

Oakfield Primary School Progression in Knowledge in PSHCE

	Autumn Term				Spring Term			Summer Term			
Year group	My Happy mind	Being Me In My World	Celebrating Difference	Financial Capability	Dreams and Goals	Healthy Me	First Aid	Relationships	Changing Me	Understanding the law	Big Talk Education
Nursery	To begin to know how to recognise and name basic emotions and understand that all feelings are normal. Through stories, play and simple routines, pupils learn that their brain helps them think, feel and make choices. They practise early calming strategies,	To know how it feels to belong and that we are similar and different. I understand how feeling happy and sad can be expressed together and consider other people's feelings I can use gentle hands and understand that it is good to be kind to people	know how it feels to be proud of something I am good at To know I can tell you one way I am special and unique to know what a family is To know that all families are different To begin to know that there are lots of different homes To know how i could make a friend to know what a friend is	To begin to know what money is - coins and notes used to pay for things we want or need.	To know what a challenge means To know how to keep trying until i can do something To know what a goal is to know how to work towards a goal To know some kind words To know how to encourage people To begin to think about the jobs might like to do when older To know what it feels to be proud to know how to feel proud when i achieve a goal	I know the names for some parts of my body and am starting to understand that I need to be active to be healthy To know i can tell you some of the things I need to do to be healthy I know what the word 'healthy' means and that some foods are healthier than others I know how to help myself go to sleep and that sleep is good for me I can wash my hands and know it is	To know to tell an adult in an emergency To know who to call in an emergency To know who to tell To know their address To know their full name and age To know how to stay calm To know what an ambulance is to know what the role of a paramedic is	To know how to tell you about my family To know I understand how to make friends if I feel lonely I can tell you some of the things I like about my friends I know what to say and do if somebody is mean to me I can use Calm Me time to manage my feelings I can work together and enjoy being with my friends	I can name parts of my body and show respect for myself I can tell you some things I can do and some food I can eat to be healthy to know and understand that we all start as babies and grow into children and then adults I know that I grow and change I can talk about how I feel moving to School from Nursery I can remember some fun things about Nursery this year	<u>To begin to know what rules are</u> <u>To begin to know what emotions are</u> <u>To begin to know who the police are</u> <u>To begin to know how the police help us</u> <u>To begin to know how to contact the police in an emergency.</u> <u>To begin to know how to call 999 for an emergency</u>	Growing up safe



