

**PSHE - What Pupils need to know**

Content	Nursery	Reception	Year 1	Year 2
	<b>Knowledge and Know Hows</b>			
Healthy and Happy friendships	I know how to express my needs to have them met, with peers and adults. I know how to play simple turn taking games, using attention, patience and resilience. I know the feelings of happiness, frustration, anger, sadness and begin to describe them.	I know how important friendships are in making us feel happy and how people choose and make friends. I know how to be kind, take turns and be polite.	I know how to form friendships and identify qualities of a good friend – respect, kindness, truthfulness. I know that behaviours and choices have consequences. I know that physical touch can be kind and make you feel safe, or unkind and make you feel unsafe.	I know the characteristics of positive friendships- mutual respect, trustworthiness, truthfulness, loyalty, kindness, empathy, generosity, sharing interests. I know that difficulties happen in friendships and action that can be taken – apologising, talking to a trusted person about worries, conflict, for advice. I know each person’s body belongs to them.
Vocabulary	Patience, turn taking, resilience, frustration	Polite, manners	Consequence, positive, negative, respect, welcoming	Conflict, trust, loyalty, generosity
Similarities and differences	I know an event or occasion which is special to me, and that other people will have different special events.	I know 3 personal events or special occasions. I know that people have similarities and differences with peers. I know that other people may have a different point of view or experience.	I know that everyone has their own experiences and beliefs. I know that diversity means having an appreciation and respect of differences between people.	I know my different strengths and abilities.  I know what gender and age stereotypes are and how to challenge these stereotypes by not pre-judging people.
Vocabulary	Special, different, similar	Occasion, unique, strength, experience	Experiences, belief, diversity	Stereotype, abilities, gender, destructive
Caring and responsibility	I know what a community is. I know the school rules.	I know three different roles in society. I know what ‘tricky people’ are and to tell someone if I meet one.	I know five people who are special to me.  I know what responsibility is.	I know different communities and groups I belong to.  I know different ways to help and support others.
Vocabulary	Community, rules	Society, roles	Responsibility, special	Belong, support

Families and committed relationships	I know what good manners are and how to use them.	I know the feelings of disappointment, jealousy, worry, proud, loved. I know who my immediate family members are.	I know there are different family types. I know three differences and three similarities between my family and another family type. I know 3 behaviours I like and 3 I don't like.	I know that different people can be part of a family. I know that every family is different. I know what makes people happy or unhappy in a family.
Vocabulary	Manners, polite	Disappointment, jealousy, proud	Difference, similarity	Blended, combined, separate
Healthy bodies, healthy minds	I know how to go to the toilet, wash and dry my hands. I know that (the above), brushing teeth and sleep are important to my health.	I know that physical activity, healthy eating, sun safety and being a safe pedestrian are important to my health.	I know the correct anatomical names for different external body parts. I know that regular physical activity, a balanced diet, sensible amounts of screen time and road safety are important for my health.	I know how different emotions make our bodies feel. I know how medicines can help or harm us. I know that some household products, including alcohol and tobacco, can be unsafe for children.
Vocabulary	Germs, healthy	Pedestrian, physical	Scientific, external	Regular, balanced, products, unsafe, medicine
Coping with change	I know the four main stages of the human life cycle.	I know I need to wait to have my needs met sometimes.	I know ways that I have changed since I was born. I know some ways that I will change – height, strength, abilities, interests, friends.	I know how to work towards goals. I know how to set goals for myself.
Vocabulary	Baby, toddler, child, grown up	Needs, patience	Acceptance, Change, Excited ,Nervous, Anxious	Goals, aspirations, ambitions
Economics	I know the names and descriptions of 1p, 2p, 5p, 10p British coins.	I know the names and characteristics of all British coins. I know the value of 1p and 2p.	I know the names of all British coins and notes. I know the value of coins and notes and how to calculate change within 10p.	I know how to calculate change with whole numbers. I know where money will come to me from, now and in the future - pocket money and working.
Vocabulary	Pence, coin, money, silver, bronze	Cash, value, amount	Change, notes, calculate	Earning, saving, spending
Content	Year 3	Year 4	Year 5	Year 6
	Knowledge and Know Hows			

