



Forest Town Primary School
PSHE Knowledge Progression Grid

Kind
Adventurous
Persevere
Responsible
Independent
Together

At Forest Town, we are responsible citizens! Through our PSHE curriculum, we want our children to develop the knowledge and skills to thrive personally and socially, understanding the world around them and their role within it. We encourage our children to engage with key topics such as mental health, relationships, and financial knowledge, fostering a sense of self-awareness and responsibility. Our carefully constructed curriculum inspires children to reflect on their values and the impact of their choices, equipping them to navigate challenges with resilience and empathy. Our goal is for our children to leave their PSHE lessons with a strong sense of who they are, the issues that shape their world, and the confidence to make a meaningful difference.

At the end of KS2, a Forest Town child will have:

- Shown they are **adventurous** by taking part in class discussions and furthered their understanding through asking questions
- The ability to **persevere** if problems arise and understand who they can speak to for support
- Shown **kindness** and respect towards other people's differences and choices
- Created and maintained healthy relationships when working **together**
- **Independently** shared their own views and opinions with others
- A feeling of **responsibility** about the choices they make and will make in the future

PSHE

CURRICULUM LEADER

AIMEE PALETHORPE

REVIEWED – SEPTEMBER 2024



Forest Town Primary School
PSHE & RSE Knowledge Progression Grid
Reviewed 2024

Kind
Adventurous
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This is how our children's SUBJECT knowledge builds from EYFS to Year 6.

In order for pupils to be able to play a positive and successful role in society, both now and in the future, we believe that the knowledge and skills gained in PSHE and RSE are essential. PSHE should contribute to children being the best versions of themselves. PSHE and RSE education helps pupils to develop the knowledge, skills and attributes they need to manage life's challenges and make the most of life's opportunities. PSHE and RSE enables our children to become healthy, independent and responsible members of a society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up.

The progression plan will inform planning to ensure that learning is built within the lesson sequence, within the unit, within the year and over time.

Personal Development in Early Years

Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary.

The National Curriculum

At Forest Town we use PSHE/RSE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.

The PSHE and RSE curriculum is split into the three core themes of:

- Health and Wellbeing
- Relationships
- Living in the Wider World.

We follow the 'Talking Points' PSHE scheme of work and the **XXXX RSE** which we have adapted to fit the needs of our children.

Health and Wellbeing			Relationships			Living in the wider world		
Physical wellbeing and mental health	Keeping safe	Growing and changing	Relationships	Safe relationships	Respect for ourselves and others	Community	Media literacy and digital resilience	Economic Money, work and aspirations

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
HEALTH AND WELLBEING							
PHYSICAL WELLBEING AND MENTAL HEALTH	Know how to talk about how we feel.	Build on prior knowledge and: Know that some things make us happy.	Build on prior knowledge and: Know about some of the things that keep our bodies healthy – for example exercise.	Build on prior knowledge and: Know and understand the meaning of the word 'healthy'.	Build on prior knowledge and: Know and understand the function of different food groups for a balanced diet	Build on prior knowledge and: Know the basic synergy between physical, emotional and mental health	Build on prior knowledge and: Recall and know about the different food groups and their related importance as part of a balanced diet
	Know the importance of cleaning teeth and keeping clean.	Know that some things make us sad.	Know about different types of feelings and the simple strategies to manage feelings	Know what a balanced lifestyle is.	Know the principles of planning and preparing a range of healthy meals.	Know and understand the importance of making change in adopting a healthier lifestyle	Develop knowledge and awareness of their own dietary needs
	Know the importance of regular handwashing.	Know what a worry is and that all people worry sometimes.	Know what anger is.	Know the recommended guidelines for physical activity and understand the reasons for these	Know how to work co-operatively, showing fairness and consideration to others.	Know that the early signs of illness, such as weight loss, or unexplained changes to the body can be recognised.	Know that it's important to apply the principles of nutrition and healthy eating.
		Know that you have to look after your own health including cleaning your teeth.	Know that healthy choices can be made.	Know that mental wellbeing is a normal part of daily life, in the same way as physical health.	Know that it is normal to have negative thoughts but that you can work through them.	Know how and when to seek support including which adults to speak to in school if they are worried about their health	Recognise their strengths and know that they can contribute to group work.
		Know the reasons why regular handwashing keeps us safe.	Know how to prevent illness.	Know the need to take responsibility for actions		Know that it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.	Know that it's important to take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle.
			Know personal hygiene routines and why these are important.	Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.		Know that when a person dies it can really affect close family and friends.	Know that drugs can damage your health.
			Know that change or loss can mean a change in feelings.				Know how to help themselves and others when they are feeling down.

