



Oakfield Primary School Progression in Knowledge in PSHCE

Year group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me	Financial Capability	First Aid
Nursery	<p>To begin to know that they are part of a class.</p> <p>To begin to know what is the right and wrong thing to do.</p> <p>To begin to know their full name.</p> <p>To begin to know who their family are.</p> <p>To begin to name some people in their family eg: mummy, brother.</p> <p>To begin to know what it means to be safe.</p> <p>To begin to know which adults and places are safe.</p>	<p>To begin to know that there are people different to ourselves.</p> <p>To begin to know what it means to be kind.</p> <p>To begin to know what it means to be mean.</p> <p>To begin to know whether they prefer people being kind or mean to them.</p> <p>To begin to know how to make friends.</p> <p>To begin to know how to share.</p>	<p>To begin to know not to give up if something is tricky.</p> <p>To begin to know how to set a target for them to achieve through play.</p> <p>To begin to know how to say what they have done. (something they are happy with)</p>	<p>To begin to know what it means to have a healthy food.</p> <p>To begin to know a variety of foods which are 'healthy'.</p> <p>To begin to know how to choose a healthy food over an unhealthy food choice.</p> <p>To begin to know ways that they can keep themselves clean eg: washing hands</p>	<p>To begin to know who is their friend.</p> <p>To begin to know who they want to play with, sit with etc.,</p> <p>To begin to know who their family is and name them 'eg: mum'</p> <p>To begin to know ways in which to greet people</p> <p>To begin to know different ways to greet people based on whether they know them. Eg: A hug for mum but a hello or wave for an adult in school.</p>	<p>To begin to know parts of their own body.</p> <p>To begin to know which parts of their body is private.</p> <p>To begin to know that they grow or have grown since being a baby,</p> <p>To begin to know that people can be older or younger than them,</p>	<p>To begin to understand that you need money to pay for things that we need or want.</p>	<p>To begin to understand and recognise the people who help us when we are unwell. To begin to understand what an emergency call is</p>
Reception	<p>To begin to know that they are part of a class or school.</p> <p>To begin to know that they are special.</p> <p>To begin to know what it means to be safe.</p> <p>To begin to know and understand that they are safe in their class.</p>	<p>To begin to know how to make friends.</p> <p>To begin to know that others are different to ourselves for different reasons (looks, personality, family, what they eat)</p> <p>To begin to know</p>	<p>To begin to know what it means to achieve something,</p> <p>To begin to know what it feels like to be proud of themselves.</p> <p>To begin to know how to congratulate someone else on their</p>	<p>To begin to know the difference between being healthy and unhealthy.</p> <p>To begin to know some ways to keep healthy.</p> <p>To begin to know how to make healthy lifestyle choices. To begin to know how to keep</p>	<p>To begin to know that everyone's family is different.</p> <p>To begin to know that there are lots of different types of families.</p> <p>To begin to know what it means to love someone or something.</p> <p>To begin to know what it means to care about something. Eg a pet.</p>	<p>To begin to know parts of their own body.</p> <p>To begin to know which parts of their bodies and others are private and respect these.</p> <p>To begin to know that they grow taller.</p> <p>To begin to know that they get older.</p>	<p>To know that you need money to pay for things that we need or want.</p> <p>To know that money is represented by coins</p> <p>To know how to use money and get an</p>	<p>To know that there are people who's job it is to help us when we are feeling unwell</p> <p>To know who these people are and to be able to recognise them.</p>



