



PSHE

Knowledge Overview: Family and Relationships



	Nursery	Reception	Year 1	Year 2
Family		Know the name and describe the different members of our families. Know that all families are valuable and special.	Know that families look after us. Know some words to describe how people are related (eg. aunty, cousin). Know that some information about me and my family is personal.	Know that families can be made up of different people. Know that families may be different to my family.
Friendship	Know how to form positive attachments and friendships with peers.	Know that we share toys so that everyone feels involved and no one feels left out or upset.	Know some characteristics of a positive friendship. Know that friendships can have problems but that these can be overcome.	Know some problems which might happen in friendships. Know that some problems in friendships might be more serious and need addressing.
Respectful Relationships		Know that different people like different things. Know that all people are valuable. Know that it is important to help, listen and support others when working as a team. Know that it is important to tell the truth.	Know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only.	Know some ways people show their feelings. Know what good manners are. Know some stereotypes related to jobs.
Change and loss				Know that there are ways we can remember people or events.

	Year 3	Year 4	Year 5	Year 6
Family	Know that I can talk to trusted adults or services such as Childline if I experience family problems.	Know that families are varied in the UK and across the world.	Know that marriage is a legal commitment and is a choice people can make. Know that if I have a problem, I can call ChildLine on 0800 1111.	
Friendship	Know that bullying can be physical or verbal. To know that bullying is repeated, not a one off event. Know that violence is never the right way to solve a friendship problem	Know the different roles related to bullying including victim, bully and bystander. Know that everyone has the right to decide what happens to their body.	Know what attributes and skills make a good friend. Know what might lead to someone bullying others. Know what action a bystander can take when they see bullying.	Know that a conflict is a disagreement or argument and can occur in friendships. Know the concepts of negotiation and compromise.

Respectful Relationships	<p>Know that trust is being able to rely on someone and it is an important part of relationships. To know the signs of a good listener.</p> <p>Know how to listen carefully and why listening is important. To understand that there are similarities and differences between people.</p> <p>Know some stereotypes related to age.</p>	<p>Know the courtesy and manners which are expected in different scenarios.</p> <p>Know some stereotypes related to disability</p>	<p>Know that positive attributes are the good qualities that someone has.</p> <p>Know that stereotypes can be unfair, negative and destructive.</p> <p>Know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.</p>	<p>Know what respect is. To understand that everyone deserves respect but respect can be lost.</p> <p>Know that stereotypes can lead to bullying and discrimination.</p>
Change and loss		<p>Know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.</p>		<p>Know that loss and change can cause a range of emotions.</p> <p>Know that grief is the process people go through when someone close to them dies.</p>



PSHE

Knowledge Overview: Mental health
and wellbeing



	Nursery	Reception	Year 1	Year 2
Health and prevention		Know that having a naturally colourful diet is one way to try and eat healthily,	Know we can limit the spread of germs by having good hand hygiene. Know the five S's for sun safety: slip, slop, slap, shade, sunglasses. Know that certain foods and other things can cause allergic reactions in some people.	Know that food and drinks with lots of sugar are bad for our teeth.
Physical health and wellbeing		Know that exercise means moving our body and is important.	Know that sleep helps my body to repair itself, to grow and restores my energy	To know the importance of exercise to stay healthy. Know the balance of foods we need to keep healthy. Know that breathing techniques can be a useful strategy to relax.
Mental wellbeing		Know some different feelings and emotions. Know that I am a valuable individual. Know that facial expressions can give us clues as to how a person is feeling. Know that I can learn from my mistakes. Know some strategies to calm down	Know that strengths are things we are good at. Know that qualities describe what we are like. Know the words to describe some positive and negative emotions.	Know that we can feel more than one emotion at a time. Know that a growth mindset means being positive about challenges and finding ways to overcome them.
	Year 3	Year 4	Year 5	Year 6
Health and prevention		Know key facts about dental health	Know the risks of sun exposure.	Know that vaccinations can give us protection against disease. Know that changes in the body

				could be possible signs of illness.
Physical health and wellbeing	Know the positive impact relaxation can have on the body. Know the different food groups and how much of each of them we should have to have a balanced diet.	Know that visualisation means creating an image in our heads.	Know that relaxation stretches can help us to relax and de-stress. Know that calories are the unit that we use to measure the amount of energy certain foods give us. Know that what we do before bed can affect our sleep quality.	Know that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health). Know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits.
Mental wellbeing	Know the importance of belonging. Know what being lonely means and that it is not the same as being alone. Know what a problem or barrier is and that these can be overcome.	Know that different job roles need different skills and so some roles may suit me more than others. Know that it is normal to experience a range of emotions. Know that mental health refers to our emotional wellbeing, rather than physical. Know that mistakes can help us to learn. Know who can help if we are worried about our own or other people's mental health.	Know what can cause stress. Know that failure is an important part of success.	Know that a number of factors contribute to my mental health (Diet, exercise, rest/relaxation). Know the effects technology can have on mental health.



PSHE

Knowledge Overview: Safety and the changing body



	Nursery	Reception	Year 1	Year 2
Being safe (including online)		Know that some rules are in place to keep us safe. To know how to behave safely on the pavement and when crossing roads with an adult.	Know that some types of physical contact are never appropriate. Know what to do if I get lost. Know that a hazard is something which could cause an accident or injury.	Know the PANTS rule. Know that I should tell an adult if I see something which makes me uncomfortable online. Know the difference between secrets and surprises. Know the rules for crossing the road safely
Drugs, alcohol and tobacco			Know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure.	Know that medicine can help us when we are ill. Know that we should only take medicines when a trusted adult says we can.
The changing adolescent body				Know the names of parts of my body including private parts.
Basic first aid			Know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened. Know that the emergency services are the police, fire service and the ambulance service.	