KEEPING SAFE	<p>Know that you should not talk to strangers.</p> <p>Know how to cross the road safely.</p>	<p>Build on prior knowledge and: Know about safety within the community and when online.</p> <p>Know what to do in an emergency</p> <p>Know some basic first aid</p> <p>Know how to call the emergency services.</p>	<p>Build on prior knowledge and: Know that some medicines are good for us.</p>	<p>Build on prior knowledge and: Know that smoking can damage your health</p> <p>Know that nicotine is a drug.</p>	<p>Build on prior knowledge and: Know that they are responsible for their own and others safety and they should try to seek help in an emergency Know when they might need to make an emergency call</p> <p>Know the importance of local organisations in providing for the needs of the local community.</p>	<p>Build on prior knowledge and: Know that alcohol is a drug</p> <p>Know that alcohol can damage your health.</p>	<p>Build on prior knowledge and: Know that they should take action based on responsible choices. Know the facts about legal and illegal harmful substances and the associated risks.</p> <p>Know the impact that misuse of substances can have on individuals, their families and friends</p> <p>Know the different types of risks of a range of substances.</p> <p>Know that peer pressure is a leading cause of why young adults might try drugs</p> <p>Know some methods to withstand peer pressure.</p> <p>Know the concepts of basic First Aid</p>
GROWING AND CHANGING			<p>Build on prior knowledge and: Know what is the same and different about us.</p>	<p>Build on prior knowledge and: Know the differences between males and females and to name the body parts</p>	<p>Build on prior knowledge and: Know and discuss some male and female body parts using agreed words</p> <p>Know the main stages of the human lifecycle</p> <p>Know some basic facts about puberty</p> <p>Begin to know how their body will, and emotions may, change as they approach and move through puberty</p>	<p>Build on prior knowledge and: Know and understand male and female puberty changes in more detail</p> <p>Know about the emotional and physical changes occurring in puberty</p> <p>Know ways to get help and support during puberty</p> <p>Know the impact of puberty on the body and the importance of hygiene</p>	<p>Build on prior knowledge and: Know how and why the body changes during puberty in preparation for reproduction</p> <p>Know some basic facts about pregnancy and contraception</p> <p>Know the decisions that have to be made before having a baby</p> <p>Know the importance of physical hygiene as the body changes.</p> <p>Know about and understand the cyclic nature of life and how death is an inevitable part of this cycle</p> <p>Know about the protected characteristics – pregnancy and maternity, age</p>
RELATIONSHIPS							
RELATIONSHIPS	<p>Know that they are part of a family and sometime special people are not related.</p> <p>Know how to be kind.</p>	<p>Build on prior knowledge and: Know the important people within the family structure.</p> <p>Know who the important people are in their lives.</p> <p>Know what kind behaviour means and its impact on a relationship.</p>	<p>Build on prior knowledge and: Know that special people (family, friends, carers) make them special and how special people should care for one another.</p> <p>Know that it can help to express the emotions they are feeling</p> <p>Know that bodies and feelings can be hurt</p> <p>Know that there are trust adults who you can turn to.</p> <p>Know the importance of compromise.</p>	<p>Build on prior knowledge and: Know and explore the different types of family and who to go to for help and support.</p> <p>Know about different types of relationship, including those between friends and families, civil partnerships and marriage</p> <p>Know that it is important to work co-operatively, showing fairness and consideration to others</p> <p>Know why it is important to work collaboratively</p> <p>Know the ways to spot problems and work together to resolve them.</p>	<p>Build on prior knowledge and: Know that it is important to recognise and care about other people's feelings</p> <p>Know and understand that family units can be different and can sometimes change.</p>	<p>Build on prior knowledge and: Know more confidently how to recognise and care about other people's feelings</p> <p>Know that marriage and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be life long</p>	<p>Build on prior knowledge and: Know and explore the different kinds of adult relationships and talk about them confidently.</p> <p>Consider physical & emotional behaviour in relationships</p> <p>Know and be able to discuss different types of adult relationships with confidence.</p> <p>Know and understand the impact of loss in a relationship.</p>
SAFE RELATIONSHIPS	<p>Know that they can say no if they don't like something.</p>	<p>Build on prior knowledge and: Know the importance of speaking out if they are not happy.</p>	<p>Build on prior knowledge and: Know the importance of not keeping secrets that make them feel uncomfortable anxious or afraid.</p>	<p>Build on prior knowledge and: Know what kind of physical contact is acceptable or unacceptable and how to respond</p>	<p>Build on prior knowledge and: Know and understand the features of a good friend</p>	<p>Build on prior knowledge and: Know different ways to confidently raise concerns</p>	<p>Build on prior knowledge and: Know what form of touching is appropriate</p>

				<p>Know what personal space is and what to do if you do not want to be touched.</p> <p>Know that a person has the right to say what they like/do not like e.g. hug/push</p>	<p>Know what makes a healthy and unhealthy relationship.</p> <p>Know how to work co-operatively, showing fairness and consideration to others</p> <p>Know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right</p> <p>Know and understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</p>	<p>Know that relationships can change as a result of growing up</p> <p>Know what strategies to you when a friend is angry.</p>	<p>Know what constitutes positive healthy relationships and develop the skills to form them</p> <p>Know when and if it is appropriate to share personal/private information in a relationship and know where to go for support if an online relationship goes wrong.</p> <p>Know the positive and negative ways of communicating in a relationship.</p>
<p>RESPECT FOR OURSELVES AND OTHERS</p>	<p>Know that we have different opinions, but it doesn't mean that we can't be friends.</p> <p>Know that they can say no if they don't like something.</p>	<p>Build on prior knowledge and: Know the <i>fundamental British Value of Respect</i> - Know that we all have different thoughts and feelings.</p> <p>Know that you must say no if you do not like what somebody is doing.</p> <p>Know the <i>fundamental British Value of Tolerance</i>. Know that we have different beliefs and choices.</p> <p>Know about the protected characteristics -</p>	<p>Build on prior knowledge and: Know the <i>fundamental British Value of Respect</i> - Know the importance of respect for the differences and similarities between people</p> <p>Know what to look for to recognise how others are feeling</p> <p>Know the ways to share their own feelings with others</p> <p>Know that hurtful teasing and bullying is wrong</p> <p>Know what to do if teasing and bullying is happening</p> <p>Know what 'private' really means</p> <p>Know the <i>fundamental British Value of Tolerance</i>. Know everyone is unique and know about the ways we are the same.</p> <p>Know about listening to others and playing cooperatively</p> <p>Know about the protected characteristics -</p>	<p>Build on prior knowledge and: Know the <i>fundamental British Value of Respect</i> - Know the ways to listen to, reflect on and respect other people's views and feelings</p> <p>Know that they should listen to and show consideration for other people's views</p> <p>Know that you should own up if you do something wrong.</p> <p>Know and develop strategies for managing and controlling strong feelings and emotions</p> <p>Know what feelings and behaviours are appropriate and proportionate</p> <p>Know about the importance of self-respect and how this links to their own happiness.</p> <p>Know the <i>fundamental British Value of Tolerance</i>. Know the ways to show empathy with another viewpoint.</p> <p>Know and understand the terms 'discrimination' and 'stereotype'</p> <p>Know about the protected characteristics - Know how to</p>	<p>Build on prior knowledge and: Know the <i>fundamental British Value of Respect</i> - Know the attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying</p> <p>Know what peer pressure means.</p> <p>Know the difference between isolated hostile incidents and bullying</p> <p>Know and understand what self-esteem is and why it is important</p> <p>Know and understand the terms 'resilience' and 'persistence' and why these character traits are important</p> <p>Know the ways to face new challenges positively and know when to seek help</p> <p>Know the <i>fundamental British Value of Tolerance</i>. Know that we have differing views and this could lead to disagreements.</p> <p>Know the ways to spot bullying behaviour</p> <p>Know the nature and consequences of negative behaviours such as bullying, aggressiveness.</p> <p>Know, understand and appreciate the range of different cultures and religions represented within school</p> <p>Know about the need for tolerance for those of different faiths and beliefs</p> <p>Know about the protected characteristics - Know and</p>	<p>Build on prior knowledge and: Know the <i>fundamental British Value of Respect</i> - Know the need for confidentiality in certain situations</p> <p>Know and understand the importance of listening to others</p> <p>Know and understand the role of the listener in any relationship</p> <p>Know that there are many situations in which collaboration is necessary</p> <p>Know the need to develop teamwork skills</p> <p>Know there is the need to collaborate in a group situation.</p> <p>Know the <i>fundamental British Value of Tolerance</i>. Know the importance of respecting the ideas and beliefs of others.</p> <p>Know the meaning of 'prejudice'.</p> <p>Know about the protected characteristics -</p>	<p>Build on prior knowledge and: Know the <i>fundamental British Value of Respect</i></p> <p>Know and develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures</p> <p>Know and understand the need for empathy when peers are experiencing conflict at home</p> <p>Know that changing emotions can be managed and recognise how they can impact on relationships.</p> <p>Know that it is not right to join in an argument and share information that might harm somebody.</p> <p>Know the <i>fundamental British Value of Tolerance</i>. Know the meaning of 'prejudice' and how this sometimes influences peoples' decisions.</p> <p>Know about the protected characteristics</p>

