

Paxton Academy: PSHCE – Progression of Knowledge

Y	Families and Relationships	Health and Wellbeing	Safety and the changing body	Economic wellbeing	Citizenship	Transition + any lessons not covered previously
R	- I know who is in my immediate family - I know how to name and describe people who are familiar to me - I know how to work and play co-operatively, taking turns with others - I know how to show sensitivity to mine needs and the needs of others - I know how to hold conversations with others, expressing my ideas and feelings - I know how to look at things from the perspective of others - I know how to build constructive and respectful relationships	- I know I am a valuable individual - I know the importance of healthy eating - I know the importance of oral hygiene - I know why it's important to have regular physical activity - I know how to manage my own basic hygiene and personal needs (going to the toilet, dressing and undressing) - I know and understand my own feelings and the feelings of others - I am beginning to regulate my behaviour accordingly - I know why it is important to be resilient	- I know how to be a safe pedestrian - I know why it's important to limit screen time - I know how to negotiate space and obstacles safely, showing consideration from myself and others	I know the names of some notes and coins and understand how to use them in role play situations	- I know the reasons for rules and try to follow them - I know daily school routines and why it's important to follow them - I know about the lives of people around me and their roles in society - I know that people have different beliefs and celebrate in different ways	- I know that changes can be positive and negative - I know to talk to an adult if I am worried

		I know how to work towards a simple goal				
1	- L1 - I understand that families look after us and I know some words to describe how people are related (cousin, aunty). - L1 - I know that some information about me and my family is personal. - L2 - I understand what makes a good friend. - L3 - I know that people express their feelings in different ways. - L4 - I know how friendships can make us feel. - L5 - I understand that friendships can have problems but that these can be overcome - L6 - I know that being friendly to others makes them feel welcome and included. - L7 - I know what a stereotype is.	- L1 - I know some simple strategies for dealing with my emotions. - L2 - I know that strengths are things we are good at and that qualities describe what we are like. - L3 - I know the benefits of physical activity and rest. - L4 - I know how to relax in different ways. - L5 - I know how germs spread and how we can stop them from spreading. - L6 - I know sunshine can be good for me but I also know the risks of being in the sun. - L7 - I know what an allergy is.	- L1 - I know how to respond to adults in school. - L1 - I know how to respond to adults outside of school. - L2 - I know what to do if I get lost. - L3 - I know what an emergency is and how to make an emergency phone call if needed. - L4 - I know the difference between acceptable and unacceptable physical contact. - L5 - I know what is and is not safe to put into our bodies. - L6 - I know what a hazard is and know what to do if there is an accident at home. - L7 - I know that there are people in the local community that help keep us safe.	- L1 - I know what money is and where it comes from. - L1 - I know that it is wrong to steal money. - L2 - I know how to keep cash safe. - L3 - I know the benefits of banks. - L4 - I know that we can make a choice about what to do with our money. - L5 - I know that there are different jobs that need to be done in school and these require different skills.	- L1 - I know the importance of rules. - L2 - I know that animals have different needs and I know that some pets might not be suitable for some people. - L3 - I know that babies or young children have different needs. - L4 - I know what the word 'unique' means. - L5 - I know that there are a range of groups that people belong to. - L6 - I know what the word 'democracy' means and how voting works.	- I understand that everyone has different strengths - I know some of the skills I have developed in Year 1 - I can know that changes can be positive and negative
2	- L1 - I know what a family is. - L1 - I know that families can be made up of different people. - L2 - I know that not everyone feels the same	- L1 - I know that we often feel more than one emotion at a time and that not everyone feels the same. - L2 - I know the benefits of physical	- L1 - I know what the internet is and how it can help us. - L1 - I know the importance of being kind online and I know what to do if I see or hear	L1 - I know where money comes from and I know the value of different notes and coins.	- L1 - I know the importance of rules in school and outside of school. - L2 - I know what makes up the school environment and how to look after it.	- I know that change is part of life. - I know that there are people who can help us when we are

