



Kingsley Primary School

PSHE Knowledge Progression Sheet

Being in My World	
Year 1	
Substantive Knowledge	<ul style="list-style-type: none">-Understand the rights and responsibilities of a member of a class-Understand that their views are important-Understand that their choices have consequences-Understand their own rights and responsibilities with their classroom
Disciplinary Knowledge	<ul style="list-style-type: none">-Understanding that they are special-Understand that they are safe in their class-Identifying helpful behaviours to make the class a safe place-Identify what it's like to feel proud of an achievement-Recognise feelings associated with positive and negative consequences-Understand that they have choices
Key Vocabulary	Safe, Special, Calm, Belonging, Special, Rights, Responsibilities, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration.



Celebrating Differences	
Year 1	
Substantive Knowledge	<ul style="list-style-type: none"> -Know that people have differences and similarities -Know what bullying means -Know who to tell if they or someone else is being bullied or is feeling unhappy -Know skills to make friendships -Know that people are unique and that it is OK to be different
Disciplinary Knowledge	<ul style="list-style-type: none"> -Recognise ways in which they are the same as their friends and ways they are different -Identify what is bullying and what isn't -Understand how being bullied might feel -Know ways to help a person who is being bullied -Identify emotions associated with making a new friend -Verbalise some of the attributes that make them unique and special
Key Vocabulary	Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations, Special, Unique.



Dreams and Goals	
Year 1	
Substantive Knowledge	<ul style="list-style-type: none"> -Know how to set simple goals -Know how to achieve a goal -Know how to work well with a partner -Know that tackling a challenge can stretch their learning -Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them -Know when a goal has been achieved
Disciplinary Knowledge	<ul style="list-style-type: none"> -Recognise things that they do well -Explain how they learn best -Celebrate an achievement with a friend -Recognise their own feelings when faced with a challenge -Recognise their own feelings when they are faced with an obstacle -Recognise how they feel when they overcome an obstacle -Can store feelings of success so that they can be used in the future
Key Vocabulary	Proud, Success, Achievement, Goal, Treasure, Coins, Goal, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve, Dreams, Goals.



Healthy Me	
Year 1	
Substantive Knowledge	<ul style="list-style-type: none"> -Know the difference between being healthy and unhealthy -Know some ways to keep healthy -Know how to make healthy lifestyle choices -Know how to keep themselves clean and healthy -Know that germs cause disease / illness -Know that all household products, including medicines, can be harmful if not used properly -Know that medicines can help them if they feel poorly -Know how to keep safe when crossing the road -Know about people who can keep them safe
Disciplinary Knowledge	<ul style="list-style-type: none"> -Feel good about themselves when they make healthy choices -Realise that they are special -Keep themselves safe -Recognise ways to look after themselves if they feel poorly -Recognise when they feel frightened and know how to ask for help -Recognise how being healthy helps them to feel happy
Key Vocabulary	<p>Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Trust, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait.</p>



Relationships	
Year 1	
Substantive Knowledge	<ul style="list-style-type: none"> -Know that everyone's family is different -Know that there are lots of different types of families -Know that families are founded on belonging, love and care -Know how to make a friend -Know the characteristics of healthy and safe friends -Know that physical contact can be used as a greeting -Know about the different people in the school community and how they help -Know who to ask for help in the school community
Disciplinary Knowledge	<ul style="list-style-type: none"> -Can express how it feels to be part of a family and to care for family members -Can say what being a good friend means -Can show skills of friendship -Can identify forms of physical contact they prefer -Can say no when they receive a touch they don't like -Can praise themselves and others -Can recognise some of their personal qualities • Can say why
Key Vocabulary	Family, Belong, Same, Different, Friends, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Feelings, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate



Changing Me	
Year 1	
Substantive Knowledge	<ul style="list-style-type: none"> -Know that animals including humans have a life cycle -Know that changes happen when we grow up -Know that people grow up at different rates and that is normal -Know the names of male and female private body parts -Know that there are correct names for private body parts and nicknames, and when to use them -Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these -Know who to ask for help if they are worried or frightened -Know that learning brings about change
Disciplinary Knowledge	<ul style="list-style-type: none"> -Understand and accepts that change is a natural part of getting older -Can identify some things that have changed and some things that have stayed the same since being a baby (including the body) -Can express why they enjoy learning -Can suggest ways to manage change e.g. moving to a new class
Key Vocabulary	Changes, Life cycles, Baby, Adult, Adulthood, Grown-up, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping.