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Humankind	Wellbeing		Some everyday items can cause harm if not used properly. It is important to listen to adults and follow rules to keep them safe. It is important to tell a trusted adult if they are hurt or feel sad, scared or worried.	People's bodies can be hurt in some everyday activities. It is important to follow safety procedures and have adult supervision where there may be dangers, such as crossing a road or near water. People can feel different things and their feelings can be hurt by others saying unkind things. It is important to talk to a trusted adult if hurting, either physically or emotionally. If something is proving difficult, there are things that can be done, such as trying a different approach, breaking the problem down into smaller steps, or asking for help.	Some types of physical contact are acceptable and comfortable, such as holding a hand to cross a road or a cuddle from a parent or grandparent. Some types of physical contact are unacceptable and can make someone feel uncomfortable. If this happens, it is important to talk about it with a trusted adult. Improving wellbeing can make us feel good, such as playing outside, doing things that are enjoyable or that help others, spending time with family or sleeping well.	People may experience positive and negative feelings and it is important to relate appropriately to others' feelings. There are strategies for building positive relationships, including mutual respect, trust, truthfulness, loyalty, kindness, generosity, shared interests and experiences, support with problems and difficulties.	Self-respect is having pride and confidence in oneself and behaving in a way that doesn't damage this. It is important to say no to anything that feels uncomfortable or unsafe, including physical contact, and talk to a trusted adult for help. The internet has many benefits, including research, communication and sharing information. It is important to balance time online with other activities for mental wellbeing and there are strategies for managing time online.	Pressure to behave in unacceptable, unhealthy or risky ways can come from friends, family members, school, online contacts or the media. This behaviour may impact on a person's self-respect and damage short and long term physical, mental and emotional health. Taking care of our mental health is just as important as our physical health. Strategies include good quality sleep, physical exercise or time outdoors, being involved in community groups, doing things for others, clubs and activities, hobbies and spending time with family and friends.	Unwanted contact and some actions, such as female genital mutilation, are forms of abuse and criminal offences. They can have lasting consequences on victims, who may require support from outside agencies, such as Childline and the FGM National Clinical Group. Warning signs about mental health and wellbeing can include changes in behaviour, physical appearance, appetite or sleeping patterns. Difficulties with mental health can be resolved with help and support but it is important to discuss feelings with a trusted adult.
	Unacceptable behaviour	Know that some actions and words can hurt others.	Things that they do or say can upset and hurt others. It is unacceptable to hurt someone and,	Teasing is laughing at someone or saying unkind things about them. This can be either	Teasing and bullying are wrong and can have a lasting impact on mental wellbeing.	People may feel a mixture of emotions about an event or thing and find these opposite	The effects of teasing and bullying can include anxiety, mistrust, anger,	There are different types of bullying and abuse. These include verbal, prejudice based,	Discrimination is treating someone unfairly on the grounds of their gender, sexual

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			if they do, they need to find a way to make things better.	as a joke or deliberately to upset them. Bullying (including cyberbullying) is hurting or frightening someone over a period of time and perhaps forcing them to do something that they do not want to do. Teasing and bullying can have a lasting impact on a person's mental wellbeing and are unacceptable ways to behave.	Strategies can be taught to deal with teasing and bullying without resorting to violence, such as assertively asking the perpetrators to stop and walking away. If the problems cannot be solved, it is important to speak to a trusted adult.	emotions hard to manage. For example, they may feel very worried and excited at the same time about trying something new. Finding the reasons behind these conflicting emotions, refraining from acting on impulse and seeking help from friends, family or professionals can help people to make good decisions.	fear, loneliness, low self esteem and worry. These feelings can affect people for a long period of time, even after the teasing and bullying have ended.	physical, sexual, racial, emotional and online. These are behaviours that are intended to hurt victims physically or emotionally. It is important to ask for help if bullying or abuse is experienced or witnessed. Help is available from teachers, trusted adults and agencies, such as the NSPCC and Childline.	orientation, race or age. Teasing is making fun of or provoking someone. Bullying is hurting or frightening someone over a period of time. Aggressive behaviour is acting in a violent, angry way towards someone. These actions can come in many forms, such as cyberbullying, prejudice based language and trolling. People who carry out these acts often have low self esteem and self worth. Victims can suffer long term consequences, such as damage to their physical, mental and emotional health and reputation.
