



Knowledge and Skills Progression Grid PSHE (including RSE) 2022-2023



Term/Strand	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Autumn Term 1 Mental Health and Emotional Wellbeing	<u>Feelings</u> Pupils learn: <ul style="list-style-type: none"> • about different types of feelings • about managing different feelings • about change or loss and how this can feel 	<u>Friendships</u> Pupils learn: <ul style="list-style-type: none"> • about the importance of special people in their lives • about making friends and who can help with friendships (on and offline) • about solving problems that might arise with friendships (on and offline) 	<u>Strengths and challenges</u> Pupils learn: <ul style="list-style-type: none"> • about celebrating achievements and setting personal goals • about dealing with put-downs • about positive ways to deal with setbacks 	<u>*Continue-Strengths and challenges</u> Pupils learn: <ul style="list-style-type: none"> • about celebrating achievements and setting personal goals • about dealing with put-downs • about positive ways to deal with setbacks 	<u>Dealing with feelings</u> Pupils learn: <ul style="list-style-type: none"> • about a wide range of emotions and feelings and how these are experienced in the body • about times of change and how this can make people feel • about the feelings associated with loss, grief and bereavement 	<u>Healthy minds</u> Pupils learn: <ul style="list-style-type: none"> • what mental health is • about what can affect mental health and some ways of dealing with this • about some everyday ways to look after mental health • about the stigma and discrimination that can surround mental health
Autumn Term 2 Identity, society and equality	<u>Me and others</u> Pupils learn: <ul style="list-style-type: none"> • about what makes themselves and others special • about roles and responsibilities at home and school • about being co-operative with others 	<u>*Continue-Me and celebrating difference</u> Pupils learn: <ul style="list-style-type: none"> • valuing the similarities and differences between themselves and others • about what makes themselves and others special • about roles and responsibilities at home and school • about being co-operative with others 	<u>Celebrating difference</u> Pupils learn: <ul style="list-style-type: none"> • Pupils learn about valuing the similarities and differences between themselves and others • Pupils learn about what is meant by community • Pupils learn about belonging to groups 	<u>Democracy</u> Pupils learn: <ul style="list-style-type: none"> • about Britain as a democratic society • about how laws are made • learn about the local council 	<u>*Stereotypes, discrimination and prejudice</u> Pupils learn: <ul style="list-style-type: none"> • about stereotyping, including gender stereotyping • about what LGBT means • about prejudice and discrimination and how this can make people feel 	<u>Human rights</u> Pupils learn: <ul style="list-style-type: none"> • about people who have moved to Islington from other places, (including the experience of refugees) • about human rights and the UN Convention on the Rights of the Child • about homelessness
Spring Term 1 Keeping safe and managing risk	<u>Feeling safe</u> Pupils learn: <ul style="list-style-type: none"> • safety in familiar situations • about personal safety • about people who help keep them safe outside the home 	<u>Indoors and outdoors</u> Pupils learn: <ul style="list-style-type: none"> • about keeping safe in the home, including fire safety • about keeping safe online, including the benefits of going online • about keeping safe outside • about road safety 	<u>Bullying – see it, say it, stop it</u> Pupils learn: <ul style="list-style-type: none"> • to recognise bullying (including online) and how it can make people feel • about different types of bullying and how to respond to incidents of bullying • about what to do if they witness bullying 	<u>Playing safe</u> Pupils learn: <ul style="list-style-type: none"> • how to be safe in their computer gaming habits • about keeping safe near roads, rail, water, building sites and around fireworks • about what to do in an emergency and basic emergency first-aid procedures 	<u>Making safer choices</u> Pupils learn: <ul style="list-style-type: none"> • about keeping safe online • how to keep safe when communicating with other people online • that violence within relationships is not acceptable • about problems that can occur when someone goes missing from home 	<u>Keeping safe - out and about</u> Pupils learn: <ul style="list-style-type: none"> • about feelings of being out and about in the local area with increasing independence • about recognising and responding to peer pressure • about the consequences of anti-social behaviour (including gangs and gang related behaviour) • FGM (female genital mutilation) Pupils learn: <ul style="list-style-type: none"> • about the importance for girls to be protected against FGM

