



PERSONAL, SOCIAL, HEALTH EDUCATION (PSHE)

Nursery Class

KEY SKILLS

- Talk about ideas.
- Try a range of new activities
- Start to choose resources.
- Say when they do or don't need help.
- Talk about how they show feelings.
- Work as part of a group or class.
- Take turns with others.
- Show they care about others feelings.
- Listen to others' ideas.
- Talk about their feelings and behaviour.
- Know that some behaviour is unacceptable.
- Understand and follow classroom rules.



PERSONAL, SOCIAL, HEALTH EDUCATION (PSHE) Reception Class

KEY SKILLS

- Say why like some activities more than others
- Talk about their ideas and feelings.
- Choose resources they need for chosen activities.
- Ask for help.
- Talk about how they and others show feelings.
- Show sensitivity to others needs and feelings.
- Talk about their own and others behaviour and its consequences.
- Know that some behaviour is unacceptable.
- Understand and follow rules.
- Start to recognise the difference between what is fair and unfair.
- Adjust behaviour to different situations.
- Adapt to changes in routine.
- Develop positive relationships with adults and other children.
- Play cooperatively.
- Identify some healthy foods.



PERSONAL, SOCIAL, HEALTH EDUCATION (PSHE)

Year 1

KEY SKILLS

Living in the Wider World

- Know that people and other living things have different needs.
- Know that they belong to various groups and communities including families.
- Start to understand the concept of spending and saving money.

Relationships

- Share opinions on things that matter to them.
- Communicate feelings to others.
- Recognise fair/unfair, kind/unkind, right/wrong feelings and actions.
- Identify special people and how special people should care for one another.
- Know that peoples' bodies and feelings can be hurt.

Health & Well Being

- Know about the process of growing from young to old and how peoples' needs change.
- Recognise what they like and dislike.
- About good and not so good feelings.
- The importance of personal hygiene e.g. hand washing.
- About people who look after them.
- Know rules for, and ways of, keeping safe, including basic road safety.
- About people who can help them to stay safe.
- Start to recognise some ways in which healthy eating and physical activities can be beneficial.
- Talk about how some substances can help or harm the body.



PERSONAL, SOCIAL, HEALTH EDUCATION (PSHE)

Year 2

KEY SKILLS

Living in the Wider World

- How to contribute to the life of the classroom.
- Help to construct class rules.
- Start to recognise what improves and harms local natural and built environments.
- Know that money comes from different sources and can be used for different purposes.
- Understand the concept of spending and saving money.

Relationships

- Recognise how others show their feelings and how they might respond.
- Know ways to recognise, manage and control strong feelings and emotions.
- How their behaviour might affect others.
- The difference between secrets and surprises and examples of both.
- Share opinions on things that matter to them.
- Judge what kind of physical contact is acceptable and how to respond.
- Know about different kinds of teasing and bullying and that these are wrong.
- Know ways to resist teasing and bullying.
- Explain their views on things that matter to them

Health & Well Being

- Recognise components of a healthy lifestyle.
- Know how to make healthy eating choices.
- Ways to make choices to improve physical and emotional health.
- About the importance of personal hygiene.
- How some diseases and spread.
- Know the names for the main parts of the body.
- That household products can be harmful if not used properly.
- Ways of keeping physically and emotionally safe including regarding ICT and online safety.



PERSONAL, SOCIAL, HEALTH EDUCATION (PSHE)

Year 3

KEY SKILLS

Living in the Wider World

- Know why and how rules are made.
- That there are different kinds of responsibilities, rights and duties at home, school, in the community and in the environment.
- Identify why people work and the different jobs they do.
- Appreciate a range of cultural, religious and ethnic identities in the UK.
- Reflect on the impact of people's actions on others and the environment.
- About the role money plays in their lives including how to manage their money, keep it safe, choices of spending or saving and what influences these choices.

