

PSHCE Knowledge Progression 'At Worthington We Will Know.....'

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Being Me in My World -I know when I feel happy or sad, -I know how to use gentle hands and kind words	Celebrating Difference -I know that families can be different -I know that not all homes are the same	Dreams and Goals - I know I can try and try until I can do something. -I know I can feel proud when I reach my goal.	Healthy Me -I know what 'healthy' means -I know who keeps me safe	Relationships I know what to say and do if somebody is mean to me	Changing Me -I know that I grow and change
Reception	Being Me in My World - I know I can notice my own feelings and try to manage them. -I know what it means to be responsible.	Celebrating Difference -I know being different makes us all special. -I know we are all different but the same in some ways.	Dreams and Goals -I know I can choose a goal and keep trying until I reach it. -I know how I feel when I achieve a goal and what it means to feel proud.	Healthy Me -I know moving and resting are good for my body. -I know which foods are healthy and can make healthy choices. -I know how to help myself go to sleep and why sleep is good for me. -I know how and when to wash my hands properly and why it is important.	Relationships -I know how to make friends so I don't feel lonely. -I know ways to solve problems and stay friends. -I know that unkind words can hurt and why it's important to be kind.	Changing Me -I know we all grow from babies to adults. -I know how I feel about moving to Year 1.

Year One	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	-I know our class is happy and safe because of our Learning Charter and kind teachers. - I know I help the class be happy by being kind, and my teacher keeps us safe.	-I know people in my class are different and unique. -I know bullying is when someone keeps being unkind, and it can make people feel scared.	-I know I can tell my family the things I do well. -I know my inside treasure chest can help me feel proud of myself.	-I know my hands help me do lots of things like draw and wave. -I know moving my body and eating healthy helps me stay strong. -I know healthy food and sleep help me feel happy.	-I know friends care about each other. -I know I can be kind to my friends, especially when they are sad or unwell. -I know friends can be helpful and caring.	-I know I will keep growing taller as I get older. -I know my body has private parts, and I wear clothes to keep them covered. -I know going to a new class is a big change, and it's okay to feel worried or sad.
Year Two	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	- I know it is unfair to disturb others because it stops them from learning. -I know looking after our classroom and keeping it tidy helps things last longer.	-I know some people get bullied because they look different. -I know having a friend is special, and friends don't have to be the same because everyone is unique.	-I know we all have different skills, and working together lets us do a better job. -I know working well as a group feels good, and arguing can make it frustrating.	-I know healthy food gives my body energy, and foods with too much sugar are unhealthy. -I know making healthy choices makes me feel happy, and unhealthy choices can hurt my body.	-I know telling the truth helps people trust me, and lying can make them not trust me. -I know I should tell an adult if someone makes me keep a bad secret.	-I know some touches are meant to hurt and some are kind. -I know it is okay to like different things from my friends
Year Three	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	- I know being kind helps others feel safe and welcome at school. -I know our Learning Charter helps everyone	-I know jealousy can make people unkind or begin to spread rumours about friends.	-I know what I am good at and can challenge myself by trying new roles.	-I know I should stay safe online and not chat privately with strangers, and I can tell an adult if someone pressures me.	-I know my siblings are special because they listen and help me when I have problems.	-I know boys' and girls' bodies change on the outside during puberty so that when they grow

	follow rules so we can learn, play, and get along. -I know helping people feel included will make them feel better about coming to school.	-I know friends can feel worried or frustrated, and it is good to ask a teacher for help to solve friendship problems.	-I know working together and including everyone's ideas feels good and helps overcome challenges. -I know remembering successes can help me face challenges in the future.	-I know my body tells me when I am scared or unwell, like having a dry mouth, upset tummy, or headache.	-I know people from other countries produce things we need, and the money we spend supports their lives. -I know it is important to be respectful to everyone, even if they are different, because being disrespectful can hurt them.	up their bodies can make babies. -I know puberty can feel scary, and I can talk to an adult if I am worried.
Year Four	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	-I know listening to others helps a team work well and makes everyone feel included. -I know democracy is important because it lets everyone share their feelings and make choices.	-I know someone who seems mean might actually be scared or being bullied, so it's important to find out the truth and ask a teacher if unsure. -I know it is important to have a good impression of yourself and others, but also to remember your own worth.	-I know teams work better when we agree on jobs and match tasks to people's strengths. -I know being resilient means bouncing back from disappointment and learning from mistakes.	-I know people can be peer-pressured by their friends to be unkind to others. - I know peer pressure can make people feel anxious and afraid of losing friends.	-I know how people might feel when they miss a special person or animal. -I know ways to manage my feelings when I miss a special person or animal.	I know how to explain some of the choices I might make in the future and some of the choices that I have no control over. I know some suggestions about how I might manage my feelings when changes happen.
Year Five	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	-I know everyone has the right to feel safe and learn, and I know differences like cerebral palsy should not stop someone from having friends.	-I know indirect bullying happens behind someone's back, like rumours or breaking belongings, and direct bullying	- I know I can decide if I want to go to university, and I know some children in other countries may not get that opportunity.	- I know celebrities' images are often edited, and trying to look like them can be unhealthy and unrealistic. -I know comparing myself to others is	-I know I should follow the SMARRT rules online and think before sending or responding to unkind messages. -I know it is okay to ask a trusted adult for help	-I know girls and boys go through puberty, and their bodies become able to have babies. -I know it is important to stay clean during puberty and change

	-I know there are consequences when people don't follow rules, in school and in society. -I know refugees may leave their country to stay safe from war and seek asylum. -I know our Learning Charter helps us treat each other with respect, and unkind behaviour has consequences.	includes name-calling or hitting. -I know I should help someone being bullied and show support, even if we speak different languages. -I know racism and discrimination are unfair because they make people feel unwanted and should be stopped.	-I know it is unfair when children cannot go to university because they are expected to work for their families.	unfair because everyone is unique. -I know it is my responsibility to choose a healthy lifestyle, even when I feel pressured.	if I am unsure about something online. -I know children my age can feel pressured about how they look, and comparing myself to others can harm my self-esteem.	sanitary products regularly. -I know I can talk to a trusted adult if I am worried about puberty. -I know everyone develops at different speeds, and this is normal.
Year Six	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
	- I know anti-social behaviour should have a consequence because it takes away others' rights. -I know I should buy ethical products when I can so I'm not taking away other people's rights. -I know it isn't fair that some children in Ghana can't go to school.	-I know communities can be racist, not just individuals. -I know community conflict can become a celebration of difference, like when shop owners host a street party to bring people together. -I know vandalising a shop can make the shopkeeper feel unwelcome, even when they have done nothing wrong	-I know working as a team helps us plan and raise more money for homeless people. -I know people can lose their homes through destruction or poverty, and I know this makes fundraising important.	-I know people may misuse alcohol or drugs because of stress, and this can lead to addiction and harmful behaviour. -I know gangs can use and sell drugs, which hurts others. -I know calming activities like breathing, painting, and drawing can help me manage stress.	-I know grief brings many feelings, like shock, anger, and sadness, and people experience them differently. -I know friendship groups can cause peer pressure and lead to unkind behaviour like bullying. -I know peer pressure is hard, and I should be assertive, say no, and talk to a trusted adult for support.	-I know how self-image and body image are influenced by social media, friends, and family. -I know the physical and emotional changes that happen during puberty. - I know ways to develop positive self-esteem and confidence. - I know the expectations and changes involved in

						moving to secondary school and strategies to manage worries and seek support during transition.
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- Each half term, further information regarding each unit will be shared with parents / carers via Class Dojo.