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	<p>To begin to know what helpful behaviours are.</p> <p>To begin to know how helpful behaviours will make the class a safe space.</p> <p>To begin to know what proud means.</p> <p>To begin to know what an achievement is.</p> <p>To begin to know what it is like to feel proud of an achievement.</p> <p>To begin to know the difference between a positive and negative consequence and the meaning of these.</p> <p>To begin to know the feelings associated with positive and negative consequences.</p> <p>To begin to know that they have choices.</p> <p>To begin to know the names of people in their family.</p>	<p>what makes them special.</p>	<p>achievement eg: well done.</p>	<p>themselves clean and healthy</p> <p>To begin to know ways they should keep themselves clean.</p>		<p>To begin to know that there are people older and younger than themselves.</p>	<p>item from the snack table in return</p>	<p>To know what to do to contact one of these people in an emergency.</p> <p>To know what an emergency is.</p>
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<p>Year 1</p>	<p><u>Key knowledge</u></p> <p>To know what a responsibility is. To know and understand the rights and responsibilities of a member of the class. To know and understand that their views are important. To know what a consequence is. To know and understand that their choices have consequences. To know what a right is. To know and understand their own rights and responsibilities within their classroom.</p>	<p><u>Key knowledge</u></p> <p>To know what a difference is and to know what a similarity is. To know that people have differences and similarities. To know what bullying means. To know who to tell is they or someone else is being bullied or feeling unhappy. To know skills to make friendships. To know what unique means. To know that people are unique and it is ok to be different.</p>	<p><u>Key Knowledge</u></p> <p>To know how to set simple goals. To know how to achieve the goal. To know how to work well with a partner. To know that tackling a challenge can stretch their learning. To know what an obstacle is. To know how to identify obstacles and how to overcome them. To know when a goal has been achieved.</p> <p><u>Social and Emotional Knowledge</u></p> <p>To know how to</p>	<p><u>Key Knowledge</u></p> <p>To know the difference between being healthy and unhealthy. To know some ways to keep healthy. To know how to make healthy lifestyle choices. To know how to keep themselves clean and healthy. To know that germs can cause disease/illness. To know that all household products, including medicines can be harmful if not used properly. To know that medicines can help them if they feel poorly. To know how to keep safe when crossing the road. To know about people who can keep them safe.</p>	<p><u>Key Knowledge</u></p> <p>To know that everyone's family is different. To know that there are lots of different types of families. To know what it means to love someone or something. To know what belonging is. To know that families are founded on belonging, love and care. To know how to make a friend. To know the characteristics of healthy and safe friends. To know some forms of physical contact used commonly for greeting. E.g.: handshake To know that physical contact can be used as a greeting. To know who to ask for help in the school community.</p>	<p><u>Key Knowledge</u></p> <p>To know that animals including humans have a life cycle. To know that changes happen when we grow up. To know that people grow up at different rates and that is normal. To know the names of male and female body parts (Vagina, penis, testicles, vulva and anus) To know that there are correct names for body parts and nicknames and know when to use them. To know which parts of the body are private and that they belong to that person and nobody has the right to hurt there. To know who to ask for help if they are worried or frightened. To know that</p>	<p><u>Key Knowledge</u></p> <p>To begin to know what money is and what it looks like. To know that money comes from different sources. To know that people earn money from doing various jobs. To know that people earn money to pay for things. To know about a variety of jobs that people do. To know that money needs to be looked after To know that there are different ways of doing this. of doing this</p>	<p><u>Key Knowledge</u></p> <p>To know why first Aid is important. To know what asthma is. To know what to do if someone is having an asthma attack</p>
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			<p>recognise things that they will do well.</p> <p>To know how to explain how they can do their best.</p> <p>To know how to celebrate an achievement with a friend.</p> <p>To know how to recognise their own feelings when faced with a challenge.</p> <p>To know how to recognise their own feelings when faced with an obstacle.</p> <p>To know how they will feel when they overcome an obstacle.</p> <p>To know that they can store feelings of success so that they can be used in the future.</p>		<p><u>Social and Emotional Knowledge</u></p> <p>To know how it feels to be part of a family and how to care for each other. To know how to express this.</p> <p>To know what being a good friend means and being able to describe this.</p> <p>To know and show skills of friendship.</p> <p>To know how to identify forms of physical contact they prefer.</p> <p>To know how to say no when they receive a touch they don't like.</p> <p>To know how to praise themselves and others.</p> <p>To know how to recognise some of their own personal qualities.</p> <p>To know why they appreciate a special relationship and explain this.</p>	<p>learning brings about change.</p>		
		<p><u>Social and Emotional Knowledge</u></p> <p>To know how to recognise was in which they are the same as their friends and the way that they are different.</p> <p>To know how to identify what is bullying and what isn't.</p> <p>To know how being bullied might feel.</p> <p>To know ways to help a person who is being bullied.</p>		<p><u>Social and Emotional Knowledge</u></p> <p>To know how to feel good about themselves when they make healthy choices.</p> <p>To know that they are special.</p> <p>To know how to keep themselves safe.</p> <p>To know ways to look after themselves if they feel poorly.</p> <p>To know how to recognise when they feel frightened and how to ask for help.</p>		<p><u>Social and Emotional Knowledge</u></p> <p>To understand and accept that change is a part of getting older.</p> <p>To know and identify things that have changed and some things that have stayed the same since being a baby (including the body).</p> <p>To know how to express why they enjoy learning.</p> <p>To know some ways to manage change e.g. moving to a new class).</p>		<p><u>Social and Emotional Knowledge</u></p> <p>To know why it is important to show kindness to someone who is poorly.</p>
	<p><u>Social and Emotional Knowledge</u></p> <p>To know that they are special.</p> <p>To know what it means to be safe.</p> <p>To know and understand that they are safe in their class.</p> <p>To know what helpful behaviours are.</p> <p>To know how helpful</p>							



