

# Everton Primary School – PSHE Progression Document- SCARF SOW

## Me and My Relationships

Key Area	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Me and My Relationships</b>	<p>Know and name special people in their lives.</p> <p>Know and describe different feelings.</p> <p>Know who can help if we are sad, worried or scared.</p> <p>Know ways to help others or ourselves if we are sad or worried.</p>	<p>Know that classroom rules help everyone to learn and be safe.</p> <p>Know that our emotions can give a physical reaction in our body (e.g. butterflies in the tummy etc.)</p> <p>Know how feelings might make us behave</p> <p>Know ways of dealing with different kinds of hurt.</p>	<p>Know that our actions will contribute positively to the life of the classroom.</p> <p>Know and use the conventions of courtesy and manners.</p> <p>Know that people have different ways of expressing their feelings.</p> <p>Know that friendship is a special kind of relationship.</p> <p>Know what is meant by the terms 'bullying' and 'teasing' showing an understanding</p>	<p>Know why rules are different for different age groups, in particular for internet-based activities.</p> <p>Know simple strategies for resolving given conflict situations.</p> <p>Know how working together in a collaborative manner can help everyone to achieve success.</p> <p>Know qualities of friendship.</p> <p>Know reasons why friends sometimes fall out and rehearse and use, now or in the future, skills for making up again.</p>	<p>Know strategies for working on a collaborative task.</p> <p>Know what we mean by a 'positive, healthy relationship'.</p> <p>Know that there are times when they might need to say 'no' to a friend.</p> <p>Know 'good' and 'not so good' feelings and how feelings can affect our physical state.</p> <p>Know how different words can express the intensity of feelings.</p> <p>Know that different people can have different feelings in the same situation.</p>	<p>Know is meant by the terms negotiation and compromise.</p> <p>Know and understand that online communication can be misinterpreted.</p> <p>Know and demonstrate how to respond to a wide range of feelings in others.</p> <p>Know and identify what things make a relationship unhealthy.</p> <p>Know basic emotional needs, understand that they change according to circumstance.</p> <p>Know and identify characteristics of passive,</p>	<p>Know and implement the skills needed to do work collaboratively.</p> <p>Know some of the challenges that arise from friendships.</p> <p>Know strategies for dealing with such challenges demonstrating the need for respect and an assertive approach.</p> <p>Know, recognise and empathise with patterns of behaviour in peer-group dynamics.</p> <p>Know and recognise peer influence and pressure.</p>

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			of the difference between the two.	Know that no-one has the right to force you to do a dare.		aggressive and assertive behaviours.  Know, understand and rehearse assertiveness skills.	Know ways in which people show their commitment to each other.  Know that some types of physical contact can produce strong negative feelings;  Know that some inappropriate touch is also illegal.
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### Valuing Differences

Key Area	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Valuing Differences</b>	<p>Know we can be sensitive towards others and celebrate what makes each person unique.</p> <p>Know that we can have things in common with others.</p> <p>Know and use speaking and listening skills to learn about the lives of our peers.</p> <p>Know the importance of showing care and kindness towards others. Know skills in building friendships and cooperation.</p>	<p>Know and find the differences and similarities between people.</p> <p>Know that we can appreciate the positive aspects of our differences.</p> <p>Know the difference between unkindness, teasing and bullying.</p> <p>Know what is fair and unfair, kind and unkind.</p> <p>Know qualities that make a person special to them.</p>	<p>Know and use words and phrases that show respect for other people.</p> <p>Know and identify people who are special to them.</p> <p>Know how a person's behaviour can affect other people.</p> <p>Know and describe acts of kindness and unkindness and suggest kind words and actions they can show to others.</p>	<p>Know how to demonstrate listening skills.</p> <p>Know that there are many different types of family.</p> <p>Know and define the term 'community' and the benefits that come with belonging to one.</p> <p>Know that people living in the UK have different origins and the qualities that people from a diverse range of backgrounds need in order to get on together.</p> <p>Know the factors that make people</p>	<p>Know the need to manage conflict or differences and suggest ways of doing this, through negotiation and compromise.</p> <p>Know some of the ways that people are different to each other (including differences of race, gender, religion).</p> <p>Know and define the word respect and demonstrate ways of showing respect to others' differences.</p> <p>Know, understand and identify</p>	<p>Know ways of making a friendship last.</p> <p>Know and demonstrate respectfulness in responding to others.</p> <p>Know and understand the importance of respecting others, even when they are different from themselves.</p> <p>Know and describe the benefits of living in a diverse society.</p> <p>Know and understand that the information we see online either text or images, is not always true or accurate.</p>	<p>Know that bullying and discriminatory behaviour can result from disrespect of people's differences.</p> <p>Know that all people are unique but that we have far more in common with each other than what is different about us.</p> <p>Know ways of showing respect to others, using verbal and non-verbal communication.</p> <p>Know and explain the term prejudice.</p> <p>Know the importance of mutual respect for different faiths and beliefs and how we demonstrate this.</p>

