

Sequence of knowledge and skills across the curriculum in PSHE

Common themes across the PSHE curriculum

- **Managing feelings**
- **Staying safe**
- **Celebrating strengths and differences**
- **Conflict and resolution**
- **Healthy lifestyles**
- **Physical and emotional changes growing up**

PSHE	Knowledge	Skills
EYFS	<ul style="list-style-type: none"> • Know how to play together and how to share • Know about own feelings so they can begin to understand the feelings of others • Know what makes them feel happy and sad • Know when they do or don't need help • Know what behaviours are unacceptable • Know the consequences of behaviours 	<ul style="list-style-type: none"> • Listen to others • Play cooperatively and take turns • Show sensitivity • Form positive relationships with adults and other children • Be able to say what they like and dislike • Using rules to help them manage their behavior • Be able to accept changes to routine

End Point: Children can play together, take turns, show sensitivity, follow rules, talk about their feelings and know what behaviors are unacceptable. They will recognise positive relationships and what to do if they don't feel safe.

PSHE	Knowledge	Skills
Key Stage 1	<ul style="list-style-type: none"> • Know their feelings and use strategies to manage own feelings • Understand what makes people different • Know what change and loss are and how this makes them feel • Know what to do to keep safe including online • Know what unsafe behaviour is • Know who to go to when they are worried or need help • Understand what to eat and what effect foods have on bodies • Know what causes conflict and how to resolve it • Know that your body belongs to you and that no means no 	<ul style="list-style-type: none"> • Recognise and celebrate own strengths and differences • Set themselves challenging goals • Work effectively in a group • Describe their feelings • Managing own feelings • Use effective strategies to keep safe including online • How to find the right person and how to get their attention if they feel unsafe • Identify foods to keep healthy and that are good for us • Identify causes of conflicts in friendships • Use problem solving skills • Name parts of the body with the correct names

	<ul style="list-style-type: none"> • Know it's ok to talk about secrets that upset you 	
--	---	--

Key Stage 1 End Point
Children will know how to keep themselves safe and who to tell if they don't feel safe. They will manage feelings and celebrate differences. They will know what foods to eat and how to stay physically and emotionally healthy. Children will begin to understand conflict and have simple skills to resolve issues.

PSHE	Knowledge	Skills
Key Stage 2	<ul style="list-style-type: none"> • Know what affects their physical, mental and emotional health including the media • Know what individual strengths are and what they would like to improve • Understand good and not so good feelings and know the range of feelings they may have • Know that emotions can be responded to in different ways • Know about transition, loss, separation, divorce and bereavement • Know about techniques to resist peer pressure • Know through discussion what they believe to be right and wrong • Know how their body will and emotions may change through puberty • Know who is responsible for helping them stay healthy and how they can help • Know what bullying is and the effect it has on people 	<ul style="list-style-type: none"> • Identifying positive and negative effects on their health • Recognise how images in the media don't always reflect reality and how it can affect feelings/eating habits (eating disorders) • Celebrate achievements and identify areas for improvement • Set high aspirations/goals • Explaining and managing feelings • Recognise conflicting emotions and how to ignore or overcome them • Recognise when and how to ask for help • Use basic techniques to resist pressure to do something dangerous, unhealthy, makes them uncomfortable, they believe is wrong or anxious including technology. • Recognise and describe changes in their body and emotions • Explain the differences between direct and indirect bullying • Show empathy with people in situations of conflict or celebration

Key Stage 2 End Point and progression to Key Stage 3
By the end of KS2 pupils will be able to describe positive and negative influences on physical and emotional mental health. They will have skills to help them resist peer pressure and dangerous situations and to manage their feelings. They will know about the effects of puberty and how those changes will affect them. They will be able to consolidate and reinforce key messages from KS2 as they enter KS3 and will be prepared to access the wider curriculum.

