



# HAYES MEADOW PRIMARY SCHOOL

## PSHE KNOWLEDGE AND SKILLS



### Me and My School

Me and My School			
Reception	Year 1	Year 2	
<ul style="list-style-type: none"><li>• Settling in knowing why we need rules and routines and how they help us.</li><li>• See themselves as a valuable individual.</li><li>• Talk about their own behaviour and its consequences.</li></ul>	<ul style="list-style-type: none"><li>• Know why we need class rules and how they help us.</li><li>• Know about school council and what it does for our school.</li><li>• Know how to co-operate and compromise with others.</li><li>• Know some of their own skills and attributes.</li></ul>	<ul style="list-style-type: none"><li>• Know what the class rules are and how they help them.</li><li>• Know some laws that adults have to follow.</li><li>• Know how to explain our own and others feelings and develop strategies for managing feelings.</li></ul>	
Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"><li>• Know about things they are good at.</li><li>• Know about the rules and laws and the consequences of not adhering to them.</li></ul>	<ul style="list-style-type: none"><li>• Know about the class and school rules.</li><li>• Know about the word democracy and explain this in relation to the school council elections.</li><li>• Know how to express an opinion in a respectful way.</li><li>• Understand about the local council and how to raise an issue.</li></ul>	<ul style="list-style-type: none"><li>• Know the things they are good at.</li><li>• Know about the democratic process and use this in their election of school councillor.</li><li>• Recognise the contributions they make to school life.</li></ul>	<ul style="list-style-type: none"><li>• Know about some of their achievements at Hayes Meadow and their goals for the future.</li><li>• Know how to overcome challenges.</li><li>• Recognise the different roles they take on in school and at home.</li></ul>



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Happy and Healthy Me			
Reception	Year 1	Year 2	
<ul style="list-style-type: none"> <li>• Manage their own needs – personal hygiene.</li> <li>• Know and talk about the different factors that support their overall health and wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>• Know the names of the main parts of the body</li> <li>• Describe how they have changed since they were born and how they might change in the future</li> <li>• Know about foods that support good health</li> <li>• Know how physical activity helps us stay healthy.</li> <li>• Know who to ask if they feel worried about anything.</li> </ul>	<ul style="list-style-type: none"> <li>• Know the main parts of girls and boys bodies and how to keep clean and hygienic.</li> <li>• Know that medicines can help people stay healthy and about the professionals who help us stay physically healthy.</li> <li>• Know about the importance of a balanced diet and the contribution of sleep and physical activity to well being.</li> <li>• Know about things that people can put into their bodies and on their skin and how these can affect people.</li> </ul>	
Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> <li>• Know the components of a balanced diet.</li> <li>• Know the benefits of eating healthily.</li> <li>• Recognise some of their influences on their choices.</li> </ul>	<ul style="list-style-type: none"> <li>• Know about a range of things which keep us healthy.</li> <li>• Know how bacteria and viruses affect health and how to reduce their spread.</li> <li>• Know that some diseases can be prevented through vaccination and immunisation.</li> <li>• Know about medicines and drugs and the potential dangers of using incorrectly.</li> <li>• Recognise that all drugs are not medicines and the effects on the body.</li> <li>• Know some of the basic changes during puberty.</li> </ul>	<ul style="list-style-type: none"> <li>• Know the components of a healthy lifestyle.</li> <li>• Know the things which will have a positive and negative impact of the physical and mental health.</li> <li>• Know about the main physical and emotional changes which occur during puberty.</li> <li>• Know what menstruation is and how it happens.</li> <li>• Know how to stay clean during puberty.</li> </ul>	<ul style="list-style-type: none"> <li>• Know about the physical and emotional changes that take place during puberty.</li> <li>• Know different strategies to manage their own feelings and emotions.</li> <li>• Know the correct names and functions for the internal organs of the body.</li> <li>• Know what menstruation is.</li> <li>• Know basic facts about pregnancy and contraception.</li> <li>• Know how to stay physically and emotionally healthy.</li> </ul>



