



Luckington Community School

Skills and Knowledge Progression

Personal, Social and Health Education (inc.relationships and sex education)

Intent: to ensure that all children are knowledgeable, rational and empathetic and develop a mature approach to making decisions in their personal lives.

Area of Study (Skills and knowledge combined)														
	Health and Well Being				Relationships					Living in the Wider World				
	Physical Health	Mental Health	Ourselves, Growing and Changing	Keeping Safe (and drugs, alcohol and tobacco)	Families and Positive Relationships	Friendships	Managing Hurtful Behaviour/Bullying	Safe Relationships	Respecting Self and Others	Shared Responsibilities	Communities	Media Literacy/Digital Resilience	Economic Well-Being: Money	Economic Well-Being: work and aspirations
R	ELG:I know what keeping healthy means I know some healthy foods.	ELG: I can say how I am feeling and how others might be feeling	I can say what makes me special.	I know that rules keep us safe and can name some rules at home and school.	I can name the most important people in my life	ELG:I can play cooperatively and take turns	ELG:I know the difference between kind words and hurtful words	I know that some things are private and the importance of respecting others privacy I know that the parts of my body covered by underwear are private.	I can give examples of kind and unkind behaviour	ELG:I can give examples of rules in my life and how they keep me safe.	ELG:I know about some of the different groups I belong to	ELG:I know that the internet can be used to find things out	I know how we get money and why we need it.	I know that everyone has different strengths
1	I know different ways to keep healthy I know what foods are healthy and about the risks of eating too much sugar. I know how physical activity helps us to stay healthy. I know why sleep is important I know simple hygiene routines	I know about different feelings that humans can experience. I know how to recognise and name different feelings. I know how feelings can affect our bodies. I can recognise how others might be feeling.	I know that everyone is unique. I can say what I'm good at and what I like dislike/like. I know how manage when I find things difficult.	I can recognise harm in everyday situations and what actions to take to avoid harm I know how to keep safe at home (fire, electrical etc.) I know that household products can be harmful if not used correctly I know ayes to keep safe in familiar and unfamiliar environments	I know about the roles different people play in our lives I can identify the people who love and care about me and what they do to help them feel cared for.	I know how people make friends and what makes a good friendship I can recognise when someone feels lonely and what to do about it	I know that bodies and feelings can be hurt by words and actions I know how people feel when they've been hurt or bullied.	I know how to respond safely to adults I don't know I know what to do if physical contact makes me feel uncomfortable or unsafe I know that in some situations you need to ask for permission and sometimes people need to ask my permission	I know how to treat others with respect. I know how to treat myself with respect. I know ways in which I am the same as others. I know ways in which I am different to others.	I can explain why rules are needed and why different rules are needed in different situations I can explain how different people and other living things have different needs.	I know about the different roles and responsibilities people have in my community	I know that the internet can be used to find things out and communicate with others	I know what money is; forms that it comes in and the sources it comes from. I know that people make different choices about how to save and spend money	I know that jobs help people earn money to pay for things I know lots of different types of jobs

