



Kingsley Primary School

PSHE Knowledge Progression Sheet

Being in My World	
Year 3	
Substantive Knowledge	<ul style="list-style-type: none"> -Understand that they are important -Know what a personal goal is -Understanding what a challenge is -Know why rules are needed and how these relate to choices and consequences -Know that actions can affect others' feelings -Know that others may hold different views -Know that the school has a shared set of values
Disciplinary Knowledge	<ul style="list-style-type: none"> -Recognise self-worth -Identify personal strengths -Be able to set a personal goal -Recognise feelings of happiness, sadness, worry and fear in themselves and others -Make other people feel valued -Develop compassion and empathy for others -Be able to work collaboratively
Key Vocabulary	<p>Welcome, Valued, Achievements, Proud, Pleased, Personal Goal, Praise, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Fears, Worries, Solutions, Support, Rights, Responsibilities, Learning Charter, Dream, Behaviour, Rewards, Consequences, Actions, Fairness, Choices, Co-Operate, Group Dynamics, Team Work, View Point, Ideal School, Belong.</p>



Celebrating Differences	
Year 3	
Substantive Knowledge	<ul style="list-style-type: none"> -Know why families are important -Know that everybody's family is different -Know that sometimes family members don't get along and some reasons for this -Know that conflict is a normal part of relationships -Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do -Know that some words are used in hurtful ways and that this can have consequences
Disciplinary Knowledge	<ul style="list-style-type: none"> -Be able to show appreciation for their families, parents and carers -Use the 'Solve it together' technique to calm and resolve conflicts with friends and family -Empathise with people who are bullied -Employ skills to support someone who is bullied -Be able to 'problem-solve' a bullying situation accessing appropriate support if necessary -Be able to recognise, accept and give compliments -Recognise feelings associated with receiving a compliment
Key Vocabulary	Family, Loving, Caring, Safe, Connected, Difference, Special, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Unkind, Feelings, Tell, Consequences, Hurtful, Compliment, Unique.



Dreams and Goals	
Year 3	
Substantive Knowledge	<ul style="list-style-type: none"> -Know about specific people who have overcome difficult challenges to achieve success -Know what dreams and ambitions are important to them -Know how they can best overcome learning challenges -Know that they are responsible for their own learning -Know what their own strengths are as a learner -Know what an obstacle is and how they can hinder achievement -Know how to take steps to overcome obstacles -Know how to evaluate their own learning progress and identify how it can be better next time
Disciplinary Knowledge	<ul style="list-style-type: none"> -Recognise other people's achievements in overcoming difficulties -Imagine how it will feel when they achieve their dream / ambition -Can break down a goal into small steps -Recognise how other people can help them to achieve their goals -Can manage feelings of frustration linked to facing obstacles -Can share their success with others -Can store feelings of success (in their internal treasure chest) to be used at another time
Key Vocabulary	Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Garden, Decorate, Team work, Enterprise, Design, Cooperation, Product, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together' Technique, Solutions, Review, Learning, Celebrate, Evaluate.



Healthy Me	
Year 3	
Substantive Knowledge	<ul style="list-style-type: none"> -Know how exercise affects their bodies -Know why their hearts and lungs are such important organs -Know that the amount of calories, fat and sugar that they put into their bodies will affect their health -Know that there are different types of drugs -Know that there are things, places and people that can be dangerous -Know a range of strategies to keep themselves safe -Know when something feels safe or unsafe -Know that their bodies are complex and need taking care of
Disciplinary Knowledge	<ul style="list-style-type: none"> -Able to set themselves a fitness challenge -Recognise what it feels like to make a healthy choice -Identify how they feel about drugs -Can express how being anxious or scared feels -Can take responsibility for keeping themselves and others safe -Respect their own bodies and appreciate what they do
Key Vocabulary	Oxygen, Energy, Calories / kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice.



Relationships	
Year 3	
Substantive Knowledge	<ul style="list-style-type: none"> -Know that different family members carry out different roles or have different responsibilities within the family -Know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc -Know some of the skills of friendship, e.g. taking turns, being a good listener -Know some strategies for keeping themselves safe online -Know how some of the actions and work of people around the world help and influence my life -Know that they and all children have rights (UNCRC) -Know the lives of children around the world can be different from their own
Disciplinary Knowledge	<ul style="list-style-type: none"> -Can identify the responsibilities they have within their family -Can use Solve-it-together in a conflict scenario and find a win-win outcome -Know how to access help if they are concerned about anything on social media or the internet -Can empathise with people from other countries who may not have a fair job/ less fortunate -Understand that they are connected to the global community in many different ways -Can identify similarities in children’s rights around the world -Can identify their own wants and needs and how these may be similar or different from other children in school and the global community
Key Vocabulary	<p>Men, Women, Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Differences, Similarities, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey, Climate, Transport, Exploitation, Rights, Needs, Wants, Justice, United Nations, Equality, Deprivation, Hardship, Appreciation, Gratitude, Celebrate.</p>



Changing Me	
Year 3	
Substantive Knowledge	<ul style="list-style-type: none"> -Know that in animals and humans, lots of changes happen between conception and growing up -Know that in nature it is usually the female that carries the baby -Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops -Know that babies need love and care from their parents/carers -Know some of the changes that happen between being a baby and a child -Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults -Know some of the outside body changes that happen during puberty -Know some of the changes on the inside that happen during puberty
Disciplinary Knowledge	<ul style="list-style-type: none"> -Can express how they feel about babies -Can describe the emotions that a new baby can bring to a family -Can express how they feel about puberty -Can say who they can talk to about puberty if they have any worries -Can identify stereotypical family roles and challenge these ideas e.g. it may not always be Mum who does the laundry -Can identify changes they are looking forward to in the next year -Can suggest ways to help them manage feelings during changes they are more anxious about
Key Vocabulary	Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Control, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum / ova, Womb / uterus, Vagina, Stereotypes, Task, Roles, Challenge, Looking forward, Excited, Nervous, Anxious, Happy.