



# PSHE and RSE KNOWLEDGE Progression

KPG v.2  
2022 - 2023

This is how our children's PSHE knowledge builds from Year 3 to Year 6, taking into account, prior learning (Year 2) and next stage (Year 7).

In order for pupils to be able to play a positive and successful role in society, both now and in the future, we believe that the knowledge and skills gained in PSHE and RSE are essential. PSHE should contribute to children being the best versions of themselves. PSHE and RSE education helps pupils to develop the knowledge, skills and attributes they need to manage life's challenges and make the most of life's opportunities. PSHE and RSE enables our children to become healthy, independent and responsible members of a society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up.

The progression plan will inform planning to ensure that learning is built within the lesson sequence, within the unit, within the year and over time.

## The National Curriculum (KS2)

At Westdale we use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.

The PSHE and RSE curriculum is split into the three core themes of:

- Health and Wellbeing
- Relationships
- Living in the Wider World.

We follow the 3D PSHE scheme of work which we have adapted to fit the needs of our children. For SRE, following consultation with parents, we follow 'teaching sex education with confidence'.

## Pillars of our PSHE Curriculum:

Health and Wellbeing			Relationships			Living in the wider world		
Physical wellbeing & mental health	Keeping safe	Growing and changing	Relationships	Safe relationships	Respect for ourselves and others	Community	Media literacy and digital resilience	Economic Money, work and aspirations
Area of Study	Year 2	Year 3	Year 4	Year 5	Year 6	Year 6	Year 6	Year 7

### Health and Wellbeing

Area of Study	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7
Physical wellbeing & mental health	<p>Know about some of the things that keep our bodies healthy</p> <p>Know about different types of feelings and the simple strategies to manage feelings</p> <p>Know that healthy choices can be made.</p> <p>Know personal hygiene routines and why these are important.</p> <p>Know that change or loss can mean a change in feelings.</p>	<p><b>Unit 1 Health- Physical, Emotional and mental health and wellbeing</b> Know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>Know and understand the difference between the terms physical, emotional and mental</p> <p>Know that they can be self-aware and know why setting goals is important</p> <p><b>Unit 2 Healthy Lifestyles</b> Know and understand the meaning of the word 'healthy'</p> <p>Know the recommended guidelines for physical activity and understand the reasons for these including the risks associated with an inactive lifestyle (including obesity)</p> <p>Know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental</p>	<p><b>Unit 3 Nutrition and food</b> Know what constitutes a healthy diet (including understanding calories and other nutritional content)</p> <p>Know where different foods come from.</p> <p>Know and understand the function of different food groups for a balanced diet</p> <p>Know the principles of planning and preparing a range of healthy meals</p> <p>Know how to prepare and cook a variety of simple dishes</p>	<p><b>Unit 1 Health (Not lesson 2)</b> Recall and know that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p>Know about the basic synergy between physical, emotional and mental health</p> <p>Know the characteristics and mental and physical benefits of an active lifestyle and the importance of this.</p> <p>Know how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body</p> <p>To know how and when to seek support including which adults to speak to in school if they are worried about their health</p> <p>To know that it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough</p> <p>Know the facts and science relating to allergies, immunisation and vaccination</p>	<p><b>Unit 2 Nutrition and food</b> Recall and know what makes a healthy diet (including understanding calories and nutritional content)</p> <p>Recall and know about the different food groups and their related importance as part of a balanced diet</p> <p>Develop knowledge and awareness of their own dietary needs</p> <p>Know and apply the principles of planning and preparing healthy meals.</p> <p>Know how to cook and apply the principles of nutrition and healthy eating.</p> <p>Know how to prepare and cook with a variety of ingredients, using a range of techniques.</p>	<p>Begin to know and explore the links between physical health, wellbeing and the mind (setting targets for improving personal health and wellbeing) and to have a knowledge of the characteristics of good health.</p> <p>Know what affects wellbeing /dealing with setbacks and building resilience.</p> <p>Know the strategies to promote and improve overall wellbeing.</p> <p>Know and understand self-care and how to pursue one's passion</p> <p>Know that there are ways to recognise and deal with emotions</p> <p>Know and understand feelings and changing emotions</p> <p>Know and look at the fundamentals of healthy eating and</p>