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	learn how to ask for help and begin to build positive relationships through sharing, turntaking and kindness.	I am starting to understand children's rights and this means we should all be allowed to learn and play I am learning what being responsible means	To know how to stand up for myself if in a situation i dont like			important to do this before I eat and after I go to the toilet I know who my safe adults are and how to stay safe if they are not close by me					
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Reception	To know children begin to recognise and name basic emotions and understand that all feelings are normal. Through stories, play and simple routines, pupils learn that their brain helps them think, feel and make choices. They practise early calming strategies, learn how to ask for help and begin to build positive relationships	To begin to know that they are part of a class or school. To begin to know that they are special. To begin to know what it means to be safe. To begin to know and understand that they are safe in their class. YTo know how to start to recognise and manage feelings To know how to enjoy working with	To know how to identify something I am good at. To know and understand that not everyone is good at different things To know and understand that being different makes us all special To know we are all different but the same in some ways To know why i think my home is special to me to know how to be a kind friend to know how to stand up for myself when someone says	to know what money is - coins and notes used to pay for things we want or need.	To know that if i persevere i can tackle challenges I can tell you about a time I didn't give up until I achieved my goal can set a goal and work towards it I can use kind words to encourage people I understand the link between what I learn now and the job I might like to do when I'm older I can say how I feel when I achieve a goal and know what it means to feel proud	I understand that I need to exercise to keep my body healthy understand how moving and resting are good for my body I know which foods are healthy and not so healthy and can make healthy eating choices know how to help myself go to sleep and understand why sleep is good for me to know i can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet	To know to tell an adult in an emergency To know who to call in an emergency To know who to tell To know their address To know their full name and age To know how to stay calm To know how to help others To know how to ask someone if they need help	I can identify some of the jobs I do in my family and how I feel like I belong I know how to make friends to stop myself from feeling lonely can think of ways to solve problems and stay friends To know i am starting to understand the impact of unkind words To know I use Calm Me time to manage my feelings I know how to be a good friend	.To know how to name parts of the body To know I can tell you some things I can do and foods I can eat to be healthy To know and understand that we all grow from babies to adults To know i can express how I feel about moving to Year 1 I can talk about my worries and/or the things I am looking forward to about being in Year 1 I can share my memories of the best bits of this year in Reception	<u>To know what rules are</u> <u>To know what emotions are</u> <u>To know who the police are</u> <u>To know how the police help us</u> <u>To know how to contact the police in an emergency.</u> <u>To know how to call 999 for an emergency</u> <u>To know the term consequence</u>	Growing up safe
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	ps through sharing, turntaking and kindness.	others and make school a good place to be To know why it is good ot be kind and use gentle hands tarting to understand children's rights and this means we should all be allowed to learn and play I am learning what being responsibl e mean	something unkind to know not to be unkind to others because we treat people how we want to be treated.			I know who my safe adults are and how to stay safe if they are not close by me					
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Year 1	Where their brain is in their body and what it looks like. • That our brain helps us to control our body, manage our emotions and help solve problems. • That our brain has 3 main parts, and it works best when they work together. - The 3 parts are Team H-A-P - Hippocampus, Amygdala and Prefrontal Cortex. • That when we feel	<u>Key knowledge</u> 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.	<u>Key knowledge</u> 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		<u>Key Knowledge</u> 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.	<u>Key Knowledge</u> 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/illnesses. To know that all household products, including medicines can be harmful if not used properly. To know that medicines can help them if	To know their full name and age To know how to stay calm To know how to help others To know how to ask someone if they need help To know how to comfort someone To know what first aid is To know why it is important	<u>Key Knowledge</u> 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	<u>Key Knowledge</u> 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	<u>To know why we have rules in different places</u> <u>To know why rules are important</u> <u>To know what respect is</u> <u>To know what happens when rules are broken</u> <u>To know who the police are</u> <u>To know the role of the police</u>	Growing up safe
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big emotions, our Amygdala can react and take over our brain, sending the Hippocampus and Prefrontal Cortex to sleep. • That Happy Breathing helps our entire body, including our brain, to relax and wakes up the Hippocampus and Prefrontal Cortex. • That if they want to improve at something, they need to	To know what a right is. To know and understand their own rights and responsibilities within their classroom.	to be different.			they feel poorly. To know how to keep safe when crossing the road. To know about people who can keep them safe.		To know that physical contact can be used as a greeting. To know who to ask for help in the school community.	right to hurt there. To know who to ask for help if they are worried or frightened. To know that learning brings about change.		
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	practice repeatedly , and our brain helps us get better each time. This is called Neuroplasticity.										
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Year 2	More about what their brain looks like and that it is fully grown by age 6. • That our brain helps us to make good decisions and remember what we have learnt. • That the Amygdala causes them to flight, fight or freeze. Children will be asked to reflect and think of examples of how they use each of Team H-	<u>Key Knowledge</u> To know how to identify hope and fears for the year ahead. To know the rights and responsibilities of class members. To know that it is important to listen to other people. To know that their own views are valuable. To know about rewards and consequences and that these stem from choices.	<u>Key knowledge</u> To know what a stereotype is. To know that there are stereotypes about boys and girls. To know what it means to conform. To know that it is ok to not to conform to stereotypes. To know that it is good to be yourself. To know that sometimes people get bullied because of difference. To know the difference between right and wrong and	<u>pol - To know what is meant by needs and wants</u> <u>To know why people might save money</u> <u>To develop skills of future planning</u> <u>To know what a job is and why people have jobs</u> <u>Pol - What money is</u> recognise some of the different ways we get money and some of the different	<u>Key Knowledge</u> To know how to choose a realistic goal and how to achieve it. To know what perseverance means. To know that it is important to persevere. To know how to recognise what working together well looks like. To know what good group working looks like. To know how to share success to other children.	<u>Key Knowledge</u> To know what their body needs to stay healthy. To know what relaxed means. To know what makes them feel relaxed/stressed. To know how medicines work in their body. To know that is important to use medicine safely. To know how to make healthy snacks. To know why healthy snacks are good for their bodies. To know which foods give their bodies energy.	To know how to help others To know how to ask someone if they need help To know how to comfort someone To know what first aid is To know why it is important To know how to put someone in the recovery position To begin to know what an asthma attack is and what to do in an asthma attack To begin to know what to do first if you have burnt yourself To begin to know how to help someone choking To know what to do if you	<u>Key Knowledge</u> To know that everyone's family is different. To know what cooperation is. To know that families function well when there is care, love and cooperation. To know that there are lots of forms of physical contact within a family. To know how to say stop is someone is hurting them. To know what conflict means. To know some reasons why friends have conflict. To know that friendships sometimes have their ups and downs and	<u>Key Knowledge</u> To know that life cycles exist in nature. To know that aging is a natural process, including old age. To know that some changes are out of an individual's control. To know how their bodies have changed from when they were a baby and how they will continue to change. To know the physical differences between male and female bodies. To know the correct names for correct body parts (vagina, penis, testicles, vulva, anus). To know that private body	<u>To know what the internet is</u> <u>To know how to keep safe on the internet</u> <u>To know what a law is</u> <u>To know why age matters and why there are age restrictions</u>	Growing up safe
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	A-P. • That when we learn something new, our brain remembers it and grows. They'll learn about Neuroplasticity and think of examples of how they can use it to help them. • How they can use Happy Breathing to help Team H-A-P work as a team, but also how Happy Breathing can help with Neuroplasticity	To know that positive choices impact positively on self-learning and the learning of others.	the role that choice has to play in this. To know that friends can be different and still be friends. To know where to get help if being bullied. To know the difference between a one off incident and bullying.	forms it comes in understand how I can look after money to keep it safe			are bitten or stung	can change with time. To know how to use the mending friendship or solve it together methods. To know that there are good secrets and worry secrets and why it is important to share worry secrets. To know what a worry box is.	parts are special to a person and nobody has a right to hurt these. To know who to ask for help if they are worried or 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.		
Year 3	How to focus	<u>Key Knowledge</u>	<u>Key Knowledge</u>	<u>pol ed - To know what</u>	<u>Key Knowledge</u>	<u>Key Knowledge</u>	To know how to check if	<u>Key Knowledge</u>	<u>Key Knowledge</u>	<u>To know how to be a</u>	Growing up safe