<p>Spring Term 2</p> <p>Drug, alcohol and tobacco education</p>	<p><u>What do we put into and on to bodies?</u> Pupils learn: • about what can go into bodies and how it can make people feel • about what can go on to bodies and how it can make people feel</p>	<p><u>Medicines and me</u> Pupils learn: • why medicines are taken • where medicines come from • about keeping themselves safe around</p> <p>*Asthma lesson for Year 4 if needed*</p>	<p><u>Tobacco is a drug</u> Pupils learn: • the definition of a drug and that drugs (including medicines) can be harmful to people • about the effects and risks of smoking tobacco and second-hand smoke • about the help available for people to remain smoke free or stop smoking *Asthma lesson for Year 3 • that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</p>	<p><u>Making choices</u> Pupils learn: • that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them • about the effects and risks of drinking alcohol • about different patterns of behaviour that are related to drug use</p> <p>*Asthma lesson for Year 4 if relevant</p>	<p><u>Different influences</u> Pupils learn: • about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis • about different influences on drug use – alcohol, tobacco and nicotine products • strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol</p>	<p><u>Weighing up risk</u> Pupils learn: • about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs • about assessing the level of risk in different situations involving drug use • about ways to manage risk in situations involving drug use</p>
<p>Summer Term 1</p> <p>Physical health and wellbeing</p>	<p><u>Fun times</u> Pupils learn: • about food that is associated with special times, in different cultures • about active playground games from around the world • about sun-safety</p>	<p><u>What keeps me healthy?</u> Pupils learn: • about eating well • about the importance of physical activity, sleep and rest • about how germs are spread, how we can prevent them spreading and people who help us to stay healthy and well</p>	<p><u>What helps me choose?</u> Pupils learn: • about making healthy choices about food and drinks • about how branding can affect what foods people choose to buy • about keeping active and some of the challenges of this</p>	<p><u>What is important to me?</u> Pupils learn: • why people may eat or avoid certain foods (religious, moral, cultural or health reasons) • about other factors that contribute to people’s food choices (such as ethical farming, fair trade and seasonality) • about the importance of getting enough sleep</p>	<p><u>In the media</u> Pupils learn: • that messages given on food adverts can be misleading • about role models • about how the media can manipulate images and that these images may not reflect reality</p>	
<p>Summer Term 2</p> <p>Careers, financial capability and economic wellbeing</p>	<p><u>My money</u> Pupils learn: • about where money comes from and making choices when spending money • about saving money and how to keep it safe • about the different jobs people do</p>	<p>SRE Focus</p>	<p>Saving, spending and budgeting Pupils learn: • about what influences people’s choices about spending and saving money • how people can keep track of their money • about the world of work</p>	<p><u>*Borrowing and earning money</u> Pupils learn: • that money can be borrowed but there are risks associated with this • about enterprise • what influences people’s decisions about careers</p>	<p>SRE Focus</p>	<p>SRE Focus</p>

<p>Summer Term</p> <p>Sex and relationship education</p>	<p>n/a</p>	<p>Y2-Boys and girls, families Pupils learn: • to understand and respect the differences and similarities between people • about the biological differences between male and female animals and their role in the life cycle • the biological differences between male and female children • about growing from young to old and that they are growing and changing • that everybody needs to be cared for and ways in which they care for others • about different types of family and how their home-life is special</p> <p>NSPCC PANTS CHAT* See below</p>	<p>n/a</p>	<p>n/a</p>	<p>Y5*Growing up and changing Pupils learn: • about the way we grow and change throughout the human lifecycle • about the physical changes associated with puberty • about menstruation and wet dreams • about the impact of puberty in physical hygiene and strategies for managing this • how puberty affects emotions and behaviour and strategies for dealing with this • to answer each other's questions about puberty with confidence, to seek support and advice when they need it</p>	<p>Y6-Healthy relationships Pupils learn: • about the changes that occur during puberty • to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact • what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships • about human reproduction in the context of the human lifecycle • how a baby is made and grows (conception and pregnancy) • about roles and responsibilities of parents and carers • to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it</p>
<p>Additional Lessons</p>	<p>KS1 (Y2) NSPCC PANTS CHAT: Pupils learn • to understand and learn the PANTS rules • name body parts and know which parts should be private • know the difference between appropriate and inappropriate touch • understand that they have the right to say “no” to unwanted touch • start thinking about who they trust and who they can ask for help.</p>					



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