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	behaviours will make the class a safe space. To know what proud means. To know what an achievement is.	To know and identify emotions associated with making a new friend. To know how to		To know how being healthy helps them feel happy.				
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	<p>To know what it is like to feel proud of an achievement.</p> <p>To know the difference between a positive and negative consequence and the meaning of these.</p> <p>To know the feelings associated with positive and negative consequences.</p> <p>To know that they have choices.</p>	<p>verbalise some of the attributes that make them unique and special.</p>						
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<p>Year 2</p>	<p><u>Key Knowledge</u></p> <p>To know how to identify hope and fears for the year ahead.</p> <p>To know the rights and responsibilities of class members.</p> <p>To know that it is important to listen to other people.</p> <p>To know that their own views are valuable.</p> <p>To know about rewards and consequences and that these stem from choices.</p> <p>To know that positive choices impact positively on self-learning and the learning of others.</p>	<p><u>Key knowledge</u></p> <p>To know what a stereotype is.</p> <p>To know that there are stereotypes about boys and girls.</p> <p>To know what it means to conform.</p> <p>To know that it is ok to not to conform to stereotypes.</p> <p>To know that it is good to be yourself.</p> <p>To know that sometimes people get bullied because of difference.</p> <p>To know the difference between right and wrong and the role that choice has to play in this.</p> <p>To know that friends can be different and still be friends.</p> <p>To know where</p>	<p><u>Key Knowledge</u></p> <p>To know how to choose a realistic goal and how to achieve it.</p> <p>To know what perseverance means.</p> <p>To know that it is important to persevere.</p> <p>To know how to recognise what working together well looks like.</p> <p>To know what good group working looks like.</p> <p>To know how to share success to other children.</p> <p><u>Social and Emotional Knowledge</u></p> <p>To know how to describe their own achievements</p>	<p><u>Key Knowledge</u></p> <p>To know what their body needs to stay healthy.</p> <p>To know what relaxed means.</p> <p>To know what makes them feel relaxed/stressed.</p> <p>To know how medicines work in their body.</p> <p>To know that is important to use medicine safely.</p> <p>To know how to make healthy snacks.</p> <p>To know why healthy snacks are good for their bodies.</p> <p>To know which foods give their bodies energy.</p> <p><u>Social and Emotional Knowledge</u></p> <p>To know the benefits of healthy</p>	<p><u>Key Knowledge</u></p> <p>To know that everyone's family is different.</p> <p>To know what cooperation is.</p> <p>To know that families function well when there is care, love and cooperation.</p> <p>To know that there are lots of forms of physical contact within a family.</p> <p>To know how to say stop is someone is hurting them.</p> <p>To know what conflict means.</p> <p>To know some reasons why friends have conflict.</p> <p>To know that friendships sometimes have their ups and downs and can change with time. To know how to use the mending friendship or solve it together methods.</p> <p>To know that there are good secrets and worry secrets and why it is important to share worry secrets.</p> <p>To know what a worry box is.</p>	<p><u>Key Knowledge</u></p> <p>To know that life cycles exist in nature.</p> <p>To know that aging is a natural process, including old age.</p> <p>To know that some changes are out of an individual's control.</p> <p>To know how their bodies have changed from when they were a baby and how they will continue to change.</p> <p>To know the physical differences between male and female bodies.</p> <p>To know the correct names for correct body parts (vagina, penis, testicles, vulva, anus).</p> <p>To know that private body parts are special to a person and nobody has a right to hurt these.</p> <p>To know who to ask for help if they are worried or</p>	<p><u>Key Knowledge</u></p> <p>To know that people make different choices about how to save and spend money</p> <p>To know that there is a difference between needing something and wanting it.</p> <p>To know that sometimes people may not always be able to have the things they want.</p> <p>To know that people make different choices about how to save and spend money</p>	<p><u>Key Knowledge</u></p> <p>To know that there is an organisation called The British Red Cross</p> <p>To know that the British Red Cross can help us.</p> <p>To know and recognise the British Red Cross Champion Characters and what they represent.</p> <p>To know how to help someone if they have a burn</p> <p>To know what a burn is</p> <p><u>Social and Emotional Knowledge</u></p> <p>To know how to keep calm in order to help someone</p>
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	<p><u>Social and Emotional Knowledge</u> To know how to recognise their own feelings and to know when and where to get help. To know how to make their class a safe and fair place. To know what good listening skills are and to show these. To know what being worries feels like and to recognise this. To know what the word cooperatively means. To know how to work cooperatively.</p>	<p>to get help if being bullied. To know the difference between a one off incident and bullying.</p>	<p>and feelings towards this. To know how to recognise their own strengths as a learner. To know how working with others can be helpful. To know how to work effectively with a partner. To know how to choose a partner to whom they work well with. To know how to work as part of a group.</p>	<p>choices and to feel motivated by this. To know how to identify when a feeling is weak and when a feeling is strong. To know how to feel positive about caring for their bodies. To know how to have a healthy relationship with food. To know the benefits of sharing healthy foods with their friends and being able to share these.</p>		<p>frightened. To know that there are different types of touch and some are acceptable and some are unacceptable. To know what it means to be assertive. To know about inappropriate assertiveness.</p>		
	<p><u>Social and Emotional Knowledge</u> To know and understand that boys and girls can be similar in lots of ways and</p>	<p><u>Social and Emotional Knowledge</u> To know how it feels to be part of a group and stores this feeling for the future.</p>		<p><u>Social and Emotional Knowledge</u> To know how to identify the different roles and responsibilities within their families. To know how to recognise the values that their family can bring. To know how to recognise and talk about the types of physical contact that is acceptable and unacceptable. To know how to use positive problem solving techniques (mending friendships or solve it</p>				