	Staying safe	Know that appropriate adults are there to help them to stay safe.	Private means something that doesn't need to be told or shown to anyone else.	Private things are things that you don't have to tell anyone else. They may only be known to one person or a small group. A person may have	There are rules for keeping physically and emotionally safe, including safety online, responsible use of ICT, differences between secrets	There are strategies that people can use to keep themselves and others physically and emotionally safe. These strategies	Personal information includes a person's full name, password, address, phone number and photographs. It is important not to	Responsible use of a mobile phone includes keeping it safe and protected, using it sensibly by setting time limits, turning it off at night and	A dare is a request from another person to carry out an act that feels uncomfortable, shameful or is against the law. Everyone has the

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				<p>private thoughts or opinions or a private place that they like to go. Everyone has the right to privacy, which should be respected by others. Parts of the body are also private.</p> <p>They do not have to do things that may make them unsafe or worried for themselves or others. There are people they can ask for help and should keep trying until they are heard.</p>	<p>and surprises, understanding not to keep adults' secrets, safety in the sun, road safety, cycle safety and safety in the environment (including rail, water and fire safety).</p> <p>There are occasions when they should seek permission from another, as well as when others should ask for their permission, such as physical contact, using belongings and going to places.</p>	<p>include blocking online users, using pedestrian crossings correctly, taking medicines correctly, using household products safely and sharing worries with a trusted adult or organisation.</p> <p>First aid is the help and treatment given after an accident has happened. An allergy is a reaction the body has to a particular food or substance. An allergic reaction can occur from a bite or sting. Most allergic reactions can be controlled with antihistamines. Severe reactions can occur and need urgent treatment and the emergency services should be contacted by ringing 999 or 112.</p>	<p>share these online as it can make it easier for someone to steal someone's identity. Knowing someone online is different from knowing someone face to face.</p> <p>The signs of an asthma attack are coughing and wheezing, difficulty breathing or speaking, blue lips and panic. The treatment for a mild asthma attack includes taking slow breaths and using an inhaler. The signs of a head injury are a wound or swelling on the head, headache, sickness, dizziness, drowsiness and loss of memory. The treatment for a mild head injury includes a cold compress to the injured area. In severe cases of an asthma attack or head injury, the emergency services should be</p>	<p>protecting it with a passcode. Safe use involves not divulging personal information and appropriate distribution of images and messages.</p> <p>When an accident has happened, it is important to alert an adult; children should only give first aid treatment if they cannot be hurt themselves and no adult is available to take charge of the situation. Severe bleeding can be a medical emergency, needing urgent treatment so 999 or 112 should be called. During an emergency call, it is important to speak clearly and not too fast, providing the location of the incident so the emergency services can attend as quickly as possible.</p>	<p>right to refuse to carry out any act that can be harmful to physical, emotional and mental wellbeing.</p> <p>In an emergency situation when someone is hurt, unresponsive or has become ill it is important to make sure you and others are safe, find out how the injured person feels and what condition they are in, comfort and reassure the injured person and give necessary first aid and seek medical help if required. A 999 or 112 call involves telling the call handler which emergency service is needed, the address or location of the incident and phone number, staying calm, speaking clearly and staying on the line, remembering that the call handler is there to</p>

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							contacted by ringing 999 or 112.		help so there is no need to be afraid.
