

Key Skills

Understanding of emotional/ physical and mental wellbeing.

Understanding of Social and cultural relationships.

Understanding of responsible citizenship.

PSHE Non-Negotiables

PSHE skills should be taught when linked to projects where possible to ensure real world application.



Health and Wellbeing

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Know importance for good health of physical exercise and a healthy diet. Manage basic hygiene.	Know that we should eat a healthy diet. Be able to say what foods are healthy. Know why we exercise. Manage own personal hygiene.	Discuss ways to stay healthy and identify healthy foods. Understand personal hygiene and know how diseases spread.	Make healthy choices and discuss reasons for choices. Know how diseases spread and how to control them. Identify how needs change through the life cycle.	Identify what makes a healthy lifestyle and explain how to care for the body. Understand how bacteria and viruses affect the body.	Begin to discuss changes which happen to the body. Understand how bacteria and viruses affect the body and how they can be prevented.	Discuss how the body changes and how to maintain hygiene through puberty. Know how to prevent the spread of diseases and viruses	Understand the effects of mental health problems. Understand the impact of disease in the wider world. Discuss how to manage change and transition. Discuss how to manage emotions and other changes within puberty.

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Relationships

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Talk about feelings and their and others behaviour. Know that some behaviour is unacceptable. Work as part of a group and as a class.	Know that we are all different and that it is okay. Know that some behaviour is unacceptable. Work as part of a group.	Recognise similarities and differences between people. Define bullying and understand that it is wrong.	Understand that their behaviours and actions can impact on others. Identify and respect differences between people. Know how to deal with bullying.	Identify how their behaviour impacts on others. Understand the different types of relationships. Understand different types of bullying and where to access support.	Identify that behaviour choices have consequences. Understand how to maintain a positive relationship. Understand the nature and consequences of bullying and racism.	Begin to see their actions from a different perspective. Know what stereotyping is. Understand different values, traditions and customs. Discuss differences between people such as religion, race, disability etc...	Discuss behaviour choices in society and their consequences. Recognise and challenge stereotypes. Identify positive and negative relationships and where to access support. Respect equality and diversity between people. Begin to understand sexual relationships.

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Wider World

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Understand and follow the rules.</p> <p>Adjust behaviour to different situations and take changes of routine in their stride.</p>	<p>Know why we have rules.</p> <p>Be able to follow rules.</p> <p>Start to say why and how things are right and wrong.</p> <p>Begin to understand the importance of money.</p> <p>Listen to others when they speak</p>	<p>Begin to understand the difference between right and wrong and discuss rules within society.</p> <p>Respond to simple questions.</p> <p>Explain own views and listen to the views of others.</p> <p>Understand the importance of money.</p>	<p>Understand fairness as a citizen concept.</p> <p>Express own views with reasons.</p> <p>Listen and respond to others views.</p> <p>Know where money comes from and how it should be used.</p> <p>Understand how to look after the environment.</p>	<p>Show an understanding of values.</p> <p>Discuss moral and social issues.</p> <p>Discuss/ debate topical issues affecting themselves and others.</p> <p>Understand the importance of saving.</p>	<p>Investigate topical issues and explore media sources.</p> <p>Ask and respond to questions and questions from others.</p> <p>Understand roles within society and meet people to discuss these roles.</p> <p>Know why it is important to manage money.</p> <p>Understand why it is important to care for the environment and know the impact of people's actions.</p>	<p>Understand rights and responsibilities and how they impact on own lives and the wider world.</p> <p>Justify personal opinions linked to broad topical issues.</p> <p>Understand decision making and the impact this has on others.</p> <p>Show an understanding of enterprise.</p> <p>Discuss how to protect the environment and advise others.</p>	<p>Begin to explore democracy and government as well as justice and laws.</p> <p>Analyse different sources and understand media interpretation.</p> <p>Show a deeper understanding of enterprise and the economic/ business environment.</p> <p>Understand the term sustainable development.</p>

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Safety

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Talk about ways to keep healthy and safe.	Know how to keep themselves and others safe (in the sun). Know that adults help to keep them safe.	Understand the purpose of medicines. Understand what people can help us stay safe.	Understand that some medicines can be harmful. Understand how people keep us safe out of school, particularly road safety.	Begin to identify legal substances that affect the body e.g. smoking/ alcohol. Identify safety risks and understand stranger danger.	Understand legal substances and how they affect the body. Understand peer pressure and know where to access help.	Know different legal and illegal harmful substances. Make informed choices about risks and develop strategies to deal with peer pressure.	Know how legal and illegal substances affect the body and make informed choices. Know what physical contact is acceptable and how to access help and support. Know how to respond in an emergency.

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