		wellbeing and happiness Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn				foods and the benefits that it brings Know how to self-reflect and assess on how they might improve their daily and weekly intake.
Keeping safe			<b>Unit 8 First Aid</b> Know that they are responsible for their own and others safety and they should try to seek help in an emergency  Know how to make a clear and efficient call to emergency services if necessary  Know when they might need to make an emergency call		<b>Unit 5 Safety - Drug Ed</b> Know the facts about legal and illegal harmful substances and associated risks including smoking alcohol use and drug-taking.  Know the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends  Know how to make informed decisions relating to medicines, alcohol, tobacco and other substances and drugs  Know that peer pressure is a leading cause of why adults begin try drugs  Know how to withstand peer pressure  Know concepts of basic first aid	Know why it is important to speak up in potentially dangerous situations (Road and cycle safety)
Growing and changing	<b>Celebrating difference</b> Know what is the same and different about us.  Growing and changing, and becoming more independent, naming body parts correctly (including external genitalia), belonging to different groups	<b>Valuing difference-RSE</b>  Know the differences between males and females and to name the body parts	<b>Growing up - RSE</b> Know and discuss some male and female body parts using agreed words  Know the main stages of the human lifecycle  Know that children change into adults so that they are able to reproduce  Know some basic facts about puberty  Begin to know how their body will, and emotions may, change as they approach and move through puberty  <b>Unit 7 Growing and changing -Lesson 2</b> Know and understand how to look after your teeth  Know what happens when we lose teeth as we grow and why this happens	<b>RSE Puberty</b> Know and understand male and female puberty changes in more detail  Know the ways to ask questions about puberty with confidence  Know about the emotional and physical changes occurring in puberty  Know ways to get help and support during puberty  Know the impact of puberty on the body and the importance of hygiene  Know more confidently how to raise their own concerns and to recognise and care about others feelings	<b>RSE Puberty relationships and reproduction</b> Know how and why the body changes during puberty in preparation for reproduction  Know some basic facts about pregnancy and contraception  Know the decisions that have to be made before having a baby  Know the ways to talk about puberty and reproduction with increasing confidence  <b>Unit 4 Emotions</b> Know about and understand the cyclic nature of life and how death is an inevitable part of this cycle	Know about body changes and identify the emotional and physical changes that occur at puberty  Know and use accurate and positive language around puberty and menstruation.  Know and understand the menstrual cycle and its role in reproduction  Know and begin to have an awareness of FGM awareness, health consequences, risks and support
<b>Relationships</b>						
Relationships	Know the ways to share their views and opinions with others  Know about respecting the needs of ourselves and others  Know about listening to others and playing cooperatively  Know that hurtful teasing and bullying is wrong  Know what to do if teasing and bullying is happening  Know the importance of respect for the differences and similarities between people  Know everyone is unique and know about the ways we are the	<b>RSE-Unit</b> Know and explore the different types of family and who to go to for help and support.  Know about different types of relationship, including those between friends and families, civil partnerships and marriage.  <b>Unit 1 Communication</b> Know that there are different ways to communicate  Know the importance of communicating clearly  Know why it is important to listen to others  Know the best ways to communicate their opinions in a group  <b>Unit 2 Collaboration</b>	<b>Unit 4 Sim s and Diff s</b> Know that it is important to recognise and care about other people's feelings  Know and understand that family units can be different and can sometimes change	<b>Unit 4 Healthy Relationships (1-3)</b> Know about and understand the importance of touch in a range of contexts  Know the difference between appropriate and inappropriate touches Know that relationships can change as a result of growing up  Know that marriage and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	<b>RSE Unit</b> Know and explore the different kinds of adult relationships and talk about them confidently.  Know what constitutes positive healthy relationships and develop the skills to form them  Consider physical & emotional behaviour in relationships  Know and be able to discuss different types of adult relationships with confidence	Characteristics of healthy and unhealthy friendships  Identify safe and unsafe online relationship behaviours  Understand what consent means and why it is so important.  Know the differences between forced and arranged marriages and how to source support