	Healthy lifestyle	<p>Fruit and vegetables are healthy foods and milk and water are healthy drinks.</p> <p>Wearing sunscreen, a hat and sunglasses can protect the skin and eyes from sun damage.</p>	<p>Healthy lifestyle choices include eating fruit and vegetables, drinking water, limiting sugary snacks, regular exercise, a good sleep routine, sensible amounts of screen time and good hygiene</p> <p>Wearing sunscreen, a hat and sunglasses can protect the skin and eyes from sun damage.</p>	<p>A healthy lifestyle includes doing things to maintain both physical and mental health, such as a balanced diet, regular exercise, good bodily and oral hygiene, limiting screen time, recognising and talking about emotions and good quality rest and sleep.</p> <p>Wearing sunscreen, a sun hat and sunglasses can protect the skin and eyes from sun damage. Too much sun can cause sunburn and lead to skin damage and skin cancer.</p>	<p>A healthy lifestyle includes doing things to maintain both physical and mental health. These include eating a balanced diet, building regular exercise and physical activity into their routines, good bodily and oral hygiene, limiting screen time, recognising and talking about emotions and good quality rest and sleep. Inactive lifestyles can increase the risk of obesity and obesity-related illnesses.</p> <p>It is important to care for our mouths and teeth. We can do this by visiting the dentist, brushing our teeth correctly and regularly and eating food and drink that support dental health.</p>	<p>Eating a balanced diet has many health benefits. Short term benefits include maintaining a healthy weight and having more energy. Long term benefits include living a longer life and reducing the risk of diseases and other health conditions, such as tooth decay, obesity, cancer, diabetes and cardiovascular disease.</p> <p>Short sun exposure helps our bodies to produce vitamin D, which helps the body to build stronger, healthier bones. Overexposure causes skin damage, eye damage and health problems, such as heat stroke and skin cancer.</p>	<p>A balanced lifestyle involves regular exercise, a healthy diet, rest, good dental hygiene, fulfilling relationships and a variety of activities and experiences. These contribute towards having good physical and mental health. Recognising early signs of physical illness can include changes in appetite, weight loss or gain, tiredness or weakness, consistent pain or changes to mental health.</p> <p>Regular exercise benefits both physical and mental health. Regular activity can include walking to the shops or cycling to school.</p>	<p>Lifestyle choices, such as what diet to eat, whether to take regular exercise, good quality sleep and what activities and pastimes to engage in, can have a positive, neutral or negative impact on physical and mental health. There can be short or long term effects on health. For example, smoking causes bad breath and stained fingers in the short term. Long term problems include lung cancer and heart disease.</p> <p>Good quality sleep is important for a healthy and productive lifestyle. A regular bedtime routine can support good sleep and includes going to bed and getting up at the same time, clearing the mind of</p>	<p>There are a wide range of good habits that support a healthy lifestyle for physical and mental wellbeing. These include a healthy diet with nutritionally rich foods, physical activity, good quality sleep, good bodily and oral hygiene, time spent outdoors (considering the risk of overexposure to the sun), hobbies and interests, spending time with friends and family and managing time spent online.</p> <p>Medicines (legal drugs), vaccinations and immunisation, when used responsibly, contribute to health. For example, some diseases can be controlled through vaccination (seasonal flu</p>

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								distractions, having no access to digital devices in bed, relaxation exercises and taking a warm bath. Lack of or poor quality sleep can impact on the body, feelings, behaviour and the ability to learn.	vaccine), and others can be controlled through medication, such as antihistamines for allergic reactions.
	Personal hygiene	It is important to wash your hands throughout the day, including before eating and after going to the toilet. Teeth brushing twice daily is important to keep teeth clean and healthy.	Brushing teeth twice daily and avoiding sugary drinks and snacks help keeps teeth healthy.	Personal hygiene is important to prevent germs from getting into the body and causing illness. Washing hands before eating and after going to the toilet is important in preventing the spread of germs. Good dental hygiene means brushing teeth twice a day using fluoride toothpaste, visiting the dentist regularly and limiting sugary drinks and snacks.	Many diseases, such as colds and flu, are caused by germs spreading from one person to another. Germs can spread to other people via surfaces, such as door handles and table tops. To prevent this spread, it is important that hands are always washed before eating and after going to the toilet. Some diseases can be controlled by medicines, including vaccinations and immunisation.	Simple routines can contribute to good personal hygiene and reduce the spread of bacteria and viruses. These routines include regularly washing hands, covering your mouth and nose when you sneeze or cough and bathing or showering regularly.	Personal hygiene involves keeping yourself clean and preserving health. This can include showering or bathing regularly, using deodorant, flossing and brushing teeth twice a day and changing clothes regularly. Neglecting personal hygiene can result in poor dental hygiene, unpleasant body odour and the spread of diseases.	Puberty is the time when a person develops from a child into an adult because of changes in their body that make them able to have children. During puberty, skin can become oily, facial hair and pubic hair start to grow and sweating and body odour can increase. It is especially important to keep good personal hygiene during puberty. There are places to get more information, help and advice about growing up and changing.	Bacteria, viruses and fungi are types of microorganism (living things that are so small they can only be seen using a microscope). They can be helpful or harmful. Simple hygiene routines can limit the spread of microorganisms, such as hand washing and sneezing into a tissue before disposal. Some vaccines and medicines can help manage microorganism infections.