				(roads, beach, pool, etc.)										
2	<p>I know that medicines can help people stay healthy.</p> <p>I know how to keep my teeth and gums healthy.</p> <p>I know how to keep safe in the sun.</p> <p>I know about the different ways to play and learn.</p> <p>I know about the people who help us stay healthy.</p>	<p>I know that not everyone can have different feelings about the same thing.</p> <p>I can share how I feel using a range of words.</p> <p>I can say what activities help me feel good.</p> <p>I have different strategies to manage my feelings.</p> <p>I can recognise when I need help with my feelings.</p> <p>I know how people might feel if there is a loss or a change.</p>	<p>I can name the main body parts including external genitalia.</p> <p>I know about growing and changing from young to old and how people's needs change.</p> <p>I know about preparing to move to a new class.</p>	<p>I know about the people whose job it is to keep us safe.</p> <p>I know basic rules about staying safe online (personal info etc.)</p> <p>I know what to do if there is an accident and someone is hurt</p> <p>I know how to get help in an emergency</p>	<p>I know about different types of families including those that may be different to my own.</p> <p>I know common features of family life</p> <p>I know that it is important to tell someone if something about my family makes me feel worried or unhappy.</p>	<p>I have simple strategies to resolve arguments between friends positively</p> <p>I can ask for help if a relationship is making me feel unhappy.</p>	<p>I know that hurtful behaviour is not acceptable.</p> <p>I know what bullying is and how to report it.</p> <p>I know who my trusted adult is.</p>	<p>I know that sometimes, people behave differently online or pretend to be someone they're not.</p> <p>I know the importance of not keeping adults' secrets (only happy surprises we will find out eventually)</p> <p>I know how to resist the pressure to do something I don't want to do or is unsafe</p> <p>I know what to do if I feel unsafe and how to ask for help</p>	<p>I can listen to other people and play and work cooperatively</p> <p>I can talk about and share my opinions on things that matter to me.</p>	<p>I can explain my responsibilities for caring for others</p> <p>I can explain ways in which to look after the environment</p>	<p>I know ways in which communities are different</p>	<p>I know about the role of the internet in everyday life</p> <p>I know that not information online is true.</p>	<p>I know the difference between needs and wants</p> <p>I know that money needs to be looked after and the different ways you can do this.</p>	<p>I know about some of the strengths and interests people need to get certain jobs.</p>
3	<p>I can make informed decisions about my health.</p> <p>I know about the elements of a balanced, healthy lifestyle.</p> <p>I know what good physical health means.</p>	<p>I know that mental health is part of daily life.</p> <p>I know the importance of taking care of my mental health.</p> <p>I know strategies and behaviours that support good mental health.</p> <p>I know that feelings can change over time and range in intensity.</p>	<p>I know about personal identity and what contributes to who we are.</p> <p>I can recognise another person's individuality and personal qualities.</p> <p>I can explain the human life cycle/reproduction in general terms.</p>	<p>I know the reasons for knowing complying with regulation and restrictions (social media, film, games etc.)</p> <p>I can predict, assess and manage risk in different situations</p>	<p>I know that there are different types of relationships</p> <p>I know that marriage and civil partnerships are a legal declaration of lifelong commitment</p>	<p>I know about the importance of friendship</p> <p>I can say what the features of a healthy friendship are (as well as online)</p> <p>I know the importance of seeking help if I am lonely</p>	<p>I can explain the impact of bullying (online and offline)</p> <p>I know about the consequences of hurtful behaviour.</p>	<p>I know about privacy and personal boundaries</p> <p>I know what is appropriate in friendships and wider relationships.</p> <p>I know how to respond safely and appropriately to adults I meet that I don't know (online and offline)</p>	<p>I know that personal behaviour can affect others</p> <p>I recognise and model respectful behaviour online</p>	<p>I know reasons for rules and laws and the consequences of not abiding by them.</p> <p>I know what human basic rights are</p>	<p>I can explain what living in a community means</p> <p>I know about different groups that make up my community</p>	<p>I know ways in which the internet and social media can be used positively and negatively.</p>	<p>I know different ways to pay for things</p> <p>I know that people have different attitudes to saving and spending</p> <p>I understand the term 'good value for money'</p>	<p>I can recognise positive things about myself and can set goals</p> <p>I know a broad range of jobs and that people can have more than one career in a life time.</p>
4	<p>I can recognise the early signs of physical illness.</p> <p>I know what constitutes a healthy diet</p> <p>I can explain the benefits of eating different healthy foods.</p>	<p>I can give examples of everyday things that affect feelings.</p> <p>I know the importance of expressing my feelings.</p> <p>I can use varied vocabulary when</p>	<p>I know the names of external genitalia and internal reproductive organs,</p> <p>I can explain how our bodies change during puberty.</p>	<p>I know about hazards that may cause harm, injury or risk at home and how to reduce these risks</p> <p>I know about the importance of taking medicines correctly</p>	<p>I know that people who love and care for each other can also live apart.</p> <p>I can describe lots of different family structures and</p>	<p>I know what it means to 'know someone online'</p> <p>I know the risks associated with communicating online</p> <p>I can recognise peer influence and have strategies to deal with it.</p>	<p>I know strategies to respond to hurtful behaviour (online or offline)</p> <p>I know how to report concerns and get support.</p>	<p>I know why someone may behave differently online</p> <p>I know the risks of harmful contact and content</p> <p>I can recognise different types of physical contact; what is acceptable and what is not</p>	<p>I know the importance of self-respect</p> <p>I treat people with respect and expect to be treated well by others</p>	<p>I know the importance of having compassion towards others</p>	<p>I can describe the different contributions that people and groups can make to the community</p> <p>I know about how information on the internet is ranked, selected and targeted.</p>	<p>I know what is appropriate to share online and things that should not be shared.</p> <p>I know about how information on the internet is ranked, selected and targeted.</p>	<p>I can explain how people's spending decisions can affect others (Fair Trade, charity etc.)</p>	<p>I know that some jobs are paid more than others and why that is.</p> <p>I know what sort of job I'd like to do when I'm older.</p>

