



Lower Key Stage 2 Progression of Knowledge and Skills PSHE



Relationships Education, RSE and Health Education Guidance By the end of Primary School pupils should know:

Families and people who care for me	That families are important for children growing up because they can give love, security and stability. The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.
Caring Friendships	How important friendships are in making us feel happy and secure, and how people choose and make friends. The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.
Respectful relationships	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. Practical steps they can take in a range of different contexts to improve or support respectful relationships. The conventions of courtesy and manners. The importance of self-respect and how this links to their own happiness. That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. What a stereotype is, and how stereotypes can be unfair, negative or destructive. The importance of permission-seeking and giving in relationships with friends, peers and adults.
Online Relationships	That people sometimes behave differently online, including by pretending to be someone they are not. That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.

	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. How information and data is shared and used online.
Being Safe	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. How to recognise and report feelings of being unsafe or feeling bad about any adult. How to ask for advice or help for themselves or others, and to keep trying until they are heard. How to report concerns or abuse, and the vocabulary and confidence needed to do so. Where to get advice e.g. family, school and/or other sources.
Mental Wellbeing	That mental wellbeing is a normal part of daily life, in the same way as physical health. That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.
Internet Safety and Harms	That for most people the internet is an integral part of life and has many benefits. About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. Why social media, some computer games and online gaming, for example, are age restricted. That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. Where and how to report concerns and get support with issues online.
Physical health and fitness	The characteristics and mental and physical benefits of an active lifestyle. The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. The risks associated with an inactive lifestyle (including obesity).

	How and when to seek support including which adults to speak to in school if they are worried about their health.
Healthy Eating	What constitutes a healthy diet (including understanding calories and other nutritional content). The principles of planning and preparing a range of healthy meals. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Drugs, alcohol and tobacco	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
Health and prevention	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. The facts and science relating to allergies, immunisation and vaccination.
Basic first aid	How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
Changing adolescent body	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. About menstrual wellbeing including the key facts about the menstrual cycle.

Cycle A (Formerly Year 4) Progression of Knowledge and Skills

Citizenship and Community	I understand that people have a shared responsibility to protect the world around them. I can consider the impact of choices on the environment. I can reflect on how we can make a change to impact positively on the environment. Key Vocabulary: environment, protect, fair trade, charity, care, concern, welfare.
Diversity and respect	I understand that everyone should feel included, respected and not discriminated against. I can describe the relationship between rights and responsibilities. I can model being polite and courteous in different situations. I can explain how to respond to inappropriate behaviour or if I witness discrimination. Key Vocabulary: respect, discrimination, rights, responsibilities, appropriate, inappropriate.
Mental Health Matters	I can identify that feelings/emotions are part of a person's health and wellbeing. I can give examples of everyday things that can affect feelings. I can explain how feelings and emotions can influence actions and behaviour. I can explore ways of coping with feelings in different situations. Key Vocabulary: feelings, change, express, circumstances, loss, grief, change, advice, support.
Healthy Me	I can list ways to maintain good oral hygiene. I can describe the impact of a poor diet on oral hygiene. I can analyse how people make choices about what to eat and drink Key Vocabulary: oral hygiene, poor diet, choices, dental care, sugar.
Staying Safe	I can identify potential risks. I can describe how to stay safe in different situations, including online. I can explain how rules and restrictions exist to keep people safe. Key Vocabulary: risk, local environment, influence, peer pressure, online safety, appropriate, report concerns, rules, restrictions, laws.

Cycle B (Formerly Year 3) Progression of Knowledge and Skills

Citizenship and Community	I can recognise that the UK is made up of people from different religious and ethnic identities. I can identify ways that people can show respect for different cultures and identities. I can celebrate different identities and cultures.
	Key Vocabulary: religious and ethnic identities, cultures, groups, community, respect
Diversity and respect	I can list the attributes of a good friend. I understand that friendships sometimes have difficulties. I can describe ways to help build positive friendships. I can describe ways to manage disputes with friends and where I can go for support.
	Key Vocabulary: friendship, disputes, support, lonely, excluded, qualities, resolve, reconcile.
Mental Health Matters	I can describe a range of feelings and how they are experienced in my body. I can associate feelings with different experiences including change. I can use a scale of intensity to help describe different feelings. I can identify ways to manage changes at school or home. I can suggest ways that I can respond to others to help them with their feelings.
	Key Vocabulary: feelings, body, experiences, scale of intensity, change, support
Healthy Me	I understand that regular physical activity benefits our bodies. I can describe how lack of sleep can affect our body and mood. I can identify choices that have positive consequences on health and those that have a negative effect. I can explain factors that I need to consider when making my own healthy choices.
	Key Vocabulary: physical activity, active, impact, wellbeing, health, sleep, body, mood, routine, support
Staying Safe	I understand that I have the right to be safe on the outside and feel safe on the inside. I can describe every day health and hygiene rules. I can identify potential hazards and how I can reduce the risk. I can explain what to do in an emergency or if I feel uncomfortable in a situation.
	Key Vocabulary: emergency, hazard, safety, harm, pressure, permission, hygiene, health, accident, response.

RSE	
Year 3	To explore the differences between males and females and to name the body parts To consider touch and to know that a person has the right to say what they like and dislike To explore different types of families and who to go to for help and support.
	Key Vocabulary: similar, difference, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vagina, testicles, womb.
Year 4	To explore the human lifecycle To identify some basic facts about puberty To explore how puberty is linked to reproduction
	Key Vocabulary: puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings.

Assessment End Points Year 3	
Knowledge	Skills

• I know that the UK is made up of a variety of identities and can celebrate these. • I know the difference between male and female body parts and know that a person has the right to say what they like and dislike. • I know that the choices I make can have a positive or negative impact on my health. • I can recognise and respond to my feelings and others with reference to how they are experienced in my body. • I can begin to build positive relationships and identify how to manage disputes. • I can describe everyday health and hygiene rules. •	• I know that the UK is made up of a variety of identities and can celebrate these. • I know the difference between male and female body parts and know that a person has the right to say what they like and dislike. • I know that the choices I make can have a positive or negative impact on my health. • I can recognise and respond to my feelings and others with reference to how they are experienced in my body. • I can begin to build positive relationships and identify how to manage disputes. • I can describe everyday health and hygiene rules. •
--	--

Assessment End Points Year 4

Knowledge	Skills
• I know how my, and other people's, choices have an impact on the environment. • I know about the importance of good oral hygiene. • I know some basic facts about puberty.	• I can explain why everyone should feel included, respected and not discriminated against. • I can identify a range of techniques to cope with feelings in different situations. • I can identify risks in a range of different scenarios and suggest how to stay safe (including online).