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		<p>that is ok. To know and understand that boys and girls can be different in lots of ways and that is ok. To know how being bullied can make somebody feel and be able to explain this. To know how to choose to be kind to someone who is being bullied. To know how to stand up for themselves when they need to. To know how to recognise that they shouldn't judge people because they are different. To know and understand that everyone's differences make them different and unique.</p>			<p>together) to solve a friendship conflict. To know the negative feelings associated with keeping a worry secret. To know the feelings associated with trust. To know who they can trust within their own relationships. To know how to give and receive compliments. To know who they could go to for help if they are worried and scared.</p>	<p><u>Social and Emotional Knowledge</u> To know and appreciate that changes will happen and some can be controlled and others cannot. To know how to express how they feel about their changes. To know what it means to appreciate somebody. To know how to show appreciation to people who are older. To know and to be able to recognise the independence and responsibilities they have now compared to being a baby or toddler. To know what greater responsibilities and freedoms they may have in the future. To know who they would go to for help if they were worried or scared. To know what type</p>		
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						<p>of touch they find comfortable/uncomfortable. To know how to be able to confidently ask someone to stop if they are being hurt or frightened. To know how to say what they are looking forward to in the next year.</p>		
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Year 3	<u>Key Knowledge</u>	<u>Key Knowledge</u>	<u>Key Knowledge</u>	<u>Key Knowledge</u>	<u>Key Knowledge</u>	<u>Key Knowledge</u>	<u>Key Knowledge</u>	<u>Key Knowledge</u>
	<p>To know and understand that they are important.</p> <p>To know what a personal goal is.</p> <p>To know what a challenge is.</p> <p>To know why rules are needed and how these relate to choices and consequences.</p> <p>To know that their actions can affect others feelings.</p> <p>To know that others may hold different views.</p> <p>To know what a value is.</p> <p>To know that the school has a shared set of values.</p>	<p>To know why families are important.</p> <p>To know that everybody's families are different.</p> <p>To know that sometimes family members do not get on and know some reasons for this.</p> <p>To know what conflict is.</p> <p>To know that conflict is a normal part of relationships.</p> <p>To know what it means to be a witness of bullying and to know a witness can make the situation worse or better by what they do.</p> <p>To know that some words are used in hurtful ways and that this can have some consequences.</p>	<p>To know about specific people who have overcome challenges to achieve success.</p> <p>To know what dreams and ambitions are.</p> <p>To know what dreams and ambitions are important to them.</p> <p>To know how they can best overcome learning challenges.</p> <p>To know that they are responsible for their own learning.</p> <p>To know what their own strengths are as a learner.</p> <p>To know what an obstacle is and how they can hinder achievement.</p> <p>To know how to take steps to overcome</p>	<p>To know how exercise affects their bodies.</p> <p>To know why their heart and lungs are such important organs.</p> <p>To know the amount of calories/fat sugar that they put into their bodies will affect their health.</p> <p>To know there are different types of drugs.</p> <p>To know that there are things, places and people that can be dangerous.</p> <p>To know a range of strategies to keep themselves safe.</p> <p>To know when something feels safe or unsafe.</p> <p>To know that their bodies are complex and need taking care of.</p>	<p>To know that different family members carry out different roles or have different responsibilities in the family.</p> <p>To know that gender stereotypes can be unfair e.g. dad always goes to work, mum is always the carer etc.</p> <p>To know some of the skills of friendship e.g. taking turns, being a good listener.</p> <p>To know some strategies for keeping themselves safe online.</p> <p>To know how some of the actions and work of people around the world help and influence their lives.</p> <p>To know that they and all children have rights (UNCRC).</p> <p>To know the lives of children from around the world can be different from their own.</p>	<p>To know what conception means.</p> <p>To know that in animals and humans looks of changes happen between conception and growing up.</p> <p>To know that in nature it is usually the female that carries the baby.</p> <p>To know that in humans the mother carries the baby in the uterus (womb) this is where the baby develops.</p> <p>To know that babies need love and care from their parents/carers.</p> <p>To know some of the changes that happen between being a baby and a child.</p> <p>To know that the male and female body needs to change at puberty so that their bodies can make babies when they are adults.</p> <p>To know some of</p>	<p>To know where money comes from.</p> <p>To know that there is a wide variety of jobs/careers that people can have.</p> <p>To know that people often have more than one career/type of job during their life.</p> <p>To know that some jobs are paid more than others and money is one factor which may influence a person's job or career choice;</p> <p>To know that people may choose to do voluntary work which is unpaid</p> <p>To know how to identify the kind of job that they might like to do when they are older.</p> <p>To know that there are lots of choices that can be made.</p> <p>To know that</p>	<p>To know when you are needed to give first aid to someone.</p> <p>To know how to help someone who is bleeding</p>



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			<p>obstacles. To know how to evaluate their own learning and progress and how it can improve for next time.</p>			<p>the outside body changes that happen during puberty. To know some of the changes that happen inside the body during puberty.</p>	<p>there are a variety of routes into careers (e.g. college, apprenticeship, university) To know that there are different ways to pay for things To know that people have choices about the various ways there are to pay for things.. To know that there are risks associated with money (e.g. money can be won, lost or stolen) To know how to keep money safe To know that people make spending decisions based on priorities, needs and wants. To know about the risks involved in gambling; To know that money can be won or lost through</p>	
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							gambling-related activities and the impact of this on health, wellbeing and future aspirations.	
	<p><u>Social and Emotional Knowledge</u> To know and recognise self-worth. To know how to identify personal strengths. To know how to set a personal goal. To know and recognise feelings of happiness, sadness, worry and fear in themselves and others. To know how to make other people</p>						<p><u>Social and Emotional Knowledge</u> To begin to know the ways that money can impact on people's feelings and emotions</p>	
		<p><u>Social and Emotional Knowledge</u> To know what appreciation means. To know how to show appreciation for their families, parents and carers.</p>		<p><u>Social and Emotional Knowledge</u> To know how to set themselves fitness challenges. To know how to recognise what it feels like to make a healthy choice. To know how they feel about drugs and identify these emotions.</p>	<p><u>Social and Emotional Knowledge</u> To know how to identify the responsibilities that they have within their family. To know how to use solve it together in a conflict scenario and find a win-win outcome. To know how to access help if they are concerned about anything on social media or the internet.</p>			
							<p><u>Social and</u></p>	