	Setting goals	Asking for help when needed supports them to	Everybody is an individual and has things that they		Everyone has different strengths. However, it is		Aspirations are things that an individual hopes to	People can work collaboratively by modelling	Facing new challenges is a positive choice and

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		achieve a goal that they have chosen, or one which is suggested to them.	can do well and things that they need to get better at.		important to learn from experiences to develop new strengths and strategies.		achieve. These can involve education, jobs, personality, hobbies or lifestyle. For example, a person may aspire to become more confident or eat a healthier diet.	respectful behaviour; listening carefully to each other, sharing ideas and expertise, compromising, completing their roles effectively and making joint decisions.	can help individuals to achieve a goal or an aspiration. New challenges might include overcoming a fear of heights, spending time away from family members, asking for further help or taking part in a new activity.
Processes	Environment	We should care for the environment. For example, rubbish needs to be put in the bin.	Litter has a harmful effect on the areas where we live, work and play.	The local environment can be improved by the people that look after it. This might include picking up litter, planting wildflowers and trees to encourage wildlife and walking rather than travelling by car. The local area can be harmed by air pollution from car emissions and smoke, litter, graffiti and dog fouling.	It is important to care for living things and the local, natural and built environment. Some strategies that can be used to care for the environment include recycling, avoiding using disposable products, growing fruit and vegetables, reusing materials, walking or cycling instead of travelling by car, turning off lights when they are not needed and conserving water.	There are many factors that can affect people's access to resources (wealth, age, disabilities, education, ethnicity, gender and geographic location). There are services available to help people that struggle to access resources. For example, WaterAid provides clean water to poor communities and the British Red Cross provides healthcare services to those in need.	Resources, such as clean water, food, housing and medical services, can be interrupted due to wars or natural disasters. Lack of access to these resources can cause starvation, the spread of disease, poverty and homelessness.	There is an uneven allocation and distribution of resources across the world. Trade agreements can help with resource allocation but do not always benefit all countries.	Globalisation is the increase of trade around the world. There are some advantages, such as increased employment and fair trade. For example, the Fairtrade Foundation works to give farmers a fair price for products, giving opportunities to improve living standards, gain a stronger position in the global market and invest in local communities. There are also some disadvantages of globalisation, such as pollution and the loss of indigenous

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									peoples' culture and land.
Creativity	Vocabulary	People can show their emotions by the way that they look and act. People's faces can show how they are feeling, such as smiling when happy and crying when sad.	Some feelings make them feel good and some not so good. It is important to be able to indicate feelings.		Having different feelings is a normal part of life and people react to their feelings in different ways. There are many strategies for managing feelings, such as resting, spending time with family or friends, taking a deep breath, moving away from the situation and calming down before trying to discuss the cause of feeling angry	A habit is something helpful or harmful that a person does regularly. Habits can be difficult to break because they may have advantages, rewards or enjoyable consequences. For example, exercising regularly is helpful and becomes a habit because people enjoy the health benefits. Smoking is a harmful habit that is addictive because cigarettes contain nicotine.	. A risk is the possibility that something bad or unpleasant might happen. A danger is the possibility that something or someone might be harmed. A hazard is something that is dangerous and likely to cause damage.	Interest is added to an amount of money that has been borrowed. A loan is money that has been borrowed and must be paid back. A debt is a sum of money that is owed to someone else. Tax is a direct payment to the government, usually taken out of a monthly salary.	The sex of a person is whether they are male or female based on their reproductive system. Gender identity is a personal sense of gender, irrespective of the biological sex of the person. Sexual orientation refers to the gender to which a person is attracted. It includes being heterosexual (attracted to people of the opposite gender), homosexual (attracted to people of the same gender) or bisexual (attracted to people of both genders).
