	Know about fire safety at home. Understand the importance of following safety rules. Understand how to keep safe in the local environment or unfamiliar places.	Understand the importance of taking medicines correctly and using household products safely. Know that drugs common to everyday life can affect health and wellbeing. Understand that for some people, using drugs can become a habit which is difficult to break. Know how to ask for help or advice.	Know that female genital mutilation (FGM) is against British law; know what to do and whom to tell if we think we or someone we know might be at risk of FGM.	Know how to protect personal information online. Know that images or text can be quickly shared with others. Know how to report the misuse of personal information. Understand why age restrictions are important and how they help people to make safe decisions. Understand the risks and effects of different drugs. Know about laws relating to drugs and illegal drugs. Understand that there are organisations where people can get help and support concerning drug use. Know how to ask for help if concerned about drug use.
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