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	<p>feel valued. To know what compassion is. To know what empathy is. To know how to develop compassion and empathy for others. To know how to work collaboratively.</p>	<p>To know what the solve it together technique is. To know how to use the solve it technique to solve conflict with friends and family. To know how to empathise with people who are bullied. To know how to problem solve a bullying situation accessing appropriate support if necessary. To know to employ skills to support someone who is bullied. To know what a compliment is. To know how to recognise, accept and give compliments. To know how to recognise feelings associated with receiving a compliment.</p>	<p><u>Social and Emotional Knowledge</u> To know how to recognise other people's achievements and difficulties. To know how to imagine how it feels to overcome their difficulties and achieve. To know how to break down a goal into small steps. To know how to recognise how other people can help them achieve their goals. To know what frustration is. To know how to manage feelings linked to frustration whilst facing obstacles. To know how to share their success with others. To know how to</p>	<p>To know how to stress what being anxious or scared feels. To know how to take responsibility for keeping themselves and others safe. To know how to respect their own bodies and how to keep them safe.</p>	<p>To know how to empathise with people from other countries who may not have a fair job/ less fortunate. To know that they are connected to the global community in many different ways. To know how to identify similarities in children's rights around the world. To know how to identify their own wants and needs and how these may be similar or different from other children in school and the global community.</p>	<p><u>Emotional Knowledge</u> To know how to express how they feel about babies. To know the emotions that a new baby can bring to the family and know how to describe these. To know how they feel about puberty and express this. To know who they can talk to about puberty if they have any worries. To know and be able to identify stereotypical family roles and challenge these ideas (e.g. it may not always be mum who does the laundry). To know and identify changes they are looking forward to in the next year. To know ways to help them manage feelings during changes they are more anxious about.</p>		
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			store feelings of success (in an internal treasure chest) to use next time.						
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<p>Year 4</p>	<p><u>Key knowledge</u></p> <p>To know how individual attitudes and actions make a difference to a class.</p> <p>To know about the different rules in the school community.</p> <p>To know their place in the school community.</p> <p>To know what democracy is (apply to pupil voice in school).</p> <p>To know that their own actions effect themselves and others.</p> <p>To know what a consensus is.</p> <p>To know how groups work together to reach a consensus.</p> <p>To know that having a voice and democracy benefits the school community.</p> <p><u>Social and Emotional Knowledge</u></p> <p>To know the</p>	<p><u>Key Knowledge</u></p> <p>To know what an assumption means.</p> <p>To know that sometimes people make an assumption about someone because of the way they look or act.</p> <p>To know what an influence is.</p> <p>To now there are influences that effect how we judge a person or situation.</p> <p>To know that some forms of bullying are harder to identify, e.g. tactical ignoring, cyber bullying.</p> <p>To know what to do if they think bullying is/ might be taking place.</p> <p>To know the reasons why witnesses sometimes join in with bullying</p>	<p><u>Key Knowledge</u></p> <p>To know what their own hopes and dreams are.</p> <p>To know that hopes and dreams don't always come true.</p> <p>To know the term 'counteract'</p> <p>To know that reflecting on positive and happy experiences can help them to counteract disappoint.</p> <p>To know how to make a new plan and set new goals even if they have been disappointed.</p> <p>To know how to work out the steps they need to make to achieve a goal.</p> <p>To know how to work as part of a successful group.</p> <p>To know how to share in the success of a group.</p>	<p><u>Key Knowledge</u></p> <p>To know how different friendship groups are formed and how they fit into them.</p> <p>To know which friends they value the most.</p> <p>To know that there are leads and followers in groups.</p> <p>To know that they can take on different roles in a situation.</p> <p>To know the facts about smoking.</p> <p>To know about some of the reasons why people start to smoke.</p> <p>To know the facts about alcohol and effects on the liver.</p> <p>To know some of the reasons people drink alcohol.</p> <p>To know ways to resist when people are putting pressure on them.</p> <p>To know what they think is right and wrong.</p>	<p><u>Key Knowledge</u></p> <p>To know what jealousy is.</p> <p>To know some reasons why people feel jealousy.</p> <p>To know that jealousy can be damaging to relationships.</p> <p>To know that loss is a normal part of relationships.</p> <p>To know that negative feelings are a normal part of loss.</p> <p>To know what a memory is.</p> <p>To know that memories can support us when we lose a special person or animal.</p> <p>To know that change is a natural part of change in friendships/relationships.</p> <p>To know that sometimes it is better for a relationship/friendship to end if it is causing negative feelings or is unsafe.</p> <p>To know and identify feelings and emotions that accompany jealousy.</p> <p><u>Social and Emotional Knowledge</u></p> <p>To know positive</p>	<p><u>Key Knowledge</u></p> <p>To know what inheritance means.</p> <p>To know the terms ovum and sperm.</p> <p>To know that personal characteristics are inherited from birth parents and that this is brought about by an ovum joining the sperm.</p> <p>To know that babies are made by a sperm joining an ovum.</p> <p>To know the difference between internal and external body parts.</p> <p>To know the terms sexual intercourse, fertilise and conception.</p> <p>To know the names of different internal and external body parts that are needed to make a baby (penis, testicles, vagina, sperm, egg/ovum, womb/uterus and ovaries).</p> <p>To know what</p>	<p><u>Key Knowledge</u></p> <p>To know that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)</p> <p>To know that people make spending decisions based on priorities, needs and wants</p> <p>To know that there are different ways to keep track of money.</p> <p>To know that people have different attitudes towards saving and spending money.</p> <p>To know that some things can influence people's decisions when spending money.</p> <p>To know what makes something 'good value for money'.</p>	<p><u>Key Knowledge</u></p> <p>To understand what the British Red Cross do to help people who are injured.</p> <p>To know that the British Red Cross are specially trained.</p> <p>To know what to do if someone had a head injury</p> <p>To know how to identify a head injury</p> <p>To know when a decision needs to be made.</p> <p>To know what signs to look for</p> <p>To know what information is important when calling 999</p>
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Oakfield Primary School Progression in Knowledge in PSHCE

