



Moorland Primary School – Progression of Knowledge and skills in PSHE

Year 6	Being Me in my world	Celebrating difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Knowledge (substantive)	<p>1.To know what my own goals are.</p> <p>2.To know that there are universal rights for all children, but for many, these rights are not met.</p> <p>3.To know how to make choices about my own behaviour.</p> <p>4.To know how democracy benefits the school community.</p> <p>5.To know how being a role model help others.</p>	<p>1.To know there are different perceptions about what normal means.</p> <p>2.To know that being different could affect someone's life.</p> <p>3.To know how it feels to be excluded or treated badly.</p> <p>4.To know some of the reasons why people use bullying behaviour.</p> <p>5.To know how difference can be a source or conflict or celebration.</p>	<p>1.To know my own learning strengths & work out steps to take to reach a goal.</p> <p>2.To know how to empathise with people who are suffering and to work with other people to make things better.</p> <p>3.To know what people like or admire about me and accept their praise.</p>	<p>1.To know how to make choices that benefit my health & well-being.</p> <p>2.To know about different types of drugs & their uses and their effects on the body.</p> <p>3.To know why some people join gangs & the risks this involves.</p> <p>4.To know what strategies to use to manage stress and pressure.</p>	<p>1.To know that it is important to take care of mental health.</p> <p>2.To know that there are different stages to grief & different types of loss.</p> <p>3.To know when people are trying to gain power or control</p> <p>4.To know how to use technology positively and safely to communicate.</p>	<p>1.To know how to develop self esteem</p> <p>2.To know how bodies change during puberty.</p> <p>3.To know that no-one should be pressured into things.</p> <p>4.To know that being physically attracted to someone changes the nature of a relationship.</p> <p>5.To know what sexting is.</p> <p>6.To know how to prepare for changes next year.</p>



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Skills (Disciplinary knowledge)	<p>1. Identify goals for the year.</p> <p>2. Understand what children's universal rights are.</p> <p>3. Recognise choices, consequences and rewards.</p> <p>4. Explore democracy & have a voice.</p> <p>5. Recognise anti-social behaviour and how to be a role model for others.</p>	<p>1. Explore perceptions of normality.</p> <p>2. Understand disability.</p> <p>3. Understand power struggles.</p> <p>4. Understand bullying – inclusion and exclusion.</p> <p>5. Understand difference as conflict and as celebration and develop empathy.</p>	<p>1. Explore personal learning goals.</p> <p>2. Understand that individuals can make a difference in the world.</p> <p>3. Recognise achievements and learn how to give/receive compliments.</p>	<p>1. Take personal responsibility.</p> <p>2. Explain how substances affect the body.</p> <p>3. Understand about exploitation, including 'county lines' and gang culture.</p> <p>4. Recognise ways to manage stress emotional and mental health.</p>	<p>1. Identify mental health worries and sources of support</p> <p>2. Recognise how to manage feelings around love and loss</p> <p>3. Understand about power and control and how to be assertive.</p> <p>4. Use technology safety and take responsibility with technology use.</p>	<p>1. Discuss self-image and body image.</p> <p>2. Understand puberty, conception to birth and physical attraction.</p> <p>3. Explore & discuss respect and consent.</p> <p>4. Recognise different relationships including boyfriends/girlfriends</p> <p>5. Understand sexting.</p> <p>6. Explore the changes and transition ahead of them</p>



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Year 6	Being Me in my world	Celebrating difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
SMSC	Social Spiritual Cultural Moral	Social Spiritual Cultural Moral	Social Spiritual Cultural Moral	Social Spiritual Cultural Moral	Social Spiritual Cultural Moral	Social Spiritual Cultural Moral
British Values	Individual liberty Tolerance Democracy Rule of Law Mutual respect	Individual liberty Tolerance Democracy Rule of Law Mutual respect	Individual liberty Tolerance Democracy Rule of Law Mutual respect	Individual liberty Tolerance Democracy Rule of Law Mutual respect	Individual liberty Tolerance Democracy Rule of Law Mutual respect	Individual liberty Tolerance Democracy Rule of Law Mutual respect