	Speaking, listening and sharing	Other children might want to play the same game or use the same resources. It is important to be friendly and share with others.	It is important to share resources and take turns in order to get on with others.	It is important to get along with other people. Listening to other people's points of view and compromising are essential skills in working and	People have different opinions, feelings and views. It is important to be able to express these views, as well as being respectful of others, to have	Using specific vocabulary (slightly frustrated, completely let down or very isolated) can describe the range and intensity of feelings to others.	People's thoughts, feelings and responses to a circumstance or event may be different. It is sometimes important to challenge others' points of view in a	Disputes and conflicts are disagreements between people with opposing views. Strategies to resolve disputes can include identifying the problem, choosing	Constructive feedback is supportive guidance that is given to help people strengthen their areas for development. Strategies for providing

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				playing cooperatively.	successful relationships.		calm, fair, well-mannered and constructive way.	and implementing a course of action and evaluating the outcome.	constructive feedback include giving a 'feedback sandwich' (positive comment, area for improvement and positive comment), using the passive voice and giving specific areas for improvement.
Investigation	Issues, evidence and ideas	Know that they can use words as well as actions to help solve problems, and be aware when they need to ask for help.	Know who to ask for help when they need it.	People can be unkind sometimes. It is important not to be unkind in return. Try to keep calm and consider other people's points of view. Respond by discussing the problems and seek help from a trusted adult if unable to solve them.	Rules are needed to help people live and work together safely and effectively. They should be decided on and agreed to as a group. They involve how people should behave, treat other people, people's possessions and keep themselves and their environment safe and clean.	There are many ways to resolve differences with others. These include looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices.	Interdependence means depending on each other. Members of the school community need to listen and respond to each other constructively and positively, treating each other with kindness and respect.	A debate is a serious discussion of a subject in which many people take part. In a debate, facts and opinions are used to support a viewpoint. Topical issues might include global warming or whether a school uniform should be worn.	A stereotype is a prejudged belief about a particular person or group of people that is made without knowing them. Forming stereotypes of people can be hurtful and may lead to bullying and hate crimes.
	Media			Media is any way of getting news. It can include newspapers, the internet, magazines, television or radio. The internet and digital devices can be used safely to find things out and	The media can influence how people feel and behave. For example, a news report about the effects of littering might encourage people to put litter in the bin or recycle. Not all	Adverts attempt to make people buy products by influencing their views, feelings and behaviour. Words, images, music, design, slogans and promises are devices that are used in advertising	Images in the media can be manipulated and selected to give a false reality, such as having smoother skin or a different body shape. This can affect how some people feel about themselves	The media can inform the public about important issues but may present an unbalanced view or give mixed messages. This can influence people's views, feelings and behaviour.	Information presented on social media may be untrue, exaggerated or written to create a response. For example, 'flaming' is writing deliberately offensive

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				to communicate with others.	information seen in the media is true and sometimes people may not be who they appear to be.	to influence people.	and they may aspire to look that way in real life.		comments to provoke reactions in others. It is used by some people on social media to create arguments and controversy.
Materials	Consumers	Household products are not toys and should only be used by adults.	Some household products need to be kept out of reach or only used by adults, as they can be harmful if not used properly.	<p>A need is something that is needed for survival, such as access to food and water. A want is something that people desire to have, that they may, or may not, be able to obtain.</p> <p>Some everyday products in our homes can be harmful if not used properly. These include: medicines; cleaning products, such as bleach and washing powder and pesticides. It is important not to touch these products and only use them under adult supervision when necessary.</p>	<p>Money plays an important role in people's lives. People earn money by having a job and spend money on housing, food and entertainment. Many people have a bank account where their money is kept safe.</p> <p>People sometimes put substances onto or into their bodies. They can make the person feel good or not so good. Sometimes these substances are harmful.</p>	Enterprise education is giving children the opportunity to practise using the skills and qualities that are needed when running a business. These skills and qualities include creativity, decision making, initiative, risk management, problem solving, positive attitude, independence, communication and cooperation.	People have access to different amounts of money depending on their age, employment and family circumstances. Money is important as it pays for housing, food, clothing and entertainment. People's spending decisions can affect others and the environment.	Managing money involves budgeting so that there is enough money to buy essentials, spending wisely and avoiding debt. A critical consumer researches goods, ensures that the price is fair, reads reviews and questions claims made in advertising.	<p>Some substances and drugs are legal to possess and use (tobacco and alcohol) and others are illegal to possess and use. Some people choose to use drugs, while others do not. There are organisations that can support people concerning alcohol, tobacco, nicotine and other drugs.</p> <p>Gambling is taking part in a game in which you risk your own money in order to win more money or a prize. Gambling includes scratch cards and horse racing. Gambling can develop into an unhealthy obsession and can have serious consequences on people's health,</p>

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									wellbeing, emotions and future aspirations. There is support available for people struggling with gambling problems.