<p>difference between being included and excluded. To know and identify the feelings associated with being included or excluded. To know how to make other feels valued and included. To know how to take on a role in a group discussion/task and contribute to the overall outcome. To know what it means to be cared for. To know what it means to be welcomed. To know how to make others feel cared for and welcomed. To know the difference between motivated and unmotivated. To know how to recognise the feelings of being motivated and unmotivated. To understand why</p>	<p>and don't tell anyone. To know what a first impression is. To know that first impressions can change. <u>Social and Emotional Knowledge</u> To know how to try and accept people for who they are. To know how to identify influences that have made them think or feel positively / negatively about a situation. To know what a bystander is. To know how to identify feelings that a bystander might feel in a bullying situation. To know how to identify their own uniqueness. To know how to</p>	<p><u>Social and Emotional Knowledge</u> To know how to talk about their hopes and dreams and the feelings associated with these. To know how to identify the feeling of disappointed. To know how to identify a time when they have felt disappointed. To know how to cope with disappointed. To know what resilience is. To know how to have a positive attitude. To know how to enjoy being part of a group challenge. To know how to share their success with others. To know how to</p>	<p><u>Social and Emotional Knowledge</u> To know how to identify the feelings that they have about their friends and different friendship groups. To know how to recognise how different people and groups impact them. To know how to identify which people they most want to be friends with. To know what peer pressure is. To know how to recognise negative feelings in peer pressure situations. To know how to identify the feelings of anxiety and the feelings associated with peer pressure. To know the term 'assertive'. To know how to tap into their inner</p>	<p>strategies for managing jealousy. To know how to identify people who are special to them and express why. To know how to identify the feelings and emotions that accompany loss. To know strategies for managing loss. To know how to express thoughts and feelings about someone they no longer see. To know what it means to negotiate. To know how to suggest ways to managing relationship changes including how to negotiate.</p>	<p>To know how the male and female bodies change at puberty. To know that personal hygiene is important during puberty and as an adult. To know that change is a normal part of life and some cannot be controlled and have to be accepted. To know that change can bring about a range of different emotions. <u>Social and Emotional Knowledge</u> To know how to appreciate their own uniqueness and those of others. To know how to express how they feel about having children when they grow up. To know how to express any concerns they have about puberty. To know who they</p>	<p>To know that people make spending decisions based on priorities, needs and wants. To know that there are different ways to keep track of money</p>	
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Oakfield Primary School Progression in Knowledge in PSHCE

	<p>the school community benefits from a learning charter. To know how to help friends make positive choices. To know how to regulate emotions.</p>	<p>be comfortable with the way they look. To know how to identify whether their first impression was right or wrong. To know what judgemental and non-judgemental mean. To know that you should not judge others who are different.</p>	<p>store these feelings of success in their internal treasure chest.</p>	<p>strength and how to assertive.</p>		<p>can talk to about puberty if they are worried. To know how to apply the circle of change model to themselves to have strategies for managing change. To know a range of strategies to manage the emotions relating to change.</p>		
Year 5	<p><u>Key Knowledge</u> To know how to face new challenges positively. To know how to set personal goals. To know the rights and responsibilities associated with being a citizen in the wider community and their country. To know how an individual's behaviour can effect a group and the consequences</p>	<p><u>Key Knowledge</u> To know what culture means. To know that differences in culture can sometime be a source of conflict. To know what racism is and why it is unacceptable. To know what a rumour is. To know that rumour spreading is a</p>	<p><u>Key Knowledge</u> To know that they will need money to help them achieve some of their dreams. To know about a range of jobs that are carried out by people they know. To know that different jobs pay more money than others. To know the types of jobs</p>	<p><u>Key Knowledge</u> To know the health risks of smoking. To know how smoking tobacco, lungs, liver and heart. To know what antisocial behaviour is. To know some of the risks linked to misusing alcohol, including antisocial behaviour. To know basic emergency procedures.</p>	<p><u>Key Knowledge</u> To know what the words characteristics and attributes mean. To know that a personality is made up of many different characteristics, qualities and attributes. To know that belonging to an online community can have positive and negative consequences. To know that there are rights and responsibilities in an online social network. To know that there are</p>	<p><u>Key Knowledge</u> To know what perception means and that perceptions can be right or wrong. To know how girls and boy's bodies change during puberty and the importance of them looking after themselves physically and emotionally (menstruation, sanitary product, wet dreams, Adam's</p>	<p><u>Key Knowledge</u> To know and understand that people have different attitudes towards saving and spending money To know what influences people's decisions; To know what makes something 'good value for money.' To know that there are risks</p>	<p><u>Key Knowledge</u> To know why first aid is important? To know how to help someone who has a broken bone To know how to help someone who is choking To know how to stay calm to comfort someone who is injured To know how to use kind words and how to act</p>