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Year 5	Being Me in my world	Celebrating difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Knowledge (substantive)	<p>1.To know how to set personal goals.</p> <p>2.To know rights and responsibilities of citizens of our country.</p> <p>3.To know how an individual's behaviour can impact on a group.</p> <p>4.To know how democracy benefits the school community.</p>	<p>1.To know that cultural difference can cause conflict.</p> <p>2.To know what racism is.</p> <p>3.To know arrange of strategies for managing feelings in bullying situations.</p> <p>4.To know how my life compares with people in the developing world.</p>	<p>1.To know about a range of jobs carried out by people.</p> <p>2.To know why money is important.</p> <p>3.To know possible dreams and goals of people in different cultures.</p> <p>4.To know a range of ways of supporting others</p> <p>5.To know why people are motivated to make positive contributions.</p>	<p>1.To know the risks of smoking & alcohol.</p> <p>2.To know how the media promotes certain body types.</p> <p>3.To know the different roles food can play in people's lives.</p> <p>4.To know what makes a healthy lifestyle.</p>	<p>1.To know how to build self-esteem.</p> <p>2.To know when an online community feels unsafe.</p> <p>3.To know there are rights and responsibilities when playing a game online.</p> <p>4.To know how to reduce screen time.</p> <p>5.To know how to stay safe when using technology to communicate.</p>	<p>1.To know how to develop self-esteem.</p> <p>2.To know how bodies change during puberty.</p> <p>3.To know how to be responsible.</p> <p>4.To know how to cope with change and prepare for transition.</p>



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Year 5	Being Me in my world	Celebrating difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Skills (Disciplinary knowledge)	<p>1. Plan challenges for the forthcoming year.</p> <p>2. Recognise being a citizen and rights, responsibilities and respecting others' rights.</p> <p>3. Understand rewards and consequences and how behaviour affects groups.</p> <p>4. Discuss what democracy is and be able to participate and have a voice.</p>	<p>1. Recognise cultural differences and how to respect other cultures.</p> <p>2. Understand what racism is.</p> <p>3. Identify different types of bullying including rumours and name-calling</p> <p>4. Explore material wealth and happiness.</p>	<p>1. Consider future dreams, jobs and careers and think about how to get there.</p> <p>2. Recognise the importance of money.</p> <p>3. Understand goals in different cultures</p> <p>4. Explore how to support others (charity)</p> <p>5. Understand motivation</p>	<p>1. Discuss smoking (including vaping), alcohol and anti-social behaviour.</p> <p>2. recognise positive body image</p> <p>3. Explore different relationships with food and how to make healthy choices.</p> <p>4. Understand motivation and behaviour.</p>	<p>1. Develop self-recognition, self-worth and self-esteem.</p> <p>2. Identify safer online communities and explore rights & responsibilities online.</p> <p>3. Discuss online gaming and gambling.</p> <p>4. Explore the importance of reducing screen time.</p> <p>5. Recognise the dangers of online grooming & safety rules.</p>	<p>1. recognise self- and body image and begin to understand the influence of online and media on body image.</p> <p>2. Understand puberty for girls and boys and about conception (including IVF)</p> <p>3. Develop responsibility</p> <p>4. Recognise how to cope with change and prepare for transition.</p>



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Year 4	Being Me in my world	Celebrating difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Knowledge (substantive)	<p>1.To know how important it is to feel included.</p> <p>2.To know how democracy works through the school council.</p> <p>3.To know how rewards and consequences motivate behaviour.</p> <p>4.To know how groups come together to make decisions.</p> <p>5.To know how democracy benefits the school community.</p>	<p>1.To know how to accept people for who they are.</p> <p>2.To know how it might feel to be a target of bullying.</p> <p>3.To know what unique features I like and respect about my physical appearance.</p>	<p>1.To know how it feels to have hopes and dreams.</p> <p>2.To know how to cope with disappointment.</p> <p>3.To know how to make a new plan and set new goals.</p> <p>4.To know how to identify the contributions made to a group achievement.</p> <p>5.To know how to develop resilience.</p>	<p>1.To know what roles are taken on in friendship groups.</p> <p>2.To know the effects of smoking and alcohol on health.</p> <p>3.To know when people are putting pressure on.</p> <p>4.To know what is believed as right and wrong.</p>	<p>1.To know situations that can cause jealousy.</p> <p>2.To know how most people feel when they lose someone/ something they love.</p> <p>3.To know how to stand up for yourself, negotiate and compromise.</p> <p>4.To know that boyfriend/girlfriend relationships are personal.</p>	<p>1.To know that some personal characteristics come from birth parents</p> <p>2.To know the internal and external parts of male and female bodies necessary for making a baby.</p> <p>3.To know how to accept changes that have been made.</p> <p>4.To know what changes could be made next year.</p>