Nature	Rights of others		People are entitled to food, water, a place to live and to feel safe.	Rights are things to which all people are entitled. These include the right to life, food, water, housing, protection and sharing our opinions. We are all responsible for protecting these rights.	People's behaviour can affect others in both positive and negative ways and can also affect people's rights. It is important to always consider the effect of behaviour on others. For example, shouting out in class prevents others from learning.	Human rights are entitlements that belong to everybody. They include the right to have and express an opinion, to an education, to a private and family life, to vote and not to be mistreated or wrongly punished.	Human rights can be breached in a variety of ways, such as unfair treatment and the inability to express an opinion or vote. This can have a negative effect on people's everyday lives and their physical, emotional and mental health.	Absolute human rights can never be interfered with, such as the right not to be hurt or tortured. Limited human rights come with exceptions, such as the right to liberty, which can be lawfully restricted. Qualified human rights can be interfered with by a government under special circumstances and when it is necessary for a democratic society, such as the right to peaceful assembly can be overridden when necessary to calm a riot.	Human rights were set out in 1948 by the member countries of the United Nations to ensure that the atrocities of the Holocaust never happened again. The Human Rights Act 1998 was passed by parliament to put the European Convention on Human Rights into British law.
Place and space	Diversity	People have different needs, interests and opinions.	Everyone is different and special. There might be things that make them similar to or	Unique means being the only one existing of its type. Every person in the world is unique as there is only one of	People have many similarities and differences. These can include family background, school,	An identity is who a person is or their qualities. National identity means belonging to a nation or country,	Prejudice is a preconceived opinion that is not based on reason or actual experience. A stereotype is an	Stereotypes and prejudices can be challenged peacefully and constructively. Stereotyping can	Negative impacts of stereotyping and prejudice can lead to personal and social damage.

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			different from others, including their appearance or things that they like to do	<p>them. There are some things that many people have, such as two legs, two arms, two eyes, a nose and a mouth. There are also many differences between people, such as appearance, thoughts, feelings, family and friends. It is these things that make us unique.</p> <p>There are many different jobs that people can do within the community and the wider world.</p>	<p>appearance, community, religious beliefs, culture and life experiences. All people, including themselves, should be treated with kindness, compassion, courtesy, manners and respect, regardless of differences.</p> <p>There are many different jobs within the community and the wider world. Different jobs require different personal strengths and interests.</p>	<p>such as being English or Indian. A regional identity means belonging to a part of a country. A religious identity means belonging to a religion, such as Buddhism or Islam. An ethnic identity is a sense of belonging based on a person's cultural heritage, traditions, language and ancestry, such as indigenous peoples (people who were the original settlers of a place).</p> <p>Different family structures include single parents, same-sex parents, stepparents, blended families, foster parents and adopted parents. A positive family life has caring relationships.</p> <p>There are many different types of job, which each require different skill sets. Often,</p>	<p>oversimplified image or idea of a particular type of person or thing.</p> <p>Marriage is a commitment freely entered into by two people. Each person makes promises that are legally binding. A civil partnership is a legal relationship between two people that gives them the same rights as people who are married. It is also important to remember that people can have committed relationships without going through a legal marriage or civil partnership ceremony.</p> <p>Routes into careers and jobs include college, university and apprenticeships. Stereotypical assumptions based around gender, race, culture and economics, for</p>	<p>be spoken or implied, for example, using 'All...' or 'Every...'</p> <p>Nobody should marry if they are not making the decision freely or if they do not want to marry. Forcing anyone to marry is a crime. Support is available from charities and helplines.</p> <p>Some jobs are paid more than others. Money is a factor that can influence a person's job or career choice. Some people choose to work in the voluntary sector and receive no pay for their work.</p>	<p>Different family structures include single parents, same-sex parents, step parents, blended families, foster parents and adopted parents. Families of all types can give family members love, security, stability and commitment.</p> <p>Many factors influence people's decisions about a job or career, such as personal interests and values, family connections to certain trades or businesses, strengths and qualities. Stereotypes should not prevent aspiration to certain jobs. Often, people have more than one career or job in a lifetime.</p>

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						people have more than one career or job in a lifetime. Some jobs are paid more than others.	example, may deter people from pursuing a particular route.		
