



Kingsley Primary School

PSHE Knowledge Progression Sheet

Being in My World	
Year 2	
Substantive Knowledge	<ul style="list-style-type: none">-Identifying hopes and fears for the year ahead-Understand the rights and responsibilities of class members-Know that it is important to listen to other people-Understand that their own views are valuable-Know about rewards and consequences and that these stem from choices-Know that positive choices impact positively on self-learning and the learning of others
Disciplinary Knowledge	<ul style="list-style-type: none">-Recognise own feelings and know when and where to get help-Know how to make their class a safe and fair place-Show good listening skills-Recognise the feeling of being worried-Be able to work cooperatively
Key Vocabulary	Worries, Hopes, Fears, Belonging, Rights, Responsibilities, Responsible, Actions, Praise, Reward, Consequence, Positive, Negative, Choices, Co-Operate, Learning Charter, Problem-Solving.



Celebrating Differences	
Year 2	
Substantive Knowledge	<ul style="list-style-type: none"> -Know there are stereotypes about boys and girls -Know that it is OK not to conform to gender stereotypes -Know it is good to be yourself -Know that sometimes people get bullied because of difference -Know the difference between right and wrong and the role that choice has to play in this -Know that friends can be different and still be friends -Know where to get help if being bullied -Know the difference between a one-off incident and bullying
Disciplinary Knowledge	<ul style="list-style-type: none"> -Understand that boys and girls can be similar in lots of ways and that is OK -Understand that boys and girls can be different in lots of ways and that is OK -Explain how being bullied can make someone feel -Can choose to be kind to someone who is being bullied -Know how to stand up for themselves when they need to -Recognise that they shouldn't judge people because they are different -Understand that everyone's differences make them special and unique
Key Vocabulary	Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Special, Differences, Bully, Purpose, Kind, Unkind, Feelings, Sad, Lonely, Help, Stand up for, Male, Female, Diversity, Fairness, Kindness, Friends, Unique, Value.



Dreams and Goals	
Year 2	
Substantive Knowledge	<ul style="list-style-type: none"> -Know how to choose a realistic goal and think about how to achieve it -Know that it is important to persevere -Know how to recognise what working together well looks like -Know what good group working looks like -Know how to share success with other people
Disciplinary Knowledge	<ul style="list-style-type: none"> -Be able to describe their own achievements and the feelings linked to this -Recognise their own strengths as a learner -Recognise how working with others can be helpful -Be able to work effectively with a partner -Be able to choose a partner with whom they work well -Be able to work as part of a group -Recognise how it feels to be part of a group that succeeds and store this feeling
Key Vocabulary	Realistic, Proud, Success, Celebrate, Achievement, Goal, Strength, Persevere, Challenge, Difficult, Easy, Learning Together, Partner, Team work, Product.



Healthy Me	
Year 2	
Substantive Knowledge	<ul style="list-style-type: none"> -Know what their body needs to stay healthy -Know what relaxed means -Know what makes them feel relaxed / stressed -Know how medicines work in their bodies -Know that it is important to use medicines safely -Know how to make some healthy snacks -Know why healthy snacks are good for their bodies -Know which foods given their bodies energy
Disciplinary Knowledge	<ul style="list-style-type: none"> -Desire to make healthy lifestyle choices -Identify when a feeling is weak and when a feeling is strong -Feel positive about caring for their bodies and keeping it healthy -Have a healthy relationship with food -Express how it feels to share healthy food with their friends
Key Vocabulary	Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Unhealthy, Dangerous, Medicines, Safe, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious.



Relationships	
Year 2	
Substantive Knowledge	<ul style="list-style-type: none"> -Know that everyone's family is different -Know that families function well when there is trust, respect, care, love and co-operation -Know that there are lots of forms of physical contact within a family -Know how to stay stop if someone is hurting them -Know some reasons why friends have conflicts -Know that friendships have ups and downs and sometimes change with time -Know how to use the Mending Friendships or Solve-it-together problem-solving methods -Know there are good secrets and worry secrets and why it is important to share worry secrets -Know what trust is
Disciplinary Knowledge	<ul style="list-style-type: none"> -Can identify the different roles and responsibilities in their family -Can recognise the value that families can bring -Can recognise and talk about the types of physical contact that is acceptable or unacceptable -Can use positive problem-solving techniques (Mending Friendships or Solve-it-together) to resolve a friendship conflict -Can identify the negative feelings associated with keeping a worry secret -Can identify the feelings associated with trust -Can identify who they trust in their own relationships -Can give and receive compliments -Can say who they would go to for help if they were worried or scared
Key Vocabulary	<p>Family, Different, Similarities, Special, Relationship, Important, Co-operate, Touch, Physical contact, Communication, Hugs, Like, Dislike, Acceptable, Not acceptable, Friends, Conflict, Point of view, Positive problem solving, Secret, Surprise, Good secret, Worry secret, Telling, Adult, Trust, Happy, Sad, Frightened, Trust, Trustworthy, Honesty, Reliability, Compliments, Celebrate, Appreciate.</p>



Changing Me	
Year 2	
Substantive Knowledge	<ul style="list-style-type: none"> -Know that life cycles exist in nature -Know that aging is a natural process including old-age -Know that some changes are out of an individual's control -Know how their bodies have changed from when they were a baby and that they will continue to change as they age -Know the physical differences between male and female bodies -Know the correct names for private body parts -Know that private body parts are special and that no one has the right to hurt these -Know who to ask for help if they are worried or frightened -Know there are different types of touch and that some are acceptable and some are unacceptable
Disciplinary Knowledge	<ul style="list-style-type: none"> -Can appreciate that changes will happen and that some can be controlled and others not -Be able to express how they feel about changes -Show appreciation for people who are older -Can recognise the independence and responsibilities they have now compared to being a baby or toddler -Can say what greater responsibilities and freedoms they may have in the future -Can say who they would go to for help if worried or scared -Can say what types of touch they find comfortable/ uncomfortable -Be able to confidently ask someone to stop if they are being hurt or frightened -Can say what they are looking forward to in the next year
Key Vocabulary	<p>Change, Grow, Control, Life cycle, Baby, Adult, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Baby, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Excited, Nervous, Anxious, Happy.</p>