	and that people show their emotions differently. - L3 – I know that some friendships can make us feel unhappy and I know who in school can help me with friendship problems. - L4 – I know what manners are and why they are important. - L5 – I know that remembering people or pets that have died or no longer live with us can be helpful. - L6 – I know what a gender stereotype is and how they can be destructive, negative or unfair.	activity and I know what energetic activities that I find fun. - L3 – I know how relaxation affects the body and know how to use breathing to help myself relax. - L4 – I know my own strengths and how to ask for help when I need it. - L5 – I know that everybody fails and that failing isn't the end of the process. - L5 – I know what a growth mindset is. - L6 – I know what a healthy diet is and the benefits of having one. - L7 – I know how to look after my teeth and that food/drink can affect them.	something online that makes me upset or uncomfortable. - L2 – I know the difference between a secret and a surprise. - L3 – I know what 'private' means. - L3 – I know about safe and unsafe touches. - L4 – I know ways to keep safe on and around roads. - L5 – I know that I should only take medicines if whom I trust says its ok.	L2 – I know the difference between wants and needs. L3 – I know how saving can help us to buy the things that we want. L4 – I know that banks look after money and I know the benefits of bank accounts. L5 – I know that skills and interests will help someone to decide a job.	- L3 – I know that some people have jobs that help to keep our environment a good place to live or learn and that some people volunteer. - L4 – I know that there are a range of jobs locally that help our community. - L5 – I know that there are similarities and difference between people in the local community. - L6 – I know that I can share my opinion about things that are important to me.	worried about change.
3	- L1 – I know that families love and support each other but that sometimes problems occur and I know that help is available if needed. - L2 – I know that friendships have ups and downs and that problems can be resolved. - L2 – I know that violence is never the right way to resolve a problem.	- L1 – I know what a balanced diet is and I know that what I eat affects my mood and behaviour. - L2 – I know the positive impact of relaxation on the body and I know when it is a good time to do stretches. - L3 – I know that I am part of different groups/communities	- L1 – I know the information I need to give the emergency services if they are called to an incident. - L2 – I know how to assess a casualty's condition calmly and know how to seek medical help if required. - L3 – I know how to be kind online.	- L1 – I know the different ways to pay for things and I know that even if I pay without cash, I still need to have money to cover the purchase. - L2 – I know the importance of budgeting.	- L1 – I know that children have rights but that not all children benefit from the rights. - L2 – I know that both children and adults have responsibilities to help all children benefit from their rights. - L3 – I know that recycling rubbish helps to protect the environment. - L4 – I know that there are buildings and places	I understand that change often brings about more opportunities and responsibilities.

	- L3 – I know what bullying is and what help is available in the school if someone is being bullied. - L4 – I know that there are different ways to communicate and I know how to be a good listener. - L5 – I know what trust is and why it is an important part of a positive relationship. - L6 – I know how I should treat people who are different to me. - L7 – I know that stereotypes about gender and age are present in everyday life.	and that my identity is linked to these groups/communities. L3 – I know what being lonely means. L4 – I know that my behaviour and actions affect other people and that I can use my strengths to help others. L5 – I know what a problem of barrier is. L6 – I know the importance of healthy eating and dental health.	- L3 – I know what cyberbullying is and I know how to report it. - L4 – I know that not all emails/messages are genuine and I know what to do if I receive one that I think is fake. - L4 – I know I shouldn't click on links sent to me unless I know what it is. - L5 – I know there are some choices that I can make and I know why sometimes decisions are made for me. - L6 – I know there are some people who will influence what I choose. - L7 – I can explain that basic rules for keeping safe on and near roads.	- L3 – I know that money can make us feel different emotions. - L4 – I know that lots of things can influence how we decide to spend our money. - L5 – I know that there are a range of jobs available. - L6 – I know that there are stereotypes in the workplace and that these should not limit people's career aspirations.	that are there for the community. - L5 – I know that charities support different things in our community. - L6 – I know how democracy works in the local area. - L6- I know that spending on different services needs to be prioritised. - L7 – I know why we have rules at school and home.	
4	- L1 – I know that expectations for manners change in different situations and I know that good manners is one way of showing respect for others. - L2 – I know that physical boundaries are different for different people and that I have the right to decide what happens to my body.	- L1 – I know how we can look after our teeth. - L2 – I know what relaxation feels like and that relaxation techniques can be used anywhere. - L3 – I know how to develop a growth mindset and I know that mistakes are important.	- L1 – I know how to help someone with asthma and how to seek medical help if required. - L2 – I know the possible risks of smoking tobacco and the benefits of being a non-smoker. - L3 – I know that change is part of growing up.	- L1 – I know what makes something good value for money. - L2 – I know why it is important to keep track of money. - L3 – I know that money can be lost in a variety of ways.	- L1 – I know that everyone has human rights and I know who helps to protect these human rights. - L2 – I know the environmental benefits of reusing items. - L3 – I know that a range of different groups exist in my wider community. - L4 – I know that groups exist to do different things in a community.	I know that setting goals can help us to achieve what we want.

	• L3 – I know that what I say and do affects others. • L4 – I know the impact bullying can have on other people and the role the bystanders can play in stopping bullying. • L5 – I know there are stereotypes about genders and disabilities and how these have a negative impact. • L6 – I know that families are all different and that I should respect these differences. • L7 – I know what a bereavement is and where to go for help if I or someone needs it.	• L4 – I know my own strengths and how they can affect others. • L5 – I know that all emotions are important and that I can control some things but not others. • L6 – I know that it is normal to experience a range of emotions. • L7 – I know that we have mental health as well as physical health and that sometimes people need help with their mental health.	• L4 – I know that different changes happen to males and females as they grow and become adults. • L5 – I know that age restrictions in the digital world are designed to protect children. • L6 – I know that the internet can be a useful way to share information. • L7 – I know that not all information on search engines is valuable.	• L4 – I know that there are a range of influences on job choices. • L5 – I know that people can change their job and that the world of work can change over time.	• L5 – I know the value of diversity within a community. • L6 – I know the role of local counsellor.	
5	• L1 – I know that marriage is a legal commitment and an individual choice. • L2 – I know sometimes families can make children feel unhappy or unsafe. • L2 – I know who can help me or my friends if something is making me feel unhappy or unsafe. • L3 – I know that having self-respect will help me to make good choices. • L4 – I know what makes a good friend and why friends are important. • L5 – I know that friendships have ups and downs and that friendships can sometimes be	• L1 – I know the importance of relaxation. • L2 – I know what affects my sleep and that I can take responsibility for my own sleep. • L3 – I know that it is important to learn from failure and I know strategies to help manage feelings of failure. • L4 – I know how to set short-term, medium-term and long-term goals. • L5 – I know that my actions affect other people.	• L1 – I know the difference between a friend, an acquaintance and someone that I meet online. • L2 – I know how to stay safe online. • L3 – I know how the body changes as a child becomes an adult. • L4 – I know the process of the menstrual cycle. • L5 – I know that puberty may change my feelings as well as my body. • L5 – I know that everyone is different	• L1 – I know that people sometimes borrow money to buy things and that if you borrow money you have to pay it back. • L2 – I know what income and expenditure are. • L3 – I know some ways that money can be lost. • L4 – I know that having a budget helps people to know how much they can spend and prioritise spending.	• L1 – I know what happens when someone breaks the law. • L2 – I know that rights apply to everyone and that there are responsibilities as well as rights. • L3 – I know how reducing the use of materials and energy helps the environment. • L3 – know individuals can influence government and business. • L4 – I know how contributions to the community are recognised and valued. • L5 – I know what a pressure group is.	• I understand the skills needed for roles in school.

	strengthened after an issue has occurred. • L6 – I know what might lead to someone bullying others and I know who I can talk to if I am worried about bullying. • L7 – I know that attitudes and laws relating to gender have changed over time. • L7 – I know that stereotypes about race and religions can be harmful.	• L6 – I know what a healthy diet consists of. • L7 – I know the risks of exposure to the sun and that as I get older I need to take responsibility for my own safety in the sun.	and that these differences are normal. • L6 – I know that other people might try and influence my decisions and choices. • L7 – I know how to help someone who has suffered a head injury or who is bleeding.	• L4 – I know that income might change and know how families might respond/deal with this. • L5 – I know that stereotypes can exist in the workplace but they should not affect people's career aspirations.	• L6 – I know how parliament works.	
6	• L1 – I know that everybody deserves a basic level of respect. • L2 – I know that respect is an important part of a relationship and that I should treat others as I would like to be treated myself. • L3 – I know that stereotypes can influence us without us really realising. • L4 – I know a range of stereotypes. • L5 – I know that disputes and conflicts can sometimes be resolved through negotiation and compromise. • L6 – I know that loss and change can cause a range of emotions and that this is different for different people and in different situations.	• L1 – I know the importance of having long term goals. • L2 – I know the importance of relaxation and I know a range of relaxation strategies. • L3 – I know that technology can have an impact on my health both physical and mental. • L4 – I know what resilience is. • L5 – I know how I can take responsibility for my health and that habits can be good or bad. • L6 – I know that changes in my body could be due to illness. • L7 – I know what immunisation is.	• L1 – I know that not everything I read online is true. • L2 – I know that respect is as important online as offline and I know who can help with online problems. • L3 – I know changes that happen during puberty for girls, boys and both. • L4 – I know about the menstrual cycle and how a baby is conceived. (parental consent needed) • L5 – I know how a baby develops in the womb during pregnancy (parental consent needed) • L6 – I know the risks of drinking alcohol.	• L1 – I know the reasons people might spend or save money. • L1 – I know that a range of factors might affect our feelings towards money. • L2 – I know ways to keep money safe. • L3 – I know what gambling is and I know who I can ask for help in relation to gambling. • L4 – I know that there are a range of jobs available. • L5 – I know that there are different ways into careers	• L1 – I know some environmental issues relating to food. • L2 – I know human rights are there to protect everyone. • L2 – I know why individuals campaign for causes they believe in. • L3 – I know how Government works. • L4 – I know that I have responsibilities for other people and living things. • L5 – I know what prejudice and discrimination are and why they are wrong. • L6 – I know the contribution people with protected characteristics bring to society.	• I know that a big change can bring opportunities but also worries.

	L6 – I know who to talk to if I am worried about anything related to grief.		- L7 – I know how to help when someone is choking. - L8 – I know how to conduct a primary survey and how to seek medical help.	and that people can change career.		
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