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their mind to help them train their brain. • Learn about Team H-A-P and their roles in more detail. • How our emotions impact Team H-A-P and how to support their brains to relax when feeling sad, stressed or worried. • Why our Amygdala behaves the way it does and how evolution has shaped how it	To know and understand that they are important. To know what a personal goal is. To know what a challenge is. To know why rules are needed and how these relate to choices and consequences. To know that their actions can affect others feelings. To know that others may hold different views.	To know why families are important. To know that everybody's families are different. To know that sometimes family members do not get one and know some reasons for this. To know what conflict is. To know that conflict is a normal part of relationships. To know what it means to be a witness of bullying and to know a witness can make the situation	<u>jobs and careers are explore different reasons for choosing jobs and stereotypes attached</u> know the difference between the things that we need to spend money on and the things that we want to spend money on express how I feel when I have to make a difficult choice and understand that choosing how to spend our	To know about specific people who have overcome challenges to achieve success. To know what dreams and ambitions are. To know what dreams and ambitions are important to them. To know how they can best overcome learning challenges. To know that they are responsible for their own learning. To know what their own strengths are as a learner. To know what an obstacle is and how they can hinder achievement. To know how to take steps	To know how exercise affects their bodies. To know why their heart and lungs are such important organs. To know the amount of calories/fat sugar that they put into their bodies will affect their health. To know there are different types of drugs. To know that there are things, places and people that can be dangerous. To know a range of strategies to keep themselves safe. To know when something	someone is breathing To know how to help someone who won't wake up To know how to stay calm in stressful situations To know how to help someone with a head injury To know how to tell people what to do for a burn, bleed learnt in previous year To know how to teach others what to do in emergency situations	To know that different family members carry out different roles or have different responsibilities in the family. To know that gender stereotypes can be unfair e.g. dad always goes to work, mum is always the carer etc. To know some of the skills of friendship e.g. taking turns, being a good listener. To know some strategies for keeping themselves safe online. To know how some of the actions and work of people around the world	To know what conception means. To know that in animals and humans looks of changes happen between conception and growing up. To know that in nature it is usually the female that carries the baby. To know that in humans the mother carries the baby in the uterus (womb) this is where the baby develops. To know that babies need love and care from their parents/carers. To know some of the changes that happen between being a baby and a child. To know that the male and	<u>responsible citizen</u> <u>To know how we enforce the law</u> <u>To know what the police powers might be and how they use them</u> <u>What might happen if i get stopped by the police</u> <u>To know how to make informed choices</u> <u>To know what children's rights are</u> <u>To know the impact of breaking the law</u>	
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	works. • How we can use Happy Breathing during times of stress and how our Hippocampus stores the memory of this when we practice. • About Neurons and Neural pathways and the role they play in learning. • How to look after their brains to help them to be at their best.	To know what a value is. To know that the school has a shared set of values.	worse or better by what they do. To know that some words are used in hurtful ways and that this can have some consequences.	money can sometimes be difficult	to overcome obstacles. To know how to evaluate their own learning and progress and how it can improve for next time.	feels safe or unsafe. To know that their bodies are complex and need taking care of.		help and influence their lives. To know that they and all children have rights (UNCRC). To know the lives of children from around the world can be different from their own.	female body needs to change at puberty so that their bodies can make babies when they are adults. To know some of the outside body changes that happen during puberty. To know some of the changes that happen inside the body during puberty.		
Year 4	How to train their minds to focus on whatever they want.	<u>Key knowledge</u> To know how individual attitudes	<u>Key Knowledge</u> To know what an assumption means.	To identify different ways that I can pay for things and	<u>Key Knowledge</u> To know what their own hopes and dreams are.	<u>Key Knowledge</u> To know how different friendship groups are	To know how to administer basic life support To know what to do if	<u>Key Knowledge</u> To know what jealousy is. To know some reasons why	<u>Key Knowledge</u> To know what inheritance means.	<u>To know how i can respect my environment</u> <u>To know what are protected characteristics</u>	Growing up safe

