



Kingsley Primary School

PSHE Knowledge Progression Sheet

Being in My World	
EYFS	
Substantive Knowledge	<ul style="list-style-type: none">-Know special things about themselves-Know that some people are different from themselves-Know how happiness and sadness can be expressed-Know that hands can be used kindly and unkindly-Know that being kind is good-Know they have a right to learn and play, safely and happily
Disciplinary Knowledge	<ul style="list-style-type: none">-Identify feelings associated with belonging-Identify feelings of happiness and sadness-Skills to play cooperatively with others-Be able to consider others' feelings-Be responsible in the setting
Key Vocabulary	Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns.



Celebrating Differences	
EYFS	
Substantive Knowledge	<ul style="list-style-type: none"> -Know what being proud means and that people can be proud of different things -Know that people can be good at different things -Know what being unique means -Know that families can be different -Know that people have different homes and why they are important to them -Know different ways of making friends -Know different ways to stand up for myself -Know the names of some emotions such as happy, sad, frightened, angry -Know that they don't have to be 'the same as' to be a friend -Know why having friends is important -Know some qualities of a positive friendship
Disciplinary Knowledge	<ul style="list-style-type: none"> -Identify feelings associated with being proud -Identify things they are good at -Be able to vocalise success for themselves and about others successes -Identify some ways they can be different and the same as others -Recognise similarities and differences between their family and other families -Identify and use skills to make a friend -Identify and use skills to stand up for themselves -Recognise emotions when they or someone else is upset, frightened or angry
Key Vocabulary	Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family.



Dreams and Goals	
EYFS	
Substantive Knowledge	<ul style="list-style-type: none"> -Know what a challenge is -Know that it is important to keep trying -Know what a goal is -Know how to set goals and work towards them -Know which words are kind -Know some jobs that they might like to do when they are older -Know that they must work hard now in order to be able to achieve the job they want when they are older -Know when they have achieved a goal
Disciplinary Knowledge	<ul style="list-style-type: none"> -Understand that challenges can be difficult -Recognise some of the feelings linked to perseverance -Talk about a time that they kept on trying and achieved a goal -Be ambitious -Demonstrate Resilience -Recognise how kind words can encourage people -Feel proud -Celebrate success
Key Vocabulary	Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Happy, Kind, Encourage.



Healthy Me	
EYFS	
Substantive Knowledge	<ul style="list-style-type: none"> -Know the names for some parts of their body -Know what the word 'healthy' means -Know some things that they need to do to keep healthy -Know that they need to exercise to keep healthy -Know how to help themselves go to sleep and that sleep is good for them -Know when and how to wash their hands properly -Know what to do if they get lost -Know how to say No to strangers
Disciplinary Knowledge	<ul style="list-style-type: none"> -Recognise how exercise makes them feel -Recognise how different foods can make them feel -Can explain what they need to do to stay healthy -Can give examples of healthy food -Can explain how they might feel if they don't get enough sleep -Can explain what to do if a stranger approaches them
Key Vocabulary	Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scared, Trust.



Relationships	
EYFS	
Substantive Knowledge	<ul style="list-style-type: none"> -Know what a family is -Know that different people in a family have different responsibilities (jobs) -Know some of the characteristics of healthy and safe friendship -Know that friends sometimes fall out • Know some ways to mend a friendship -Know that unkind words can never be taken back and they can hurt -Know how to use Jigsaw's Calm Me to help when feeling angry -Know some reasons why others get angry
Disciplinary Knowledge	<ul style="list-style-type: none"> -Know what a family is -Know that different people in a family have different responsibilities (jobs) -Know some of the characteristics of healthy and safe friendship -Know that friends sometimes fall out -Know some ways to mend a friendship -Know that unkind words can never be taken back and they can hurt -Know how to use Jigsaw's Calm Me to help when feeling angry -Know some reasons why others get angry
Key Vocabulary	Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing.



Changing Me	
EYFS	
Substantive Knowledge	<ul style="list-style-type: none"> -Know the names and functions of some parts of the body (see vocabulary list) -Know that we grow from baby to adult -Know who to talk to if they are feeling worried -Know that sharing how they feel can help solve a worry -Know that remembering happy times can help us move on
Disciplinary Knowledge	<ul style="list-style-type: none"> -Can identify how they have changed from a baby -Can say what might change for them they get older -Recognise that changing class can illicit happy and/or sad emotions -Can say how they feel about changing class/ growing up -Can identify positive memories from the past year in school/ home
Key Vocabulary	<p>Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories.</p>