



Progression of Knowledge and skills

Subject: Personal, Social, Health, Relationships and Economic (PSHRE) Education. Curriculum Leader: Gareth McGovern

Skills	Reception	Year 1	Year 2
Being Me In My World – understanding my role as an active citizen.	<ul style="list-style-type: none"> understand how it feels to belong and that we are similar and different start to recognise and manage my feelings enjoy working with others to make school a good place to be understand why it is good to be kind and use gentle hands understand children's rights and this means we should all be allowed to learn and play understand what being responsible means 	<ul style="list-style-type: none"> understand the rights and responsibilities as a member of my class understand the rights and responsibilities for being a member of my class know my views are valued and can contribute to the Learning Charter recognise the choices I make and understand the consequences understand my rights and responsibilities within our Learning Charter 	<ul style="list-style-type: none"> identify some of my hopes and fears for this year understand the rights and responsibilities for being a member of my class and school understand the rights and responsibilities for being a member of my class listen to other people and contribute my own ideas about rewards and consequences understand how following the Learning Charter will help me and others learn recognise the choices I make and understand the consequences

<p>Celebrating Difference – learning to appreciate our own and others’ similarities and differences.</p>	<ul style="list-style-type: none"> • identify something I am good at and understand everyone is good at different things • I understand that being different makes us all special • I know we are all different but the same in some ways • I can tell you why I think my home is special to me. • tell you how to be a kind friend • know which words to use to stand up for myself when someone says or does something unkind. 	<ul style="list-style-type: none"> • identify similarities between people in my class • identify differences between people in my class • tell you what bullying is • know some people who I could talk to if I was feeling unhappy or being bullied • know how to make new friends • tell you some ways I am different from my friends 	<ul style="list-style-type: none"> • understand that sometimes people make assumptions about boys and girls (stereotypes) • to understand that sometimes people make assumptions about boys and girls (stereotypes) • understand that bullying is sometimes about difference • recognise what is right and wrong and know how to look after myself • understand that it is OK to be different from other people and to be friends with them • tell you some ways I am different from my friends.
<p>Dreams and Goals – exploring how to achieve our own ambitions.</p>	<ul style="list-style-type: none"> • understand that if I persevere I can tackle challenges • tell you about a time I didn’t give up until I achieved my goal • set a goal and work towards it • use kind words to encourage people 	<ul style="list-style-type: none"> • set simple goals • set a goal and work out how to achieve it • understand how to work well with a partner • tackle a new challenge and understand this might stretch my learning • identify obstacles which make it more difficult to achieve my 	<ul style="list-style-type: none"> • choose a realistic goal and think about how to achieve it • carry on trying (persevering) even when I find things difficult • recognise who I work well with and who it is more difficult for me to work with • work well in a group • tell you some ways I worked well with my group

	<ul style="list-style-type: none"> • understand the link between what I learn now and the job I might like to do when I'm older • say how I feel when I achieve a goal and know what it means to feel proud 	<p>new challenge and can work out how to overcome them</p> <ul style="list-style-type: none"> • tell you how I felt when I succeeded in a new challenge and how I celebrated it 	<ul style="list-style-type: none"> • know how to share success with other people
<p>Healthy Me – learning to value our own body and the steps we can take to care for them.</p>	<ul style="list-style-type: none"> • understand that I need to exercise to keep my body healthy • understand how moving and resting are good for my body • 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 • wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet • know what a stranger is and how to stay safe if a stranger approaches me. 	<ul style="list-style-type: none"> • know what I need to keep my body healthy • show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed • understand how medicines work in my body and how important it is to use them safely • sort foods into the correct food groups and know which foods my body needs every day to keep me healthy • make some healthy snacks and explain why they are good for my body • decide which foods to eat to give my body energy 	<ul style="list-style-type: none"> • can show or tell you what relaxed means • know some things that make me feel relaxed and some that make me feel stressed • know what I need to keep my body healthy • understand how medicines work in my body and how important it is to use them safely • make some healthy snacks and explain why they are good for my body

Relationships – exploring the relationships we already have and learning the skills to build positive relationships in our future.	<ul style="list-style-type: none"> • identify some of the jobs I do in my family and how I feel like I belong • know how to make friends to stop myself from feeling lonely • think of ways to solve problems and stay friends • starting to understand the impact of unkind words • use Calm Me time to manage my feelings • know how to be a good friend 	<ul style="list-style-type: none"> • identify the members of my family and understand that there are lots of different types of families • identify what being a good friend means to me • know appropriate ways of physical contact to greet my friends and know which ways I prefer • know who can help me in my school community • recognise my qualities as person and a friend • tell you why I appreciate someone who is special to me 	<ul style="list-style-type: none"> • identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate • understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not • identify some of the things that cause conflict with my friends • understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret • recognise and appreciate people who can help me in my family, my school and my community • express my appreciation for the people in my special relationships
Changing Me – learning about how our own body will change over time.	<ul style="list-style-type: none"> • name parts of the body • tell you some things I can do and foods I can eat to be healthy 	<ul style="list-style-type: none"> • understand the life cycles of animals and humans • tell you some things about me that have changed and some 	<ul style="list-style-type: none"> • recognise cycles of life in nature • tell you about the natural process of growing from

	<ul style="list-style-type: none"> • understand that we all grow from babies to adults • express how I feel about moving to Year 1 • talk about my worries and/or the things I am looking forward to about being in Year 1 • share my memories of the best bits of this year in Reception. 	<p>things about me that have stayed the same</p> <ul style="list-style-type: none"> • tell you how my body has changed since I was a baby • identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus • understand that every time I learn something new I change a little bit • tell you about changes that have happened in my life. 	<p>young to old and understand that this is not in my control</p> <ul style="list-style-type: none"> • recognise how my body has changed since I was a baby and where I am on the continuum from young to old • recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private • understand there are different types of touch and can tell you which ones I like and don't like • identify what I am looking forward to when I move to my next class.
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Key Vocabulary Progression

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Reception	Year 1	Year 2
<ul style="list-style-type: none"> • belong • similar and different • feelings • good place • kind and use gentle hands • rights • responsible • different • special • kind friend • stand up • unkind • persevere • give up • achieve • goal • encourage • job • proud • exercise 	<ul style="list-style-type: none"> • rights • responsibilities • views • valued • Learning Charter • choices • consequences • similarities • differences between people • bullying • unhappy • challenge • stretch • obstacles • overcome • succeeded • celebrated • relaxed • stressed 	<ul style="list-style-type: none"> • hopes • fears • listen • contribute • rewards • consequences • assumptions • stereotypes • realistic goals • persevering • share success with other people • cooperate • acceptable • conflict • secret • recognise people • appreciate people • community • express appreciation

<ul style="list-style-type: none"> • healthy • moving • resting • healthy eating choices • sleep • stranger • stay safe • family • belong • friends • lonely • solve problems • friend • eat • babies • adults • worries • memories 	<ul style="list-style-type: none"> • medicines • sort foods • food groups • energy • members of my family • a good friend • physical contact • prefer • school community • qualities • appreciate • life cycles • animals • humans • penis • testicles • vagina • vulva • anus 	<ul style="list-style-type: none"> • natural process of growing • continuum from young to old • physical differences • private • looking forward to
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