

Updated August 2021		PSHE Essential Knowledge: progression document							
Embedding our learning culture		Curricular Goal: Know the attributes and qualities needed to thrive as an individual							
Safe		Reception	Year 1 and 2		Year 3 and 4		Year 5 and 6		
<ul style="list-style-type: none"> online safety positive attitudes to learning visits British Values 			A	B	A	B	A	B	
Achieving		Families and Friendship							
<ul style="list-style-type: none"> alteration to LTM building knowledge including knowledge checks and mini knowledge checks 		Component 1: know about relationships Ways to build constructive and respectful relationships The feelings of others <ul style="list-style-type: none"> show sensitivity to their own and to others' needs Ways to work and play cooperatively <ul style="list-style-type: none"> take turns with others form positive attachments to adults 	There are special people in our lives <ul style="list-style-type: none"> these people have particular attributes that make them special People care for us in different ways/we care for people in different ways	There are different types of friendships What makes a good friend How to resolve arguments People can feel lonely Families are different	There are different types of relationships People in different relationships care for and value each other Friends have particular qualities Friendships are not always positive We share the responsibility of maintaining positive friendships	Families are different <ul style="list-style-type: none"> different features of family life Bullying will not be tolerated <ul style="list-style-type: none"> how to recognise bullying how to respond to bullying and ask for help 	There are different types of relationships People may be attracted to someone of the same sex or different sex to them Couples demonstrate their love in different ways (may be based on personal beliefs/values) Relationships should be positive and healthy	Relationships should be healthy <ul style="list-style-type: none"> everyone has the right to feel safe and happy signs of an unhealthy relationships unhealthy relationships can happen anywhere including amongst family and friends Negotiation and compromise strategies are used to solve disputes What peer pressure is Peer pressure can be positive or negative There are people you can talk to if you are unsure	
Nurtured									
<ul style="list-style-type: none"> dialogic approach learning from mistakes development of cultural capital 									
Included									
<ul style="list-style-type: none"> pupils supported to 									

<p>meet endpoints</p> <ul style="list-style-type: none">• British Values		<p>and friendships with peers</p>			<p>There are peaceful ways to solve problems that may arise in friendships</p> <p>Relationships can be celebrated/ marked in different ways</p>		<p>Relationships can change or end</p> <p>Arranged marriages and forced marriages are different</p> <p>Concerns about forced marriages should be reported</p>	<ul style="list-style-type: none">• importance of speaking to a trusted person if they feel uncomfortable or unsafe
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