	<i>I can explain some of the risks associated with not eating healthily.</i>	<i>expressing my feelings. I can respond appropriately and proportionally in different situations.</i>		<i>I know strategies for keeping safe in the local environment and unfamiliar places</i>	<i>know that all types can give love, security and stability.</i>							<i>I know that connected devices can share information.</i>		
5	<i>I can explain how regular exercise benefits mental and physical health. I know some of the risks of leading and inactive lifestyle. I know how sleep contributes to a healthy lifestyle. I know that bacteria and viruses can affect health</i>	<i>I know some of the warning signs of mental health and how to get support for self or others. I know that anyone can experience mental ill health and that most difficulties can be resolved with support. I can share my feelings with a trusted adult.</i>	<i>I can explain how the physical changes during puberty relate the process of reproduction. I know about the physical changes in puberty in more detail (menstruation etc.) I know about the emotional changes during puberty</i>	<i>I know about the safe use of devices when outside I know about the importance of keeping personal information private</i>	<i>I can describe the characteristic of healthy family life I know if a relationship is making me feel unhappy or unsafe. I know who and how to seek help from if a relationship is making me feel unhappy or unsafe.</i>	<i>I know how friendships change over time I know the benefits of having different types of friend</i>	<i>I know about discrimination; what it means and how to challenge it.</i>	<i>I know about seeking and giving permission (consent) in different situations I can keep something confidential/secret and when this should/should not be agreed to.</i>	<i>I know and respect the similarities and difference and similarities between people I can say what I have in common with others</i>	<i>I can explain the relationship between rights and responsibilities</i>	<i>I know about diversity and about the benefits of living in a diverse community I know about stereotypes and how they can negatively influence behaviours</i>	<i>I can assess the reliability of sources of information online. I know how to assess the reliability of search results</i>	<i>I know that people make spending decisions based on priorities, needs and wants. I know about risks associated with money.</i>	<i>I know about stereotypes in the work place and that a person's career should not be limited by them. I can say what might influence people's decisions about careers/jobs</i>
6	<i>I know how to maintain good oral hygiene. I can explain how medicines can contribute to good health. I know the benefits of sun exposure and risks of overexposure I know about the benefits of the internet and about strategies for balancing online time with offline activities. I know how, where and when to seeks support if I am worried about my physical or mental health</i>	<i>I know about change and loss, including death and how they can affect our feelings. I know ways to manage grief and bereavement. I can use problem solving strategies to deal with emotions, challenges and change and transitional periods in life.</i>	<i>I know that for some people gender identify does not correspond with their biological sex. I know about how hygiene routines need to change during the time of puberty and the importance of personal hygiene. I know about the process of reproduction and birth as part of the human life cycle I know where to get more information and support during puberty. I know about the new opportunities that increasing independence may bring. I know about preparing to move to a new school.</i>	<i>I know what is meant by first aid and know basic technique for dealing with common injuries I know how to respond and react in an emergency situation</i>	<i>I know that there are different ways to be attracted to someone: emotionally, romantically and sexually I know that you can be attracted someone of the same sex or different sex I know that gender identity and sexual orientation are different I know that forcing someone to marry against their will is illegal</i>	<i>I know that relationships have ups and downs and I have strategies to resolve disputes. I know how to recognise if a friendship is making me unsafe (online or offline)</i>	<i>I can identify the different forms of bullying.</i>	<i>I can recognise pressure from others to do something that is unsafe or uncomfortable. I have strategies to manage this pressure. I know where to get advice and report concerns if I am worried about my one or someone else's safety (inc online)</i>	<i>I listen to and respond respectfully to a wide range of people, including those with different traditions, beliefs and lifestyles to my own I know ow to discuss and debate topical issues I respect other people's point of view I can discuss and debate topical issues constructively</i>	<i>I know ways of carrying out shared responsibilities for protecting the environment</i>	<i>I have strategies for challenging stereotypes I can explain what prejudice is and recognise prejudiced behaviours I know how to respond to these behaviours</i>	<i>I know how text and images in the media and on social media can be manipulated or invented. I can evaluate the reliability of sources</i>	<i>I know about the risks involved in gambling I can explain the ways that money can impact of people's feelings and emotions</i>	<i>I know about some of the skills that will help me in a future career I know a variety of routes into careers</i>