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		<p>Know that we belong to various groups and communities such as our family.</p>	<p>Know strategies for dealing with a range of common situations requiring negotiation skills to help foster and maintain positive relationships.</p>	<p>similar to and different from each other.</p> <p>Know people have prejudiced views and understand what this is.</p>	<p>stereotypes, including those promoted in the media.</p> <p>Know that we have different types of relationships with people we know.</p> <p>Know that we have the right to protect our personal body space.</p>	<p>Know that some people can get bullied because of the way they express their gender.</p> <p>Know and identify the consequences of positive and negative behaviour on themselves and others.</p>	<p>Know the difference between a friend and an acquaintance.</p> <p>Know and challenge stereotypical gender portrayals of people.</p>
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### Keeping Safe

Key Area	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Keeping Safe	<p>Know how to keep our bodies healthy and safe.</p> <p>Know how to stay safe around medicines.</p> <p>Know how to stay safe in their home, classroom and outside.</p> <p>Know age-appropriate ways to stay safe online.</p> <p>Know adults in our lives and in our community who keep us safe.</p>	<p>Know the importance of sleep in maintaining a healthy, balanced lifestyle.</p> <p>Know the emotions and physical feelings associated with feeling unsafe.</p> <p>Know the PANTS rules.</p> <p>Know who we trust and who we can ask for help.</p> <p>Know how to stay safe online, including safety around sharing images.</p>	<p>Know that medicines can sometimes make people feel better when they're ill and explain simple issues of safety about medicines and their use.</p> <p>Know situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe.</p> <p>Know and identify safe secrets (including surprises) and unsafe secrets.</p>	<p>Know situations which are safe or unsafe and suggest strategies for keeping safe.</p> <p>Know and define the words danger and risk and explain the difference between the two.</p> <p>Know the potential risks associated with browsing online.</p> <p>Know that medicines are drugs and suggest ways that they can be helpful or harmful.</p>	<p>Know what is meant by the word 'dare' and suggest strategies for managing dares.</p> <p>Know stages of identifying and managing risk.</p> <p>Know that we can be influenced both positively and negatively.</p> <p>Know and explain strategies for safe online sharing.</p> <p>Know that medicines are drugs and explain safety issues for medicine use.</p>	<p>Know strategies to deal with both face-to-face and online bullying.</p> <p>Know and describe the difference between online and face-to-face bullying.</p> <p>Know that people aren't always who they say they are online.</p> <p>Know how to protect personal information online.</p> <p>Know what someone should do when faced with a risky situation. Know ways of standing up to someone who gives a dare.</p> <p>Know the risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this</p>	<p>Know that responsible and respectful behaviour is necessary when interacting with others online and face-to-face;</p> <p>Know safe and respectful behaviours when using communication technology.</p> <p>Know how to keep their information private online.</p> <p>Know what is meant by addiction, demonstrating an understanding that addiction is a form of behaviour.</p> <p>Know how drugs can be categorised into different groups depending on their medical and legal context.</p>

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		Know safety about medicines and their use.	Know and recognise the importance of telling someone they trust about a secret which makes them feel unsafe or uncomfortable.	Know some key risks from and effects of cigarettes and alcohol.  Know the word 'drug' and understand that nicotine and alcohol are both drugs.	Know some of the key risks and effects of smoking and drinking alcohol.	situation, including emotional risks.  Know and understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these.	Know some of the basic laws in relation to drugs.  Know some of the effects and risks of drinking alcohol.
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### Rights and Respect