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Me in the World			
Reception	Year 1	Year 2	
<ul style="list-style-type: none"> <li>• See themselves as a valuable individual.</li> <li>• Know what they are good at and what they like and dislike.</li> <li>• Talk about their own behaviour and its consequences. Think about the perspective of others.</li> </ul>	<ul style="list-style-type: none"> <li>• Say what makes them special and unique.</li> <li>• Know what they are good at and what they like and dislike.</li> <li>• Describe the needs of animals and how they can be met</li> <li>• Know how adults meet the needs of children in school.</li> </ul>	<ul style="list-style-type: none"> <li>• Know positive things in the local area and people look after it.</li> <li>• Know about sources of money and things money can be used for including spending and saving.</li> <li>• Know about the role money plays in their lives.</li> </ul>	
Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> <li>• Know where money comes from and what it is used for.</li> <li>• Understand how to manage money and how to be a critical consumer.</li> <li>• Know and name a range of resources needed as humans.</li> <li>• Know ways in which to reduce the impact of resources on the environment.</li> </ul>	<ul style="list-style-type: none"> <li>• Know about different kinds of rights and responsibilities.</li> <li>• Know about a range of jobs of people they know.</li> <li>• Understand how they can develop their skills in the future.</li> <li>• Know about the responsibilities and duties in the local community.</li> </ul>	<ul style="list-style-type: none"> <li>• Know about the key aspects of parliament.</li> <li>• Know and understand how the rules are made within the UK.</li> <li>• Know how rules and laws change over time.</li> <li>• Know about the functions of cheques, credit and debit cards</li> <li>• Know about how and why people save money.</li> </ul>	<ul style="list-style-type: none"> <li>• Know about a range of groups and identify a range of local examples.</li> <li>• Know about the roles of pressure groups eg WWF and Oxfam.</li> <li>• Understand some ways they can take responsibility for a particular activity or action.</li> </ul>



**HAYES MEADOW PRIMARY SCHOOL**  
**PSHE KNOWLEDGE AND SKILLS**



**Me and My Safety**

<b>Me and My Safety</b>			
<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	
<ul style="list-style-type: none"> <li>• Ask for help.</li> <li>• Being a safe pedestrian.</li> <li>• Know about risks in everyday life and how to stay safe.</li> <li>• Stranger danger.</li> </ul>	<ul style="list-style-type: none"> <li>• Know about risks in everyday life and how to keep safe at home</li> <li>• Know that some things they put in our body can be dangerous.</li> <li>• Know about ways to keep safe in unfamiliar environments</li> <li>• Know about people whose job it is to keep us safe.</li> </ul>	<ul style="list-style-type: none"> <li>• Know basic rules to keep safe online and to tell a trusted adult if they come across something that scares them.</li> <li>• Know what unsafe situations are.</li> <li>• Know how to keep themselves safe in relation to people.</li> <li>• Know the differences between secrets and surprises.</li> <li>• Know what to do if there is an accident or an emergency.</li> </ul>	
<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<ul style="list-style-type: none"> <li>• Know how to identify risk in a variety of situations and explain ways in which to keep themselves safe.</li> <li>• Recognise that medicines should be used appropriately or they can be harmful.</li> <li>• Know that pressure to behave in an unacceptable or risky way can come from a variety of people.</li> <li>• Know which types of physical contact is acceptable or unacceptable.</li> <li>• Know the PANTS rules.</li> </ul>	<ul style="list-style-type: none"> <li>• Know the difference between the terms risk, danger and hazard.</li> <li>• Know about the school rules in relation to health and safety.</li> <li>• Know how laws and rules keep people safe.</li> <li>• Know how to keep safe online.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to behave responsibly in a range of situations.</li> <li>• Know some techniques for resisting pressure.</li> <li>• Know the difference between passive, aggressive and assertive.</li> <li>• Know who can help and how to keep themselves safe and healthy.</li> </ul>	<ul style="list-style-type: none"> <li>• Know the effects and dangers of drugs on individuals, the community and the environment.</li> <li>• Know and explain the consequences of decision making.</li> <li>• Know some basic first aid skills.</li> </ul>