	Year 3	Year 4	Year 5	Year 6
Being safe (including online)	Know that cyberbullying is bullying which takes place online.	Know that there are risks to sharing things online. Know the difference between private and public.	Know the steps to take before sending a message online (using the THINK mnemonic). Know	Know that online relationships should be treated in the same way as face to face relationships.

	Know the signs that an email might be fake. Know the rules for being safe near roads.		some of the possible risks online.	Know where to get help with online problems.
Drugs, alcohol and tobacco	Know that other people can influence our choices.	Know the risks associated with smoking tobacco and vapes.	Know some strategies I can use to overcome pressure from others and make my own decisions.	Know understand the risks associated with drinking alcohol.
The changing adolescent body		Know the physical changes to both male and female bodies as people grow from children to adults.	Know the process of the menstrual cycle. Know the names of the external sexual parts of the body and the internal reproductive organs. Know that puberty happens at different ages for different people.	Know how a baby is conceived and develops.
Basic first aid	Know that bites or stings can sometimes cause an allergic reaction. To know that it is important to maintain the safety of myself and others, before giving first aid.	Know that asthma is a condition which causes the airways to narrow.	Know how to assess a casualty's condition.	Know how to conduct a primary survey (using DRSABC).



PSHE

Knowledge Overview: Growing up in
Gainsborough



anthem

	Nursery	Reception	Year 1	Year 2
School rules		<p>Know that we have rules to keep everything fair, safe and enjoyable for everyone.</p> <p>Know that we all have similarities and differences and that make us special.</p> <p>Know that we all have different beliefs and celebrate special times in different ways.</p>	<p>Know the rules in school. To know that different pets have different needs.</p> <p>Know the needs of younger children and that these change over time.</p> <p>Know that voting is a fair way to make a decision.</p> <p>Know that people are all different and that this is a good thing.</p>	<p>Know some of the different places where rules apply.</p> <p>Know that some rules are made to be followed by everyone and are known as 'laws'.</p> <p>Know some of the jobs people do to look after the environment in school and the local community.</p> <p>Know how democracy works in school through the school council.</p> <p>Know that different groups of people make different contributions to the community.</p>

Year 3	Year 4	Year 5	Year 6
<p>Know the rights children have.</p> <p>Know that not all children benefit from rights.</p> <p>Know that children have the responsibility to make sure other children can benefit from rights.</p> <p>Know that recycling rubbish helps protect the environment.</p> <p>Know what I can do to increase/improve recycling at home/school.</p> <p>Know what a community is.</p> <p>Know that there are buildings and places that are there for the community.</p>	<p>Know that everyone has human rights.</p> <p>know why these rights are important.</p> <p>Know who helps to protect human rights.</p> <p>Know that groups exist do different things in a community.</p> <p>Know that communities are made up of different groups.</p> <p>Know the role of the local councillor.</p>	<p>Know what happens when someone breaks the law.</p> <p>Know that rights apply to everyone.</p> <p>Know how reducing materials and energy help the environment.</p> <p>Know how contributions to the community are recognised and valued.</p> <p>Know how the Parliament works.</p>	<p>Know that human rights are there to protect everyone.</p> <p>Know why individual campaign for causes they believe in.</p> <p>Know some environmental issues relating to food.</p> <p>Know that I have a responsibilities for other people and living things.</p> <p>Know what discrimination and prejudice is.</p> <p>Know the contribution that people with protected characteristics bring to society.</p> <p>Know how the government works.</p>

Know that charities support different things in our community. Know why we have rules in the community.			
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Knowledge Overview: Economic Wellbeing



Nursery	Reception	Year 1	Year 2
		<p>Know that coins and notes have different values.</p> <p>Know some of the ways children may receive money.</p> <p>Know that it is wrong to steal money.</p> <p>Know that banks are places where we can store our money.</p> <p>Know some jobs in school.</p> <p>Know that different jobs need different skills.</p>	<p>Know some of the ways in which adults get money.</p> <p>Know the difference between a 'want' and 'need'.</p> <p>Know some of the features to look at when selecting a bank account.</p>
Year 3	Year 4	Year 5	Year 6
<p>Know that there are different ways to pay for things.</p> <p>Know that budgeting money is important.</p> <p>Know that there are a range of jobs available.</p> <p>Know that some stereotypes can exist around jobs.</p>	<p>Know that money can be lost in a variety of ways.</p> <p>Know the importance of tracking money.</p> <p>Know that many people will have more than one job in their lifetime.</p> <p>Know ways to overcome stereotyping in the workplace.</p>	<ul style="list-style-type: none">• Know when money is borrowed it needs to be paid back usually with interest.• Know that it is important to prioritise spending.• Know that income is the amount of money received and expenditure is the amount of money spent.• Know some ways that people lose money.	<p>Know that there are certain rules to follow to keep money safe in a bank.</p> <p>Know that gambling is a risk where money, or something else, is swapped in hope of winning something better or more money.</p> <p>Know that different jobs have different routes into them.</p> <p>Know that banks and organisations such as Citizen Advice can help with money related issues.</p>