	Place in the world			Contributing to the life of the class and school could include joining a club or school team, taking part in a concert or play, volunteering as a playtime buddy or classroom helper and following the class and school rules.	Children belong to several different communities, including class, school, family, sports teams and faith groups.	A person has responsibilities (jobs or duties) and rights (entitlements that everyone has) at home, at school, in the community and towards the environment. For example, at school, children have a responsibility to follow the school's rules and a right to be treated fairly by teachers and other children.	Most activities have some element of risk. It is important to assess the risks involved and manage them appropriately. For example, this may include wearing a cycling helmet and high visibility jacket when cycling.	Rules and laws are made to protect members of society. Different rules and laws are needed in different situations. For example, there are laws surrounding the possession, use and selling of illegal drugs. There are consequences of not following rules and laws, such as fines or imprisonment for breaking different laws.	It is a shared responsibility to protect all living things and the environment. People's everyday choices and spending decisions can affect others and the environment, for example, buying fair trade products or single-use plastics and shopping in charity shops.
Comparison	Compare and contrast			A surprise is something unexpected. This might be a nice surprise, like a birthday party or a present, or not a nice surprise, like falling over in the playground. A secret is something private to the individual. However, if the secret makes them feel sad or scared,	Some things are unfair, unkind or wrong. It is important to recognise these situations and know how to act in a compassionate way.	Some information must be kept confidential or secret. For example, it is important not to share personal information online. Some secrets need to be shared with a trusted adult if they make the person feel uncomfortable, anxious or afraid. For example,	Some of the factors that result in similarities and differences between people include family background, culture, ethnicity, race, religious belief, age, sex, gender and disability.	Every person is unique, which means that there is only one of them. This is because each individual has their own culture, ethnicity, set of experiences, values, beliefs, qualities, skills and talents.	Diverse means showing a great deal of variety. Communities are made up of a diverse range of people that bring their own cultural influences, interests, celebrations and skills.

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				they should share it with a trusted adult.		children should tell a trusted adult if they are being bullied.			
Significance	Significant people	There are lots of special people in their lives, including family and friends.	Special people include anyone important in a person's life. It could be parents, grandparents, brothers, sisters, friends or teachers.	Special people include anyone important in a person's life. It could be parents, grandparents, brothers, sisters, friends or teachers. People can be special for providing love, security and stability and have a special place in someone's life for many different reasons. All people should be treated with love and respect, including love and respect for themselves.	Special people who work in the community to help and protect people include police officers, firefighters and healthcare workers. They can be contacted in an emergency by dialling 999 or 112.	There are many types of relationship. An acquaintance is someone that a person has met but does not know well. A friend is a person that someone knows well and likes but is not usually part of their family. A relative is a person who is a member of someone's family. A family is a group of people who are related to each other, such as a mother, grandfather and child.	A positive, healthy relationship is one that is honest, inclusive, equal, supportive, caring and respectful of privacy and boundaries. Healthy relationships should not make people feel lonely or excluded.	Personal boundaries may relate to the physical contact, intellectual, emotional, social or spiritual aspects of life. Each person can set and keep these boundaries and permission should be sought in different situations. There are places to report concerns if worried about their own or someone else's personal safety, including online.	The amount and type of information shared can be different depending on the relationship that individuals have with each other. There are strict rules regarding the sharing of personal information, including images. Everyone has the right to privacy and permission should be sought in different situations.