Oakfield Primary School Progression in Knowledge in PSHCE

<p>of this. To know and understand how democracy and having a voice benefits the school community. To know how to contribute towards the democratic process.</p> <p><u>Social and Emotional Knowledge</u> To know how to identify what they value most about school. To know how to identify hope for the school year. To know how to have empathy for those who have lives different from their own. To know how to consider their own actions and the effect they have on themselves and others. To know how to work as part of a group, listening and contributing effectively to</p>	<p>form of bullying on and offline. To know external forms of support in regard to bullying (e.g. child line) To know that bullying can be direct or indirect. To know how their lives are different to the lives of children in the developing world.</p> <p><u>Social and Emotional Knowledge</u> To know how to identify their own culture and different cultures within their class community. To know how to identify their own attitudes about people from different faiths and cultural backgrounds.</p>	<p>they might like to do when they are older. To know that young people from different cultures may have different dreams and goals. To know that communicating with someone from a different culture can allow them to learn about their goals and vice versa. To know ways that they can support other children from different cultures and abroad.</p> <p><u>Social and Emotional Knowledge</u> To know how to verbalise how they would like their life to be when they are a grown up. To know how to</p>	<p>To know how to get help in emergency situations. To know that the media, social media and celebrity cultures promote certain body types. To know the different roles food can play in people's lives and that people can develop eating disorders due to pressures. To know what makes a healthy life style.</p> <p><u>Social and Emotional Knowledge</u> To know how to make informed decisions about whether to smoke when they are older. To know how to make informed decisions about whether to drink alcohol when they are older. To know how to</p>	<p>rights and responsibilities when playing a game online. To know that too much screen time isn't healthy. To know how to stay safe when using technology to communicate with friends.</p> <p><u>Social and Emotional Knowledge</u> To know strategies for building self-esteem for themselves and other and can suggest these. To know when an online community/social media feels risky, uncomfortable and unsafe. To know the strategies for staying safe online/social media. To know how to report unsafe online/social network activity. To know when an online game is safe/unsafe and identify this. To know how to suggest ways to monitor and reduce screen time. To know how to suggest strategies to manage</p>	<p>apple). To know that sexual intercourse can lead to conception. To know that some people need help to conceive and might need IVF. To know that becoming a teenager involves many changes and involves change in responsibility.</p> <p><u>Social and Emotional Knowledge</u> To know how to celebrate what they like about their own and others self-image and body imagine. To know how to suggest ways to boost self-esteem of self and others. To know that puberty is a natural process that happens to everyone and it will be ok for them. To know how to ask questions about</p>	<p>associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe. To know that there are different ways to pay for things and that people have choices about this. To know and understand that people have different attitudes towards saving and spending money. To know the types of things that influences people's decision around spending and saving. To know what makes something 'good value for money' To know that people make spending decisions based on priorities and needs and wants. To know that</p>	<p>to comfort someone who is injured.</p>
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Oakfield Primary School Progression in Knowledge in PSHCE

	<p>understand why the school community benefits from a school learning charter.</p> <p>To know how to help friends make positive choices.</p> <p>To know how to regulate my emotions.</p>	<p>To know how to identify a range of strategies for managing their own feelings in bullying situations.</p> <p>To know how to identify some strategies to encourage children who use bullying behaviours to make other choices.</p> <p>To know how to support children who are being bullied.</p> <p>To know how to appreciate the value of happiness regardless of material wealth.</p> <p>To develop respect for cultures different to their own.</p>	<p>appreciate contributions made by people in different jobs.</p> <p>To know how to appreciate the opportunities learning and education can give them.</p> <p>To know how to reflect on the differences between their own learning goals and those of someone from a different culture.</p> <p>To know how to appreciate the differences between themselves and someone from a different culture.</p> <p>To know and understand why they are motivated to make a positive contribution to supporting others.</p>	<p>recognise different strategies in pressure situations.</p> <p>To know how to identify ways to keep themselves calm in an emergency.</p> <p>To know how to reflect upon their own body image and how important this is to do so positively.</p> <p>To know how to accept and respect themselves for who they are.</p> <p>To know how to respect and value their own bodies.</p> <p>To know how to keep themselves motivated to keep themselves happy and healthy.</p>	<p>unhelpful pressure online or within social networks.</p>	<p>puberty to seek clarification.</p> <p>To know how to express how they feel about having a romantic relationship when they are an adult.</p> <p>To know how to express what they feel about becoming a teenager.</p> <p>To know to say who they can talk to if they are concerned about puberty or becoming teenager/adult.</p>	<p>people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)</p>	
Year 6	Key Knowledge To know how to set	Key Knowledge To know what	Key Knowledge To know their	Key Knowledge To know how to	Key Knowledge To know that it is	Key Knowledge To know how girls'	Key Knowledge	Key Knowledge