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Year 4	Being Me in my world	Celebrating difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Skills (Disciplinary knowledge)	<p>1.Demonstrate how to be part of a class team and a school citizen.</p> <p>2.Explore rights, responsibilities, respecting others' rights and democracy</p> <p>3.Understand rewards and consequences.</p> <p>4.Develop group decision-making skills.</p> <p>5.Understand what motivates behaviour.</p>	<p>1.Demonstrate how to challenge assumptions and accept self and others.</p> <p>2.Understand influences and bullying</p> <p>3.Identify how special and unique everyone is.</p>	<p>1.Discuss about hopes and dreams.</p> <p>2.Explore how to overcome disappointment.</p> <p>3.Create new, realistic dreams and think about how to achieve them</p> <p>4.Recognise how to work effectively in a group and celebrate contributions.</p> <p>5.Develop resilience and a positive attitude.</p>	<p>1.Recognise how to have healthier friendships and different group dynamics.</p> <p>2.Recognise the risks of smoking and alcohol.</p> <p>3.Explore how to be assertive and avoid peer pressure.</p> <p>4.Celebrate their inner strength.</p>	<p>1.Understand about Jealousy.</p> <p>2.Explore love and loss and recalling memories of loved ones.</p> <p>3.Discuss conflict and resolution and how to show appreciation to people and animals.</p> <p>4.Recognise different relationships including girlfriends and boyfriends.</p>	<p>1.Recognise the ways in which they are unique.</p> <p>2.Understand about having a baby, girls and puberty.</p> <p>3.Develop confidence in change and learn how to accept change</p> <p>4.Prepare for transition and environmental change</p>



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SMSC	Social Spiritual Cultural Moral	Social Spiritual Cultural Moral	Social Spiritual Cultural Moral	Social Spiritual Cultural Moral	Social Spiritual Cultural Moral	Social Spiritual Cultural Moral
British Values	Individual liberty Tolerance Democracy Rule of Law Mutual respect	Individual liberty Tolerance Democracy Rule of Law Mutual respect	Individual liberty Tolerance Democracy Rule of Law Mutual respect	Individual liberty Tolerance Democracy Rule of Law Mutual respect	Individual liberty Tolerance Democracy Rule of Law Mutual respect	Individual liberty Tolerance Democracy Rule of Law Mutual respect



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Year 3	Being Me in my world	Celebrating difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Knowledge (substantive)	<p>1.To know set my own challenges.</p> <p>2.To know my own worth and identify positive things about myself.</p> <p>3.To know that behaviour brings rewards and consequences.</p> <p>4.To know work cooperatively and make responsible choices.</p>	<p>1.To know that everyone's family is different.</p> <p>2.To know that differences and conflict sometimes happen within families.</p> <p>3.To know what bullying is.</p> <p>4.To know how words can affect someone's feelings.</p>	<p>1.To know and admire people who overcome obstacles & achieve success.</p> <p>2.To know personal dreams & ambitions.</p> <p>3.To know how to face new challenges.</p> <p>4.To know how to break a goal down into steps.</p> <p>5.To know how to manage feelings of frustration when they arise.</p> <p>6.To know what a budget is.</p>	<p>1.To know how exercise affects a body.</p> <p>2.To know how the amount of calories, fat and sugar will affect health.</p> <p>3.To know how individuals feel towards drugs.</p> <p>4.To know different strategies for keeping safe and who to go to for help.</p>	<p>1.To know the role and responsibilities of different family members.</p> <p>2.To know how to negotiate in conflict situations.</p> <p>3.To know strategies to use to keep safe online.</p> <p>4.To know about the needs and rights shared by children around the world.</p>	<p>1.To know how babies grow a what they need to live.</p> <p>2.To know that bodies change to be able to make babies.</p> <p>3.To know what stereotypes might be about parenting.</p> <p>4.To know what individuals might look forward to in the next class.</p>



