



PSHE KNOWLEDGE LADDER

Health and wellbeing

EYFS and KS1

Reception

Managing self

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;
- Explain the reasons for rules, know right from wrong and try to behave accordingly;
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Year 1:

- Know what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health.
- Know and recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health.
- Know and recognise that choices can have good and not so good consequences □ Know the importance of and how to maintain personal hygiene.
- Know about the process of growing from young to old and how people's needs change.
- Know that household products, including medicines, can be harmful if not used properly
- Know about people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them.
- Know about change and loss and the associated feelings (including moving home, losing toys, pets or friends).

Year 2:

- Think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals.
- Know about good and not so good feelings, a vocabulary to describe their feelings to others and simple strategies for managing feelings.
- Know how some diseases are spread and can be controlled and the responsibilities they have for their own health and that of others.
- Know about growing and changing and new opportunities and responsibilities that increasing independence may bring.
- Know the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls.
- Know the rules for and ways of keeping physically and emotionally safe (including safety online, the responsible use of ICT, the difference between secrets and surprises and understanding not to keep adults' secrets; road safety, cycle safety and safety in the environment (including rail, water and fire safety)).
- Know and recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell'.



PSHE KNOWLEDGE LADDER

<p>Relationships</p> <p>EYFS and KS1</p>	<p>Prior Knowledge and...</p> <p><u>Reception</u></p> <p>Self-regulation</p> <ul style="list-style-type: none">• Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;• - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;• - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. <p>Building relationships</p> <ul style="list-style-type: none">• Work and play cooperatively and take turns with others;• Form positive attachments to adults and friendships with peers; □ Show sensitivity to their own and to others' needs. <p><u>Year 1:</u></p> <ul style="list-style-type: none">• Know how to communicate their feelings to others, to recognise how others show feelings and how to respond.• Share their opinions on things that matter to them and explain their views through discussions with one other person and the whole class.• Listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation).• Identify their special people (family, friends, carers), to know what makes them special and how special people should care for one another.• Know and recognise how their behaviour affects other people.• Know and recognise what is fair and unfair, kind and unkind, what is right and wrong.• Know and recognise when people are being unkind either to them or others, how to respond, who to tell and what to say. <p><u>Year 2:</u></p> <ul style="list-style-type: none">• Know the difference between secrets and surprises and the importance of not keeping adults' secrets, only surprises.• Know, identify and respect the differences and similarities between people.• Offer constructive support and feedback to others.• Know and judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them).• Know that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable).
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PSHE KNOWLEDGE LADDER

Living in the wider world

EYFS and KS1

Prior Knowledge and...

Reception

Managing Self

- Explain the reasons for rules, know right from wrong and try to behave accordingly

Building relationships

- Show sensitivity to their own and to others' needs.

People, culture and communities

- Know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class;

Year 1:

- Help construct, and agree to follow, group and class rules and to understand how these rules help them.
- Know how to contribute to the life of the classroom.
- Know that they belong to various groups and communities such as family and school.
- Know that money comes from different sources and can be used for different purposes, including the concepts of spending and saving.

Year 2:

- Know that people and other living things have needs and that they have responsibilities to meet them (including being able to take turns, share and understand the need to return things that have been borrowed).
- Know about the role money plays in their lives including how to manage their money, keep it safe, choices about spending money and what influences those choices