Happy and healthy friendships	I know what personal space is. I know when it is being invaded and how to express my feelings. I know the resilience strategies of being optimistic, setting manageable goals and problem solving, expressing your feelings.	I know some friendship difficulties and how to solve them. I know how to act if someone invades your privacy or personal boundaries.	I know what peer pressure is in real life and online. I know how to make informed choices. I know what positive mental health and wellbeing is.	I know relationships change as we get older. I know the qualities of a real friendship.
Vocabulary	Privacy, encouragement, values, invaded, optimistic, manageable	Compromise, boundaries, communication, permission, opinion	Identity, prejudice,	Evolve, positive qualities, detrimental
Similarities and differences	I know how to respect and value differences. I know some of the shared values of communities – respect, tolerance, individual liberty.	I know the importance of diversity and different perspectives and not making judgement-based stereotypes. I understand the British Values, respect, tolerance, individual liberty, democracy, law.	I know how to celebrate strengths. I know the importance of internet safety regarding personal information and relationships.	I know we have an identity on and offline. I know how to deal with online bullying. I know how to challenge stereotypes and prejudgements.
Vocabulary	British Values, tolerance, liberty	Diversity, perspectives, judgements, appearance, democracy, law	Celebration, aspiration, vision, achievement	Grooming, medicinal, recreational
Caring and responsibility	I know how to show care and respect for others. I know what some of my responsibilities are.	I know different rights and responsibilities within society.	I know how humans care needs change and ways in which we can show care in the community.	I know what my responsibilities are and how to demonstrate responsibility. I know how to ask for help and support.
Vocabulary	Responsibility, respect	United Nations Convention, consequences	Generation, elderly	Self-care, self help
Families and committed relationships	I know how to show an understanding of the characteristics of different relationships. I know that relationships can change.	I know that we have a range of relationships and each of them is different.	I know the qualities of healthy relationships and ways in which they develop over time. I know what commitment means.	I know how humans reproduce. (Non-statutory). I know that there are different ways of starting a family.
Vocabulary	Characteristics, blended	Boundaries, professional	Commitment, develop	Reproduction, fertility, adoption, fostering, IVF

Healthy bodies, healthy minds	I know how to maintain physical and mental wellbeing, through healthy eating, sleep and keeping clean.	I know how friends, family and media, can affect my health and wellbeing. I know how these can affect personal health choices.	I know lifestyle habits influence my well-being. I know the effects that legal drugs (including medicines, caffeine and alcohol) can have on my body. I know how to show self-acceptance – valuing my body and mind.	I know ways to be healthy; self-care of bodies and minds, including online grooming, alcohol, vaping and drugs. I know basic first aid. I know ways to prevent and manage mental ill-health.
Vocabulary	Maintain, hygiene	Media, social	Habits, self-acceptance	Inhale, ingest
Coping with change	I know how to cope with feelings around the changes in our lives. I know what empathy is.	I know how our bodies change as we enter puberty, including hygiene needs and menstruation.	I know how puberty changes our bodies and emotions. I know how to manage these changes.	I know how to manage responsibilities and emotional effects of life changes.
Vocabulary	Coping strategies, empathy	Menstruation, hygiene, puberty, sperm, ovaries	Hormones, mood swings	Emotional
Economics	I know how to take account of other people’s ideas and opinions when making saving and spending decisions. I know there are different jobs I might do to earn money when I’m older. I know it may not be possible to have everything I want straight away, if at all, and that I may need to save money for things I want to buy in future.	I know there are different types of bank accounts. I know some reasons for using different forms of payment (debit, credit). I know I can pay for things without having enough money and this has consequences. I know spending decisions can help support others, e.g. fair-trade, charity shops. I know that some jobs pay more than others.	I know some benefits of saving, and some of the risks involved in borrowing money. I know choices I make about work and money will affect my life. I know how to plan and manage a basic budget and keep track of my spending and saving.	I know some ways the government uses money to provide for me and my local community needs. I know how to make comparisons between prices when deciding what is best value for money, including services (electricity, phones, internet). I know some ways to keep my money and personal information safe on the internet (protecting passwords and PINs). I know why we should be critical consumers.
Vocabulary	Earnings, budgeting	Debit, credit, consequences, fair-trade	Benefits, household budgets	Government, critical consumer, influence