

# Essential Knowledge

## PHSRE

| Key Concepts             | EYFS   | Year 1  | Year 2  | Year 3   | Year 4   | Year 5   | Year 6  |
|--------------------------|--|---|---|--|--|--|---|
| Family and Relationships | <p>Know that there are different types of families</p> <p>What is a healthy family?</p> <p>Know how to share and deal with emotions (links to missing families/friends/pets/moving house etc)</p>                                  | <p>Exploring how families can be different, the characteristics and impact of positive friendships;</p> <p>learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.</p> | <p>Learning: that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond.</p> <p>Looking at conventions of manners and developing an understanding of self-respect.</p> | <p>Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication.</p> <p>Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.</p> | <p>Learning that families are varied and differences must be respected;</p> <p>understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.</p> | <p>Developing an understanding: of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a friendship;</p> <p>exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.</p> | <p>Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.</p>                      |
| Health and Wellbeing     | <p>How to look after your body (personal hygiene, sun safety, allergies, sleeping, fitness, diet etc)</p> <p>Know that there are people who help us stay healthy (doctors, nurses, school nurses, dinnier ladies, parents etc)</p> | <p>Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, dealing</p>   | <p>Learning: about the benefits of exercise and relaxation on physical health and wellbeing;</p> <p>strategies to manage different emotions, setting</p>  | <p>Understanding that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation;</p> <p>exploring identity through groups we belong to and how our strengths</p>  | <p>Developing emotional maturity;</p> <p>learning that we experience a range of emotions and are responsible for these; appreciating the emotions of</p>   | <p>Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding</p>   | <p>Learning about diet, oral hygiene, physical activity and the facts around immunisation.</p> <p>Exploring rest and relaxation and how they affect physical and mental health.</p> |

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|                              | Know that there are ways to stay physically and mentally fit  | with allergic reactions and people in the community who keep us healthy.  | goals, developing a growth mindset and understanding dental hygiene.   | can be used to help others; learning how to solve problems by breaking them down   | others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.  | the importance of rest and relaxation.  | Strategies for being resilient in challenging situations and planning for long-term goals.   |
| Safety and the Changing Body | <p>Know how to ask for help</p> <p>Know about permission seeking (personal space, being respectful etc) Using the toilets (personal and private) D</p> <p>Know about drugs at home (medicines)</p> <p>Kitchen safety (bleach, sharp knives etc) Playing safely (balls in the road etc)</p> <p>Know how to cross the road/car travel and seat belts Who can we ask for help? How can we ask for help? When should we ask for help?</p> | <p>Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe</p> | <p>Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.</p> | <p>Learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.</p> | <p>Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.</p> | <p>Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.</p> | <p>Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.</p> |
|                              | Know about online rules, class and school rules   | Learning about: the importance of rules and consequences of not   | Learning about rules outside school;   | Learning about children's rights; exploring why we have rules and the  | Learning about Human rights and caring for the environment;   | An introduction to the justice  | Learning about: human rights, food   |

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| Citizenship        | Know how to look after others   | following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.                              | caring for the school and local environment; exploring the roles people have within the local community; learning how school councils work and voicing an opinion. | roles of local community groups, charities and recycling and an introduction to local democracy  | exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.         | system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community. | choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy. |
| Economic wellbeing | Know why we need money? How do we get it? Looking after it?<br><br>Know:<br>Who works in our school? What jobs do they do?        | Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of the jobs roles in schools. | Learning about where money comes from, how to look after money and why we use banks and building societies.  | Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and careers. | Exploring: choices associated with spending, what makes something good value for money, career aspirations and what influences career choices. | Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace.   | Exploring: attitudes to money, how to keep money safe, career paths and the variety of different jobs available.      |
| Transition         | Know about my new teacher and new classroom- going into Y1.<br>Know about people growing older and being ready for new challenges |   | A lesson for Year 2 pupils to help them with their transition to Year 3, and the changes that may  | Helping Year 3 pupils prepare for the transition to Year 4 and the changes that come with this   | Helping Year 4 pupils prepare for the transition into Year 5 and the changes, challenges and   | Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.   | Helping pupils prepare for the transition to secondary school, including exploring any worries or                     |

|          |  |  | come with this move |  | opportunities this brings. |  | anxieties they may have.   |
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| Identity |  |  |                     |  |                            |  | Three lessons on the theme of personal identity, gender identity and body image. |