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They will learn that this is Neuroplasticity, and they can do anything they put their mind to. • How they use each part of Team H-A-P and reflect on when they use them to develop their understanding. • How the Amygdala reacts to real and perceived danger. • About what triggers their own Amygdala to fight, flight and freeze and how they	and actions make a difference to a class. To know about the different rules in the school community . To know their place in the school community . To know what democracy is (apply to pupil voice in school). To know that their own actions effect themselves and others. To know what a consensus is.	To know that sometimes people make an assumption about someone because of the way they look or act. To know what an influence is. To now there are influences that effect how we judge a person or situation. To know that some forms of bullying are harder to identify, e.g. tactical ignoring, cyber bullying. To know what to do if they think	keep track of money recognise how and why people decide to spend their money	To know that hopes and dreams don't always come true. To know the term 'counteract' To know that reflecting on positive and happy experiences can help them to counteract disappoint. To know how to make a new plan and set new goals even if they have been disappointed. To know how to work out the steps they need to make to achieve a goal. To know how to work as part of a successful group. To know how to share in	formed and how they fit into them. To know which friends they value the most. To know that there are leads and followers in groups. To know that they can take on different roles in a situation. To know the facts about smoking. To know about some of the reasons why people start to smoke. To know the facts about alcohol and effects on the liver. To know some of the reasons people drink alcohol.	yourself or someone else is burnt or scalded To know what to do with a head injury To know how to respond and act on an allergic reaction To know how to treat a bite or a sting To know how to reassure and comfort those receiving first aid.	people feel jealousy. To know that jealousy can be damaging to relationships. To know that loss is a normal part of relationships. To know that negative feelings are a normal part of loss. To know what a memory is. To know that memories can support us when we lose a special person or animal. To know that change is a natural part of change in friendships/r elationships. To know that sometimes it is better for a relationship/f	To know the terms ovum and sperm. To know that personal characteristics are inherited from birth parents and that this is brought about by an ovum joining the sperm. To know that babies are made by a sperm joining an ovum. To know the difference between internal and external body parts. To know the terms sexual intercourse, fertilise and conception. To know the names of different internal and external body parts that are needed to make	<u>To consider our identity</u> <u>To know what a crime is</u> <u>To know what a hate crime is</u> <u>To know how our actions can be a force for good</u>	
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can train their brain to calm their Amygdala down. • About the brain's structure and how neurons carry messages to create neural pathways. • How neural pathways help us to form habits. • More about how to look after their brains and what happens if we don't. They will learn how our minds can feel like a Snow	To know how groups work together to reach a consensus. To know that having a voice and democracy benefits the school community . <u>Social and Emotional Knowledge</u> To know the difference between being included and excluded. To know and identify the feelings associated with being included	bullying is/ might be taking place. To know the reasons why witnesses sometimes join in with bullying 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		the success of a group. <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 ways to resist when people are putting pressure on them. To know what they think is right and wrong. <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.		riendship to end if it is causing negative feelings or is unsafe. To know and identify feelings and emotions that accompany jealousy. <u>Social and Emotional Knowledge</u> To know positive 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.	a baby (penis, testicles, vagina, sperm, egg/ovum, womb/uterus and ovaries). To know what puberty is. 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>		
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	globe, leaving us unable to see clearly	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.	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 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 how to share their success with others. To know how to store these feelings of success in their internal treasure chest.	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 strength and how to assertive.		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.	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 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.		
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		To know the difference between motivated and unmotivated. To know how to recognise the feelings of being motivated and unmotivated. To understand why the school community benefits from a learning charter. To know how to help friends make positive choices. To know how to	To know that you should not judge others who are different.								
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		regulate emotions.									
Year 5	The difference between their brain and mind. • More detail about each part of the brain and why they work the way they do. • How they can train their brains in times of stress by using Happy Breathing when their Amygdala gets triggered. • About how others react differently to them and that we all have	<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 affect a group and the consequences of this. To know and	<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 form of bullying on and offline. To know external forms of support in regard to bullying (e.g. child line)	To know the different ways that people's spending decisions can affect others and the environment, and that things have different values to begin to know how to recognise that people have different attitudes towards saving and spending money, and towards risk	<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 they might like to do when they are older. To know that young people from different cultures may have different dreams and goals.	<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. To know how to get help in emergency situations. To know that the media, social media and celebrity cultures promote	To know what to do if yourself or someone else is burnt or scalded To know what to do with a head injury To know how to respond and act on an allergic reaction To know how to treat a bite or a sting To know how to reassure and comfort those receiving first aid. To know how to relay this information to other people To know how to pass on important information	<u>Key Knowledge</u> To know what the words characteristic 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 rights and	<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 apple). To know that sexual intercourse can lead to conception. To know that some people need help to conceive and might need IVF.	<u>To know how our rules help our community</u> <u>To know what i can and can't do on the internet</u> <u>To know what gambling is</u> <u>To know what the law is on gambling and what the dangers are</u> <u>y7- To know what is the age of criminal responsibility</u> <u>To know what it feels like to witness a crime</u>	Growing up safe