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<b>Me and My Relationships</b>			
<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	
<ul style="list-style-type: none"> <li>• Talk about their family</li> <li>• Describe a person who is special to them</li> <li>• Talk about people who love them.</li> <li>• Know about different types of families that may be different from own.</li> </ul>	<ul style="list-style-type: none"> <li>• Know about the roles of different people in our lives</li> <li>• Describe a person who is special to them</li> <li>• Know about people who love and care for them</li> <li>• Know about different types of families that may be different from own</li> </ul>	<ul style="list-style-type: none"> <li>• Know how their behaviour affects other people.</li> <li>• Know how to play and work cooperatively with others.</li> <li>• Know that bullying and teasing are wrong and unacceptable.</li> <li>• Know about the relationships that are important to us.</li> <li>• Know that friendships might change for a variety of reasons.</li> </ul>	
<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<ul style="list-style-type: none"> <li>• Know that families come in different forms and why children might be in different family arrangements.</li> <li>• Know that their actions have consequences.</li> <li>• Know the features of a positive friendship.</li> <li>• Know how to recognise negative feelings and behaviour.</li> </ul>	<ul style="list-style-type: none"> <li>• Know about how their emotions are changing as they grow up.</li> <li>• Know how their behaviour affects others feelings.</li> <li>• Know how feelings and emotions change during puberty.</li> <li>• Know that some parts of their body are private and nobody should make them do something they don't want to.</li> <li>• Know that they have the right to say 'no'.</li> <li>• Know how we must take responsibility for our own actions.</li> </ul>	<ul style="list-style-type: none"> <li>• Explored their own perception gender and challenged stereotypes.</li> <li>• Describe the different sorts of relationships they have and how they change.</li> <li>• Know that some secrets are unhealthy and it is ok to ask for help.</li> <li>• Know that there are different types of families and it is important to show respect for differences.</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss and describe the impact of gender stereotypes.</li> <li>• To think about the impact and consequences of racial bullying.</li> <li>• Know how to cope with growing up and identify strategies to help them.</li> </ul>



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<b>Me and Other People</b>			
<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	
<ul style="list-style-type: none"> <li>• Work and play cooperatively and take turns with others.</li> <li>• Form positive attachments to adults and friendships with peers.</li> <li>• Show sensitivity to their own and to other's needs.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise that they are members of different groups and communities</li> <li>• Know how to make and what makes a good friendship</li> <li>• Recognise when they or someone else feels lonely and what to do</li> </ul>	<ul style="list-style-type: none"> <li>• Identify common features of family life.</li> <li>• Know that it is important to tell a trusted adult if something about their family makes them worried or unhappy.</li> <li>• Know the similarities of people of different races in the UK.</li> <li>• Know that Britain is a diverse place.</li> <li>• Know how to prepare to move to a new class/ year group.</li> </ul>	
<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<ul style="list-style-type: none"> <li>• Know about their similarities and differences and describe themselves in different ways.</li> <li>• Know what community means and which communities they belong to.</li> <li>• Know about the similarities and difference between local communities.</li> <li>• Know about the range of people in Handsacre or Staffordshire including race and religion.</li> </ul>	<ul style="list-style-type: none"> <li>• Know and recognise the range of identities in Britain today.</li> <li>• Know how to respect equality.</li> <li>• Know how to be a productive member of a diverse community.</li> </ul>	<ul style="list-style-type: none"> <li>• Talk about different people's points of view on different issues.</li> <li>• Know how to construct a debate and provide own opinions in a constructive way.</li> <li>• Create a project to do with our local environment.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how over time people can make a difference.</li> <li>• Know what stereotyping is.</li> <li>• To have strategies to manage difficult situations and consider their own point of view and that of others.</li> </ul>



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<b>Mental Health</b>			
<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	
<ul style="list-style-type: none"><li>• Talk about their own behaviour and its consequences.</li><li>• Think about the perspective of others.</li></ul>	<ul style="list-style-type: none"><li>• Know about different feelings that humans can experience and recognise and name these feelings.</li><li>• Know how feelings can affect people's bodies and how they behave and to recognise how others may be feeling.</li><li>• Know that not everyone feels the same at the same time or feels the same about the same things.</li></ul>	<ul style="list-style-type: none"><li>• Know about different ways to share feelings using key vocabulary and develop strategies for managing feelings.</li><li>• Know when they may need help with their feelings and that it is ok to ask for help.</li><li>• Know about the feelings of themselves and others.</li></ul>	
<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<ul style="list-style-type: none"><li>• Know about different ways to share feelings using key vocabulary and develop strategies for managing feelings.</li><li>• Know when they may need help with their feelings and that it is ok to ask for help.</li><li>• Know about their feelings</li></ul>	<ul style="list-style-type: none"><li>• Use a varied vocabulary when talking about feelings and how to express them.</li><li>• Be able to use strategies to respond to feelings and how to manage the appropriately.</li></ul>	<ul style="list-style-type: none"><li>• Know the warning signs about mental ill health and wellbeing and how to seek support.</li><li>• Know that everyone can experience mental ill-health and the importance of discussing feelings with a trusted adult.</li></ul>	<ul style="list-style-type: none"><li>• Use a varied vocabulary when talking about feelings and how to express them.</li><li>• Be able to use strategies to respond to feelings and how to manage the appropriately.</li></ul>