	Relationships	There are different adults in their lives. A trusted adult makes them feel happy and safe.	Trusted adults include parents, carers, friends, family and other people who help us.	Trusted adults look after children and keep them safe. To help them to do this, it is important for children to listen to advice and do as they are told. Children also need to tell trusted adults if they feel worried or scared about anything so	In different situations, it is important to know the appropriate response. For example, following online and road safety rules, listening to a trusted adult and knowing who to call in an emergency. Secrets	Children can help trusted people (family members, teachers and others in a caring role) to keep them healthy and safe by asking for help, sharing worries, resisting pressure, avoiding unnecessary risks and taking	A relationship can be unhealthy if it makes an individual feel anxious, excluded, lonely, confused, uncertain or unsafe. Support is available from a variety of sources, including parents, trusted relatives, teachers and	Some images are not appropriate to request or share. There are rules surrounding the distribution of images. If a request makes them feel uncomfortable or concerned, they should seek help from a trusted adult.	Pressure to behave in unacceptable, unhealthy or risky ways can come from various sources, such as friends, family and social media. There are strategies to resist pressure, such as saying no, keeping eye contact, using

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				<p>that help can be given.</p> <p>You can make friends in different ways, such as at school, at home, online or on holiday. The characteristics of a good friendship include being kind, sharing, being a good listener, mutual respect, truthfulness, loyalty, trustworthiness, shared interests, respecting boundaries, caring and making someone feel better when they are feeling sad, isolated, lonely or have a problem or difficulty.</p>	<p>do not need to be kept, even if they have promised.</p> <p>There are ways of resolving arguments between friends positively, for example, taking time apart to calm down, talking about feelings, accepting that others have different opinions and making compromises. They can also ask for help from others if the friendship is making them unhappy.</p>	<p>responsibility for their behaviour.</p> <p>Friendships can change over time as people grow up and their interests and opinions change. It can be beneficial to have different types of friends.</p>	<p>agencies, such as the NSPCC and Childline.</p>		<p>mobile phones responsibly and walking away.</p> <p>Friendships can change over time as people grow up and their interests and opinions change. If a friendship is no longer positive, inclusive and healthy, help can be sought, strategies can be used to resolve the problems or new friends can be made.</p>
Change	Life changes		World Change happens to everyone. Changes happen in families and environments.	<p>Change is a natural part of life. Changes include: bodily changes; school changes, such as moving class or family changes, such as moving house or a new baby arriving. People suffer losses, such as</p>	<p>Loss can result in some negative emotions, including anger, sorrow and guilt. Change can cause mixed emotions, such as excitement, anticipation, anxiety and fear. It is important to</p>	<p>Life changes are inevitable, can be positive or negative or can impact on mental and physical health. They can teach us resilience and strategies for dealing with change, including</p>	<p>Separation is an arrangement when two married people stop living together as a couple. Divorce is an official, legal process that ends a marriage. These can create a variety of life changes, including loss of</p>	<p>It is normal that the death of a close family member or friend can affect all aspects of life. Grief is an emotion of great sadness. It can be long lasting but can ease with time and support.</p>	<p>Transition to secondary school can create positive and negative feelings that can be managed using different strategies. These include: finding out information about transition; visiting the school; building</p>

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				friends leaving, toys going missing and pets dying.	recognise that these are normal feelings and talking with friends and family can help.	talking about feelings.	family life, change of home, exposure to negative emotions in others and feelings of sadness or anger.		up self esteem and resilience and talking to friends, family and teachers.
	Physical development		World People change as they grow and have changed since they were babies, both in their appearance and what they are able to do.	People grow from being babies to toddlers, then children, adolescents, adults and elderly people. As people grow older, they have more responsibilities, such as having a job, buying a house, looking after children and elderly parents.	The human body is made up of many different parts. Some of these are the same in boys and girls: head, eyes, ears, nose, mouth, neck, shoulders, arms, hands, chest, tummy, legs, ankles and feet. Some of these are different in boys and girls: boys have testicles and a penis and girls have a vagina.	All people have similarities and differences in their physical appearance. Differences may be related to age, biological sex, gender, disability, culture or race.	Independence means the ability to live your life without being helped or influenced by other people. Responsibility means that something is your job or duty. Independence and responsibility include decision making, resisting peer pressure, keeping focused and keeping safe.	The physical changes associated with puberty include growth, spots, pubic hair growth, facial hair growth in boys and menstruation in girls. The emotional changes associated with puberty include mood swings and extreme emotional reactions.	A female egg is fertilised by a male sperm cell and the fertilised egg then divides many times and forms into a baby over nine months. There are methods available for preventing pregnancy.