				challenge stereotypes relating to gender and work	understand the term 'diversity' and appreciate diversity within school		
					Know the ways to challenge stereotyping and discrimination		
LIVING IN THE WIDER WORLD							
COMMUNITY	<p>Know and understand the rules are routines within the setting.</p> <p>Know that rules are there to keep us safe.</p>	<p>Build on prior knowledge and: Know the <i>fundamental British Value</i> of Rule of law – What rules do we have.</p> <p>Know the <i>fundamental British Value</i> of Individual liberty. Know that it is ok to be yourself.</p>	<p>Build on prior knowledge and: Know the <i>fundamental British Value</i> of Rule of law - Know group and class rules and why they are important</p> <p>Know rules for keeping safe in familiar and unfamiliar situations</p> <p>Know the <i>fundamental British Value</i> of Individual liberty. Know that it is ok to be yourself</p>	<p>Build on prior knowledge and: Know the <i>fundamental British Value</i> of Rule of law - Know why rules are needed in different situations</p> <p>Know that rules may need to be changed</p> <p>Know why it is important to plan ahead and think of potential consequences as a result of their actions</p> <p>Know why it is important to behave responsibly</p> <p>Know the <i>fundamental British Value</i> of Individual liberty. Know that it is ok to have different beliefs from friends and family.</p>	<p>Build on prior knowledge and: Know the <i>fundamental British Value</i> of Rule of law - Know that rules are in place to protect us from harm.</p> <p>Know what is right and wrong, what is fair and unfair and explain why</p> <p>Know and understand how we are all connected by our similarities</p> <p>Know that they should respect similarities and differences between people</p> <p>Know and understand how the make-up of family units can differ</p> <p>Know the <i>fundamental British Value</i> of Individual liberty. Know that we have a right to choose who we want to be and how we want to live.</p>	<p>Build on prior knowledge and: Know the <i>fundamental British Value</i> of Rule of law - Know why structure is needed in different situations</p> <p>Know the term 'anarchy' and understand the implications of living in an anarchic society</p> <p>Know and understand the meaning of the following: - democracy, sovereignty, dictatorship, government, monarchy</p> <p>Know about organisations such as the United Nations</p> <p>Know the <i>fundamental British Value</i> of Individual liberty. Know that we have a right to choose</p> <p>Know the importance and significance of equal rights</p> <p>Know the benefits of living in a diverse community and learn to celebrate diversity</p> <p>Know how to talk with a wide range of adults</p>	<p>Build on prior knowledge and: Know the <i>fundamental British Value</i> of Rule of law – Know the consequences when laws are broken.</p> <p>Know about the importance of family in different cultures</p> <p>Know the ways to recognise and respect similarities and differences between people</p> <p>Know about gender discrimination and its impact</p> <p>Know about racial discrimination and its impact on societies, past and present.</p> <p>Know what a stereotype is, and how stereotypes can be unfair, damaging and destructive.</p> <p>Know the <i>fundamental British Value</i> of Individual liberty. Know that we have a right to choose and express ourselves freely.</p>
MEDIA LITERACY AND DIGITAL RESILIENCE	<p>Know that electronic devices can be unsafe sometimes.</p>	<p>Build on prior knowledge and: Know the basics about using an electronic device safely.</p>	<p>Build on prior knowledge and: Know the rules for keeping safe online</p> <p>Know the risks associated with using a mobile phone.</p>	<p>Build on prior knowledge and: Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</p> <p>Know the rules for using ICT safely including keeping electronic data secure</p> <p>Know the rules for using ICT safely including using software features and settings</p> <p>Know that for most people the internet is an integral part of life and has many benefits</p> <p>Know the importance of limiting time on electronic devices.</p> <p>Know where and how to report concerns and get support with issues online</p>	<p>Build on prior knowledge and: Know why social media, some computer games and online gaming, for example, are age restricted</p> <p>Know that information and data is shared and used online</p> <p>Know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing</p>	<p>Build on prior knowledge and:</p>	<p>Build on prior knowledge and: Know the ways to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted</p> <p>Know that bullying including cyberbullying has a negative and often lasting impact on mental health</p> <p>Know a range of ways to report concerns about content/ contact in the context of comparing bullying to cyberbullying.</p> <p>Know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</p> <p>Know that they should critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</p>