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Year 3	Being Me in my world	Celebrating difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Skills (Disciplinary knowledge)	<p>1.Set personal goals and feel positive about challenges.</p> <p>2.Understand their self-identity and worth.</p> <p>3.Discuss rules, rights, responsibilities and respecting others' rights as well as rewards and consequences.</p> <p>4.Demonstrate how to make responsible choices.</p>	<p>1.Recognise families and their differences.</p> <p>2.Understand family conflict and how to manage it.</p> <p>3.Understand what bullying is and different ways it could be solved</p> <p>4.demonstrate how to give and receive compliment.</p>	<p>1.Recognise difficult challenges and achieving success.</p> <p>2.Identify their dreams and ambitions.</p> <p>3.Demonstrate motivation and enthusiasm</p> <p>4.Recognise and try to overcome obstacles</p> <p>5.Identify different ways to manage feelings.</p> <p>6.Understand simple budgeting.</p>	<p>1.Demonstrate different ways to exercise and fitness challenges.</p> <p>2.Understand food labels and how to make healthy swaps</p> <p>3.Discuss attitudes towards drugs.</p> <p>4.Understand about keeping safe and why it's important online and offline</p>	<p>1.Identify family roles and responsibilities.</p> <p>2.Understand about friendship and negotiation.</p> <p>3.Identify how to keep safe online and who to go to for help.</p> <p>4.Demonstrate being a global citizen, being aware of how choices affect others and develop an awareness of how other children have different lives.</p>	<p>1.Describe how babies grow and understand a baby's needs.</p> <p>2.Discuss outside and inside body changes.</p> <p>3.Develop an awareness of family stereotypes.</p> <p>4. Prepare for transition</p>



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Year 2	Being Me in my world	Celebrating difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Knowledge (substantive)	<p>1.To know the rights and responsibilities for being a member of the class and school.</p> <p>2.To know the consequences of choices made.</p> <p>3.To know how to help make the class a safe & fair place</p>	<p>1.To know that sometimes people make assumptions about gender.</p> <p>2.To know that bullying is sometimes about difference.</p> <p>3.To know that it is OK to be different from other people and to be friends with them.</p>	<p>1.To know how to keep on trying when things are difficult.</p> <p>2.To know individual strengths as a learner.</p> <p>3.To know how to work well in a group to solve problems.</p>	<p>1.To know what motivates to make healthy lifestyle choices.</p> <p>2.To know which foods a body needs to keep healthy.</p> <p>3.To know what relaxed means and identify things that cause stress.</p>	<p>1.To know that everyone's family is different and that most people value their family.</p> <p>2.To know different forms of physical contact and what is acceptable.</p> <p>3.To know some of the things that cause conflict and how to resolve conflict.</p>	<p>1.To know the natural process of growing from young to old.</p> <p>2.To know how to become more independent.</p> <p>3.To know the physical differences between boys and girls.</p> <p>4.To know what there is to look forward to in the next class.</p>



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Year 2	Being Me in my world	Celebrating difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Skills (Disciplinary knowledge)	<p>1.Recognise rights, responsibilities and how to respect others' rights</p> <p>2.Discuss rewards and consequences.</p> <p>3.Create a safe and fair learning environment</p>	<p>1.Recognise gender stereotypes and gender diversity.</p> <p>2.Discuss bullying and how to stand up for themselves and others.</p> <p>3.Demonstrate how to make new friends and celebrate differences with their friends.</p>	<p>1.Demonstrate perseverance and recognise how it helps to achieve goals.</p> <p>2.Recognise what their learning strengths are.</p> <p>3.Identify how to work effectively with others and cooperate in a group setting.</p>	<p>1.Understand about motivation.</p> <p>2.Demonstrate how to make healthier choices</p> <p>3.Recognise the importance of relaxation.</p>	<p>1.Recognise different types of family.</p> <p>2.Understand physical contact boundaries.</p> <p>3.Discuss friendship and conflict and how to appreciate special relationships.</p>	<p>1.Identify life cycles in nature and growing from young to old.</p> <p>2.Demonstrate increasing independence</p> <p>3.Discuss the differences in female and male bodies.</p> <p>4.Prepare for transition</p>