Relationships

- Recognise and respond to a wide range of feelings in others.
- Be aware of different types of relationships.
- Form and maintain relationships with a range of different people.
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Health & Well Being

- About the benefits of eating a balanced diet and prepare healthy food.
- Know what makes a healthy lifestyle, including the benefits of healthy eating and exercise.
- Reflect on and celebrate achievements.
- Know that bacteria and viruses can affect health, and that following simple routines can reduce their spread.
- Recognise the impact of some helpful and harmful substances on the body.



PERSONAL, SOCIAL, HEALTH EDUCATION (PSHE) Year 4

KEY SKILLS

Living in the Wider World

- Why different rules are needed in different situations.
- What being part of a community means.
- Appreciate a range of national, cultural, regional, religious and ethnic identities in the UK.
- Different ways of managing money.
- Recognise what influences the choices people make and how money is spent.
- Identify how they can contribute to wide range of activities that help them to become more enterprising.
- Identify and understand how people can take actions and have a say in what happens locally and nationally.

Relationships

- Reflect upon the components of a healthy relationship.
- Recognise and care about others' feelings.
- The nature of bullying and how to respond and ask for help including online bullying.

Health & Well Being

- Deepen understanding of good and not so good feelings.
- Develop strategies for managing and controlling strong feelings and emotions.
- Explore what makes a healthy lifestyle, including what affects mental health and how to make informed choices.
- Differentiate between the notions of 'risk,' 'danger' and 'hazard.'
- Recognise when and how to ask for help.
- Recognise the impact of some helpful and harmful substances on the body.



PERSONAL, SOCIAL, HEALTH EDUCATION (PSHE) Year 5

KEY SKILLS

Living in the Wider World

- Appreciate a range of national, regional, religious and ethnic identities in the UK.
- Know that differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability.
- Know ways of taking part in and making and changing rules.
- Understand that everyone has human rights and that children have special rights.
- Learn how people manage money and about financial capability.
- About the skills of enterprise.
- Consider how people can live and work together to benefit their community.

Relationships

- Recognise ways a relationship can be unhealthy and who to talk to if they need support.
- Develop strategies to resolve conflicts through negotiations.
- Develop strategies for understanding, managing and controlling strong feelings and emotions.
- Recognise the nature and consequences of discrimination, teasing, bullying and aggression.

Health & Well Being

- How their body will and emotions may change through puberty
- Recognise how puberty may affect the need for personal hygiene, physical activity and nutrition.
- Recognise how images in the media do not always reflect reality and can affect how people feel about themselves.
- Deepen understanding of risk by assessing and managing risk.
- Know that pressure to behave in an unacceptable, unhealthy or risky way can come from a range of sources including the media.
- Plan, prepare and cook simple healthy food.



PERSONAL, SOCIAL, HEALTH EDUCATION (PSHE) Year 6

KEY SKILLS

Living in the Wider World

- Realise some consequences of antisocial and aggressive behaviours e.g. bullying and discrimination.
- Recognise that communities and the people within them are diverse, changing and interconnected.
- Recognise how rights need to be balance against responsibilities in order to protect individuals and communities from injustice.
- About the role money plays in our lives.
- How to manage money including concepts of interest, loan, debt and tax.
- Make connections between the world of work and their future economic well-being.

Relationships

- Judge what kind of physical contact is acceptable / unacceptable and how to respond.
- Understand how new relationships may develop.
- Develop ways of coping with negative pressures.
- Know that differences and similarities between people arise from a number of factors
- Recognise and challenge stereotypes.
- Learn about differences between gender, identity and sexual orientation.

Health & Well Being

- Recognise that they may experience conflicting emotions
- About taking care of their bodies.
- About change including transitions, loss, separation, divorce and bereavement.
- Recognise that increased independence brings increased responsibility
- Know which, why and how some substances could damage their immediate and future health and safety.
- Know about human reproduction.
- Recognise how puberty relates to human reproduction.
- Strategies for keeping physically and emotionally safe including safety online.