							<p>Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health</p> <p>Know that secure websites can be identified</p>
ECONOMIC, MONEY, WORK AND ASPIRATION	<p>Know that there are different people who help you.</p> <p>Know that money is needed to buy goods and services.</p>	<p>Build on prior knowledge and: Know about aspirations and what we can achieve.</p> <p>Know how this fits in with the values of 'Work hard'</p>	<p>Build on prior knowledge and: Know that everybody in society has a role to play.</p> <p>Know possible career choices and what interests they have.</p>	<p>Build on prior knowledge and: Know and understand that everyone has different strengths and weaknesses</p> <p>Know the ways to set realistic targets</p> <p>Know and reflect on the range of skills needed in different jobs</p>	<p>Build on prior knowledge and: Know who inspires them and why this is.</p> <p>Know why financial management and planning is important from a young age</p> <p>Know about and reflect on their own spending habits / choices</p> <p>Have some thoughts about what they might want to do as an adult.</p>	<p>Build on prior knowledge and: Know and understand profit and loss</p> <p>Know what debt is and how it can be prevented.</p> <p>Know and understand the principles of charity work</p> <p>Know about budgeting and what it means to budget</p> <p>Know why financial management and planning is important from a young age</p> <p>Know and understand financial terms such as loan, interest, tax and discount</p> <p>Make connections between their learning, the world of work and their future economic wellbeing</p> <p>Show initiative and take responsibility for activities that develop enterprise capability</p>	<p>Build on prior knowledge and: Know and talk about their own and others' strengths and weaknesses and how to improve</p> <p>Recall and know how to self-assess, understanding how this will help their future actions</p> <p>Know and be able to reflect on past achievements</p> <p>Know how to recognise achievements of others as being worthwhile and important</p> <p>Know how to and begin to set personal goals</p> <p>Know and identify the skills they need to develop to make their contribution in the working world in the future</p> <p>Know that connections can be made between their learning, the world of work and their future economic wellbeing</p>