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Year 1	Being Me in my world	Celebrating difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Knowledge (substantive)	<p>1.To know how to make others feel welcome.</p> <p>2.To know the rights and responsibilities of class members.</p> <p>3.To know that behaviour choices have consequences.</p>	<p>1.To know the similarities and difference between people in the class.</p> <p>2.To know what bullying is.</p> <p>3.To know how to make new friends and to give and receive compliments.</p>	<p>1.To know how to set goals.</p> <p>2.To know how to work well with a partner.</p> <p>3.To know that obstacles make it difficult to achieve challenges & work out how to overcome them.</p>	<p>1.To know how to make healthy lifestyle choices.</p> <p>2.To know that medicines can help and how to use them safely.</p> <p>3.To know how being healthy helps you to feel happy.</p>	<p>1.To know what being a good friend means.</p> <p>2.To know who to ask for help in the school community.</p> <p>3.To know what makes a good relationship.</p>	<p>1.To know the changes that happen as we get older.</p> <p>2.To know how my body changes from being a baby.</p> <p>3.To know the body parts that make boys different to girls.</p>



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Year 1	Being Me in my world	Celebrating difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Skills (Disciplinary knowledge)	<p>1.Demonstrate how to be part of a class and feel special and safe.</p> <p>2.Discuss rights, responsibilities and respecting others' rights.</p> <p>3.Understand rewards and consequences.</p>	<p>1.Recognise similarities and differences.</p> <p>2.Understand bullying and know how to deal with it</p> <p>3.Demonstrate how to new friends and celebrate the differences in everyone.</p>	<p>1.Set goals, identifying successes and achievements.</p> <p>2.Recognise different learning styles and how to work well with partner.</p> <p>3.Identify how to tackle new challenges and identify and overcome obstacles, making them feel successful.</p>	<p>1.Identify how to keep themselves safe and how to make healthier lifestyle choices.</p> <p>2.Discuss being safe with medicines and household items as well as being safe near roads.</p> <p>3.Recognise how health and happiness link.</p>	<p>1.Identify how to make friends, how to be a good friend and the qualities of a friend.</p> <p>2.Discuss people that help us.</p> <p>3.Demonstrate how to celebrate special friendships.</p>	<p>1.Discuss the life cycles of humans and animals.</p> <p>2.Recognise the changes since being a baby.</p> <p>3.Understand the differences between female and male bodies.</p>



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Year 1	Being Me in my world	Celebrating difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Development Matters	Development Matters	Development Matters	Development Matters	Development Matters	Development Matters	Development Matters
SMSC (3-4 year olds)	Social Spiritual	Social Spiritual	Social Spiritual	Social Spiritual	Social Spiritual	Social Spiritual
<p>Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them.</p> <p>Develop their sense of responsibility and membership of a community.</p> <p>Become more outgoing with unfamiliar people, in the safe context of their setting. Show more confidence in new social situations.</p> <p>Play with one or more other children, extending and elaborating play ideas.</p> <p>Help to find solutions to conflicts and rivalries. For example, accepting that not everyone can be SpiderMan in the game, and suggesting other ideas.</p> <p>Increasingly follow rules, understanding why they are important.</p> <p>Do not always need an adult to remind them of a rule.</p> <p>Develop appropriate ways of being assertive.</p> <p>Talk with others to solve conflicts.</p> <p>Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.</p> <p>Begin to understand how others might be feeling.</p> <p>Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly.</p>		<p>See themselves as a valuable individual.</p> <p>Build constructive and respectful relationships.</p> <p>Express their feelings and consider the feelings of others.</p> <p>Show resilience and perseverance in the face of challenge.</p> <p>Identify and moderate their own feelings socially and emotionally.</p> <p>Think about the perspectives of others.</p> <p>Manage their own needs - Personal hygiene</p> <p>Know and talk about the different factors that support their overall health and wellbeing:</p> <ul style="list-style-type: none"> • regular physical activity • healthy eating • toothbrushing • sensible amounts of 'screen time' • having a good sleep routine • being a safe pedestrian 		<p><u>Personal, Social and Emotional Development: Self Regulation</u></p> <p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p><u>Personal, Social and Emotional Development: Managing Self</u></p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p><u>Personal, Social and Emotional Development: Building Relationships</u></p> <p>Work and play cooperatively and take turns with others.</p> <p>Form positive attachments to adults and friendships with peers.</p> <p>Show sensitivity to their own and to others' needs.</p> <p><u>Understanding the World: People, Culture and Communities</u></p> <p>Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class.</p>		