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different triggers that cause us to Fight, Flight or Freeze. • About how to more intentionally look after their brains to keep them healthy. • About the hormones in their brain and how they can manage them, including dopamine and cortisol.	understand how democracy and having a voice benefits the school community. To know how to contribute towards the democratic process. <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	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. <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	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. <u>Social and Emotional Knowledge</u> To know how to verbalise how they would like their life to be when they are grown up. To know how to appreciate contributions made by people in	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. <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	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. <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	To know that becoming a teenager involves many changes and involves change in responsibility. <u>Social and Emotional Knowledge</u> To know how to celebrate what they like about their own and others self-image and body image. 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 puberty to seek clarification.
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		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 understand why the school community benefits from a school learning charter.	backgrounds . To know how to identify a range of strategies for managing their own feelings in bullying situations. To know how to identify some strategies to encourage children who use bullying behaviours to make other choices. To know how to support children who are being bullied. To know how to appreciate the value of happiness regardless of material wealth.		different jobs. To know how to appreciate the opportunities learning and education can give them. To know how to reflect on the differences between their own learning goals and those of someone from a different culture. To know how to appreciate the differences between themselves and someone from a different culture. To know and understand why they are motivated to make a positive contribution	when they are older. To know how to recognise different strategies in pressure situations. To know how to identify ways to keep themselves calm in an emergency. To know how to reflect upon their own body image and how important this is to do so positively. To know how to accept and respect themselves for who they are. To know how to respect and value their own bodies. To know how to keep themselves motivated to keep		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 unhelpful pressure online or within social networks.	To know how to express how they feel about having a romantic relationship when they are an adult. To know how to express what they feel about becoming a teenager. To know to say who they can talk to if they are concerned about puberty or becoming teenager/adult.		
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		To know how to help friends make positive choices. To know how to regulate my emotions.	To develop respect for cultures different to their own.		to supporting others.	themselves happy and healthy.					
Year 6	About a growth mindset and self-regulation techniques in times of stress. • To reflect on their stress points as they relate to transitioning to Secondary school (as these are different for everyone) and work through strategies	Key Knowledge To know how to set 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).	Key Knowledge To know what 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	<u>to know how to recognise that people have different attitudes towards saving and spending money, and towards risks</u> <u>What are the reasons for money borrowing?</u> <u>To know why might someone want to borrow</u>	Key Knowledge To know their 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	Key Knowledge To know how to 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	To know how to administer basic first aid To know what to do when faced with the previous years first aid situations To know how to administer first aid if in water	Key Knowledge To know that it is 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.	Key Knowledge To know how girls' 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	<u>To know what the different types of crime</u> <u>To know the impact of crime on people and their families</u> <u>To know what the law says about legal drugs</u> <u>To know what the law says about marriage</u> <u>To know who can and cannot get married</u> <u>To know the difference between arranged marriage and forced marriage</u>	Growing up safe