	<p>same</p> <p>Know that special people (family, friends, carers) make them special and how special people should care for one another.</p> <p>Know that it can help to express the emotions they are feeling</p> <p>Know that bodies and feelings can be hurt</p>	<p>Know why it is important to work collaboratively</p> <p>Know the ways to spot problems and work together to resolve them.</p> <p>Know some ways to improve work environment by working together.</p>				
Safe relationships	<p>Know the importance of not keeping secrets that make them feel uncomfortable anxious or afraid.</p>	<p><b>RSE</b></p> <p>Know what kind of physical contact is acceptable or unacceptable and how to respond</p> <p>Know what personal space is and what to do if you do not want to be touched.</p> <p>Know that a person has the right to say what they like/do not like e.g. hug/push</p>	<p><b>Unit 5 Healthy Relationships</b></p> <p>Know and understand the features of a good friend</p> <p>Know why it is important to be positive in relationships with others</p> <p>Know how important friendships are in making us feel happy and secure and how people choose and make friends.</p> <p>Know that healthy relationships are positive and welcoming towards each other's, and do not make others feel lonely or excluded.</p> <p>Know and understand the features of a good friend</p> <p>Know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right</p> <p>Know what sorts of boundaries are appropriate in friendships with peers and others.(Including in a digital context)</p> <p>Know and understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</p>	<p>Know that relationships can change as a result of growing up</p>	<p>Know when and if it is appropriate to share personal/private information in a relationship and know where to go for support if an online relationship goes wrong. <b>(M&amp;DL)</b></p> <p>Know the positive and negative ways of communicating in a relationship</p>	<p>Know how to identify safe and unsafe online relationships and behaviours</p> <p>Know and be able to identify the qualities of healthy and unhealthy friendships and develop strategies for dealing with challenges in friendships and support each other effectively.</p> <p>Know about healthy and unhealthy relationships</p> <p>Know the characteristics of healthy and unhealthy relationships</p>
Respect for ourselves and others	<p>Know what to look for to recognise how others are feeling</p> <p>Know the ways to share their own feelings with others</p>	<p><b>Unit 5 Emotions (HW)</b></p> <p>Know how to recognise and talk about their emotions including having a varied vocabulary of words to use to talk about their and others feelings.</p> <p>Know that isolation and loneliness can affect children and is very important for children to discuss their feelings with an adult and seek support</p> <p>Know that others' families either in school or in the wider world sometimes look different but they should respect those</p>	<p><b>Unit 3 Bullying</b></p> <p>Know how to recognise the difference, between isolated hostile incidents and bullying</p> <p>Know, and, understand what self-esteem is and why it is important</p> <p>Know how to communicate their opinions in a group setting</p> <p>Know and understand the terms 'resilience' and 'persistence' and why these character traits are important</p> <p>Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help</p>	<p><b>Unit 1 Communication</b></p> <p>Know the importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p>Know that there are many ways to communicate</p> <p>Know the need for confidentiality in certain circumstances.</p> <p>Know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed</p> <p>Know and understand the importance of listening to others</p>	<p><b>Unit 4 Emotions (HW)</b></p> <p>Know how to recognise and talk about their emotions including having a varied vocabulary of words to use when talking of their own and others feelings.</p> <p>Know about and understand the cyclic nature of life and how death is an inevitable part of this cycle.</p> <p>Know how to recognise if family relationships are making them feel unhappy or unsafe and how to seek help or advice from others if needed.</p> <p>Understand the need for empathy when peers are experiencing conflict at home.</p>	<p>Know and understand why we should have a climate in which everyone agrees that bullying is wrong and how we can develop skills and knowledge to address bullying effectively.</p> <p>Know what to do to put a stop to bullying</p> <p>Know some of the ways to challenge discrimination, introducing/revisiting issues of prejudice and discrimination</p>

		<p>Know that family units can be different and can sometimes change</p> <p>Know about the importance of self-respect and how this links to their own happiness.</p>	<p>Know how to recognise bullying behaviour</p>	<p>Know the role of the listener in any relationship Know there are many ways to communicate</p> <p>Know you need to both listen and speak when communicating with others</p> <p>Know that marriage and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong (<b>L3 UT4HR</b>)</p> <p><b>Unit 2 Collaboration</b> Know that there are many situations in which collaboration is necessary</p> <p>Know the need to develop team work skills</p> <p>Know that there are many roles within a community</p> <p>Know there is the need to collaborate in a group situation.</p>		
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**Living in the wider world**

Community	<p>Know group and class rules and why they are important</p> <p>Know rules for keeping safe in familiar and unfamiliar situations</p>	<p><b>Unit 1 Rules and Responsibility</b> Know why rules are needed in different situations</p> <p>Know that rules may need to be changed</p> <p>Know why it is important to plan ahead and think of potential consequences as a result of their actions</p> <p>Know why it is important to behave responsibly</p> <p>Know that actions have consequences</p> <p><b>Unit 2 Diversity</b> Know why it is important to be part of a community</p> <p><b>Unit 3 Discrimination</b> Know what a stereotype is and how stereotypes can be unfair, negative or destructive</p> <p>Know and understand the terms 'discrimination' and 'stereotype'</p>	<p><b>Unit 4 similarities and differences</b> Know and understand how we are all connected by our similarities</p> <p>Know that stable, caring relationships which may be of different types are the heart of happy families and are important for children's security as they grow up.</p> <p>Know and understand how the makeup of family units can differ</p> <p>Know, understand and appreciate the range of different cultures and religions represented within school</p> <p>Know about the need for tolerance for those of different faiths and beliefs</p> <p>Know and review what a stereotype is and how stereotypes can be unfair, negative or destructive.</p> <p>Know and understand the term 'diversity' and appreciate diversity within school</p> <p>Know the ways to challenge stereotyping and discrimination</p>	<p><b>Unit 1 Rules and Responsibility</b> Know why structure is needed in different situations</p> <p>Know the term 'anarchy' and understand the implications of living in an anarchic society</p> <p>Know and understand the meaning of the following: - democracy, sovereignty, dictatorship, government, monarchy</p> <p>Know about organisations such as the United Nations</p> <p>Know the importance and significance of equal rights</p> <p><b>Unit 2 Diversity</b> Know the benefits of living in a diverse community and learn to celebrate diversity</p>	<p><b>Unit 3 similarities and Differences</b></p> <p>Know the importance of self-respect and how this links to their own happiness</p> <p>Know about racial discrimination and its impact on societies, past and present.</p> <p>Know what a stereotype is and how stereotypes can be unfair, negative and destructive.</p> <p>Know about gender discrimination and its impact.</p> <p>Know the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p> <p>Know about the importance of family within different cultures.</p>	<p>Know some of the history and events that have shaped Black History month as well as general issues around tolerance, diversity and equality (Windrush)</p>
	Media literacy and digital resilience	<p>Know the rules for keeping safe online</p>		<p><b>Unit 6 Safety (HW)</b> Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</p> <p>Know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe</p> <p>Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping</p>		<p><b>Unit 4 Healthy relationships (R) Internet Safety (4 and 5 plus)</b> Know that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p>Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing</p> <p>Know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</p> <p>Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</p>



			<p>personal information private</p> <p>Know how to use ICT safely including using software features and settings</p> <p>Know how information and data is shared and used online</p> <p>Know that for most people the internet is an integral part of life and has many benefits</p> <p>Know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing</p> <p>To know why social media, some computer games and online gaming, for example, are age restricted</p> <p>To know where and how to report concerns and get support with issues online</p>		<p>Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</p> <p>Know the ways to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted</p> <p>Know a range of ways to report concerns about content/ contact in the context of comparing bullying to cyberbullying.</p> <p>Know that they should critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</p>	
Economic Money, work and aspirations		<p><b>Unit 4 Aspirations (HW)</b> Know and understand that everyone has different strengths and weaknesses</p> <p>Know the ways to set realistic targets</p> <p>Know the steps needed to achieve a goal can be broken down</p>	<p><b>Unit 4 Economic awareness</b> Know about and reflect on their own spending habits / choices</p> <p>Know why financial management and planning is important from a young age</p>	<p><b>Unit 4 Enterprise -Making money</b> Know and understand the principles of enterprise</p> <p>Know and understand profit and loss</p> <p>Know and understand the principles of charity work</p> <p><b>Unit 3 Economic awareness</b> Know about budgeting and what it means to budget</p> <p>Recall and build upon why financial management and planning is important from a young age</p> <p>Know why aspirations are important in helping to plan for the future</p> <p>Know and understand financial terms such as loan, interest, tax and discount</p>	<p><b>Unit 3 Aspirations (Health and wellbeing)</b> <b>Skills based unit</b> Know and talk about their own and others' strengths and weaknesses and how to improve</p> <p>Recall and know how to self-assess, understanding how this will help their future actions</p> <p>Know and be able to reflect on past achievements</p> <p>Know how to recognise achievements of others as being worthwhile and important</p> <p>Know how to and begin to set personal goals</p> <p>Know and identify the skills they need to develop to make their contribution in the working world in the future</p> <p>Know that connections can be made between their learning, the world of work and their future economic wellbeing</p>	<p>Know the journey to a career and why developing a Growth Mindset is valuable</p> <p>Know their own personal strengths for employment. Skills, interests &amp; personality Traits. Recognising key elements of one's personality. Jobs of the Future</p> <p>Know that behaviour impacts on progress and success referencing behaviours for work.</p> <p>Know that problem solving is a key enterprise skill</p> <p>Know the steps to developing an adaptable approach to solving problems referencing the world of work</p>