Oakfield Primary School Progression in Knowledge in PSHCE

<p>goals for the year ahead. To know and understand what fears and worries are. To know about children's universal rights (United Nations Convention on the Rights of the Child). To know about the lives of children in other parts of the world. To know that personal choices can affect others locally and globally. To understand that their own choices result in different consequences and rewards. To understand how democracy and having a voice benefits the school community. To know how to contribute the democratic process.</p> <p><u>Social and Emotional</u></p>	<p>perception means. To know that there are different perceptions about being normal and where these might come from. To know that being different could affect someone's life. To know that power can take part in bullying or a bullying situation. To know that people can hold power over others, individually or in a group. To know why some people choose to bully others. To know that people with disabilities can lead amazing lives. To know that difference can</p>	<p>own learning strengths. To know how to set realistic and challenging goals. To know what learning steps they need to take in order to achieve their goals. To know a variety of problems that the world is facing. To know how to work with other people to make the world a better place. To know some ways in which they could work with others to make the world a better place. To know what their class mates like and admire about them.</p> <p><u>Social and Emotional Knowledge</u></p> <p>To know and understand why it is important to stretch the</p>	<p>take responsibility for their own health. To know how to make choices to benefit their own health and wellbeing. To know about different types of drugs and their uses. To know how these different types of drugs can affect people's bodies especially their liver and heart. To know what the term exploited means. To know that some people can be exploited to do things against the law. To know why some people, join gangs and the risks involved. To know what it means to be emotionally well. To know that stress can be triggered by a range of things.</p>	<p>important to take care of their own mental health. To know ways in which they can take care of their own mental health. To know what grief is. To know the stages of grief and there are different types of loss that cause people to grieve. To know that sometimes people try to gain power or control them. To know some of the dangers of being online. To know how to use technology safely and positively to communicate with their friends and family.</p> <p><u>Social and Emotional Knowledge</u></p> <p>To know what denial is. To know that people can get problems with their mental health and it is nothing to be ashamed of. To know that people maybe in denial about their mental health. To know how to help themselves and others when worried about a mental health problem.</p>	<p>and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally. To know how a baby develops from conception through the 9 months of pregnancy and how it is born. To know how being physically attracted to somebody changes the nature of the relationship. To know the importance of self-esteem and what they can do to develop it. To know what they are looking forward to and what they are worried about transitioning to secondary school.</p> <p><u>Social and Emotional Knowledge</u></p> <p>To know ways they can develop their</p>	<p>To know that people make spending decisions based on priorities, needs and wants. To know that it is important to keep track of money. To know and understand that people make spending decisions based on priorities, needs and wants. To know that there are risks involved in gambling To know that there are different ways money can be won or lost through gambling-related activities. To know that this can have an impact on health, wellbeing and future aspirations. To know the ways that money can impact on</p>	<p>To know how to support someone if they are unresponsive and breathing To know how to support someone if they are unresponsive and not breathing To know how to keep calm To know how to create a calm and kindness plan To know how to stay safe when helping others in need.</p>
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Oakfield Primary School Progression in Knowledge in PSHCE

<p>Knowledge</p> <p>To know how to make others feel welcomed and valued.</p> <p>To know their own wants and needs. To know what it means to be less fortunate.</p> <p>To know how to compare their life with the lives of those less fortunate.</p> <p>To know how to demonstrate empathy and understanding towards others.</p> <p>To know and be able to demonstrate attributes of a positive role model.</p> <p>To know how to take positive action to help others.</p> <p>To know and be able to contribute towards a group task.</p> <p>To know what effective group work is.</p> <p>To know how to regulate my emotions.</p>	<p>be a source of celebration as well as conflict.</p> <p>Social and Emotional Knowledge</p> <p>To know how to empathise with people who are different and be aware of their own feelings towards them.</p> <p>To know the meaning of the word excluded.</p> <p>To know how to identify feelings associated with feeling excluded.</p> <p>To know how to recognise when someone is exerting power negatively in a relationship.</p> <p>To know how to use a range of strategies when dealing with bullying.</p> <p>To know how to identify different</p>	<p>boundaries of their current learning.</p> <p>To know how to set success criteria so that they know that they have achieved their goal.</p> <p>To know how to recognise the emotions they experience when they consider people in the world who are suffering or living in difficult circumstances.</p> <p>To know how to empathise with people who are suffering or living in difficult situations.</p> <p>To know how to give praise and compliments to other people when they recognise that person's achievements.</p>	<p>To know that being stressed can cause alcohol and drug misuse.</p> <p>Social and Emotional Knowledge</p> <p>To know how to be motivated to care for their own physical and emotional health.</p> <p>To know how to be motivated to find ways to be happy in different life situations without using drugs.</p> <p>To know ways in which someone who is being exploited could help themselves.</p> <p>To know the strategy someone could use to avoid being pressured.</p> <p>To know how to recognise that people have different attitudes to mental health/illness.</p> <p>To know how to use different strategies to</p>	<p>To know when they are feeling grief and have strategies to manage them.</p> <p>To know and be able to demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain power or control.</p> <p>To know how to resist pressure to do something online which might hurt themselves or others.</p> <p>To know how to take responsibility for their own safety and wellbeing.</p>	<p>own self esteem.</p> <p>To know how to express how they feel about the changes that will happen to them during puberty. To know how they feel when they reflect on the birth and development of a baby.</p> <p>To know and understand what mutual respect is and to recognise its importance in a boyfriend/girlfriend relationship and that they should not feel pressured into doing something they do not want to do.</p> <p>To know what they like about their own or other self-image or body image and be able to celebrate these.</p> <p>To know a range of strategies to prepare themselves for the transition/ changes in secondary school.</p>	<p>people's feelings and emotions</p> <p>To know that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)</p>	
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Oakfield Primary School Progression in Knowledge in PSHCE

		<p>feelings of the bully, bullies or bystanders in a bullying scenario.</p> <p>To know what prejudice means.</p> <p>To know what discrimination means.</p> <p>To know how to vocalise their thoughts and feelings about prejudice, discrimination and why it happens.</p> <p>To know how to appreciate people for who they are.</p> <p>To know how to show empathy.</p>		<p>manage stress and pressure.</p>				
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