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to cope with these scenarios. • To train their brain and how it grows each time. • About the links between their thoughts, feelings and actions and how the thoughts they have can influence how we act. • About calming their amygdala when facing stressful thoughts or having a tough time. • How to manage	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	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 be a source of celebration as well as conflict. <u>Social and Emotional Knowledge</u>	<u>money, want and need</u> <u>To know ways to borrow money and any issues this can bring</u>	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. <u>Social and Emotional Knowledge</u> To know and understand why it is important to stretch the boundaries of their current learning. To know how to set success criteria so that they know that they have achieved their goal. To know how to recognise	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. To know that being stressed can cause alcohol and drug misuse.		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. <u>Social and Emotional Knowledge</u> 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.	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. <u>Social and Emotional Knowledge</u> To know ways they can develop their own self esteem. 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	<u>To know what a weapon is and why people might carry one</u> <u>To know what anti-social behaviour is</u> <u>To know the impact of antisocial behaviour</u> <u>To know what shop theft is</u>	
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	their emotions to move forward positively and learn that they can train their minds just like their bodies. • How to re-frame	contribute the democratic process. <u>Social and Emotional Knowledge</u> To know how to make others feel welcomed and valued. To know their own wants and needs. To know what it means to be less fortunate. To know how to compare their life with the lives of those less fortunate. To know how to demonstrate empathy	To know how to empathise with people who are different and be aware of their own feelings towards them. To know the meaning of the word excluded. To know how to identify feelings associated with feeling excluded. To know how to recognise when someone is exerting power negatively in a relationship. To know how to use a range of strategies when dealing		the emotions they experience when they consider people in the world who are suffering or living in difficult circumstances . To know how to empathise with people who are suffering or living in difficult situations. To know how to give praise and compliments to other people when they recognise that person's achievements.	<u>Social and Emotional Knowledge</u> To know how to be motivated to care for their own physical and emotional health. To know how to be motivated to find ways to be happy in different life situations without using drugs. To know ways in which someone who is being exploited could help themselves. To know the strategy someone could use to avoid being pressured. To know how to recognise that people have different		To know how to help themselves and others when worries about a mental health problem. To know when they are feeling grief and have strategies to manage them. 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. To know how to resist pressure to do something online which might hurt themselves or others.	development of a baby. 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. To know what they like about their own or other self-image or body image and be able to celebrate these. To know a range of strategies to prepare themselves for the transition/ changes in secondary school.		
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		and understanding towards others. To know and be able to demonstrate attributes of a positive role model. To know how to take positive action to help others. To know and be able to contribute towards a group task. To know what effective group work is. To know how to regulate	with bullying. To know how to identify different feelings of the bully, bullies or bystanders in a bullying scenario. To know what prejudice means. To know what discrimination means. To know how to vocalise their thoughts and feelings about prejudice, discrimination and why it happens. To know how to appreciate people for who they are.			attitudes to mental health/illness. To know how to use different strategies to manage stress and pressure.		To know how to take responsibility for their own safety and wellbeing.			
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Oakfield Primary School Progression in Knowledge in PSHCE

		my emotions.	To know how to show empathy.								
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Objectives underline - Pol Ed - <https://www.pol-ed.co.uk/lessons>

Objectives following the Jigsaw programme of study - <https://jigsawpshe.online/materials/pshe-primary/> In line with the PSHE statutory and RSE guidelines

First aid sessions - Following St Johns Ambulance and British Red cross

Big Talk Education by Pastoral in PPA afternoons.

Autumn Term - My Happy mind to begin the term, Being me in my world, Celebrating differences, Financial capability, Big Talk Education

Spring Term - Dreams and Goals, Healthy Me, Basic First aid, Big Talk Education

Summer Term - Relationships, Changing me, Understanding the law, Big Talk Education