Key Area	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Rights and Respect</b>	<p>Know that we can make a difference.</p> <p>Know how we can care for our home, school and special people.</p> <p>Know how we can make an impact on the natural world.</p> <p>Know similarities and differences between ourselves.</p> <p>Know how to build relationships with friends.</p>	<p>Know how a person's behaviour (including our own) can affect other people.</p> <p>Know who cares for and looks after the school and wider environment.</p> <p>Know the importance of looking after things that belong to ourselves or to others.</p> <p>Know the concept of 'saving money'</p>	<p>Know strategies for getting on with others in the classroom.</p> <p>Know the importance of keeping personal information private, when online and only talking to people we know in real life.</p> <p>Know that money can be saved for a future time and understand the reasons why people (including</p>	<p>Know key people who are responsible for us to stay safe and healthy.</p> <p>Know the difference between 'fact' and 'opinion' and how an event can be perceived from different viewpoints.</p> <p>Know what a volunteer is and some of the reasons why people volunteer, including mental health and wellbeing benefits.</p> <p>Know the terms 'income',</p>	<p>Know what is meant by 'being responsible' and the various responsibilities of those who help them stay healthy and safe.</p> <p>Know and understand that humans have rights and also need to respect the rights of other.</p> <p>Know and recognise that everyone can make a difference within a democratic process.</p> <p>Know and recognise that</p>	<p>Know, write and discuss issues currently in the media concerning health and wellbeing.</p> <p>Know the difference between a fact and an opinion and understand what biased reporting is.</p> <p>Know what we mean by the terms voluntary, community and pressure (action) group.</p> <p>Know the differences between respect, rights and duties.</p>	<p>Know and define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them;</p> <p>Know the legal age (and reason behind these) for having a social media account.</p> <p>Know some benefits of saving money and what is meant by the term interest.</p> <p>Know what is meant by living in an environmentally sustainable way.</p>

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		(i.e. by keeping it in a safe placed and adding to it).	<p>ourselves) might do this.</p> <p>Know that we all have a responsibility for helping to look after the school and wider environment.</p>	<p>'saving' and 'spending'.</p> <p>Know and explain different methods of looking after the school environment.</p> <p>Know that people earn their income through their jobs and the amount people get paid is due to a range of factors.</p>	<p>reports in the media can influence the way they think about a topic.</p> <p>Know and explain different methods of looking after the wider environment.</p> <p>Know and explain the role of the bystander and how it can influence bullying or other anti-social behaviour.</p>	<p>Know a consumer can ask questions before buying a product.</p> <p>Know and explain our impact of looking after the school environment.</p> <p>Know the terms loan, credit, debt and interest.</p> <p>Know what is meant by the terms 'income tax', 'National Insurance' and 'VAT'.</p>	<p>Know the aim, mission statement, activity and beneficiaries of a chosen voluntary, community or action group.</p> <p>Know and explain our impact of looking after the wider environment.</p> <p>Know why and how rules and laws that protect them and others are made and enforced.</p>
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### Being My Best

Key Area	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Being My Best</b>	<p>Know what helps us to feel resilient and confident in our learning.</p> <p>Know different types of feelings and emotions.</p> <p>Know how to use strategies or skills in approaching challenges.</p> <p>Know that we can make healthy choices.</p> <p>Know how healthy choices can keep us well.</p>	<p>Know the importance of fruit and vegetables in their daily diet.</p> <p>Know the importance of regular hygiene routines.</p> <p>Know how diseases can spread and simple strategies for preventing the spread of diseases.</p> <p>Know that learning a new skill requires practice and the opportunity to fail, safely.</p> <p>Know simple strategies for</p>	<p>Know that some choices can be either healthy or unhealthy and can make a difference to our own health.</p> <p>Know the importance of good dental hygiene and describe simple dental hygiene routines.</p> <p>Know that the body gets energy from food, water and oxygen.</p> <p>Know that exercise and sleep are important to health.</p>	<p>Know what is meant by the term 'balanced diet' and give examples what foods might make up a healthy balanced meal.</p> <p>Know how some infectious illnesses are spread from one person to another.</p> <p>Know medical and non-medical ways of treating an illness.</p> <p>Know and demonstrate their understanding of health and wellbeing issues that are relevant to them and debate these.</p> <p>Know and empathise with</p>	<p>Know and identify ways in which everyone is unique.</p> <p>Know and recognise that there are times when they will make the same choices as their friends and times when they will choose differently.</p> <p>Know that we make choices for ourselves and choices others make for us.</p> <p>Know that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health.</p>	<p>Know the importance of food, water and oxygen, sleep and exercise for the human body and its health.</p> <p>Know and identify their own strengths and talents.</p> <p>Know and explain what being part of a school community means to them.</p> <p>Know that people who are responsible for helping them stay healthy and safe.</p> <p>Know that the way people are portrayed in the media isn't always an accurate reflection of them in real life.</p>	<p>Know the actions needed to set and achieve aspirational goals.</p> <p>Know and explain the outcomes of risk-taking in a given situation, including emotional risks;</p> <p>Know and identify risk factors in a given situation.</p> <p>Know that some situations can be made less risky e.g. only sharing</p>

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		resolving conflict situations.		different viewpoints.  Know their achievements and areas of development.	Know a healthy balanced diet has foods from across the food groups on the Eatwell Guide.	Know and describe 'star' qualities that 'ordinary' people have.	information with someone you trust.
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### Growing and Changing

Key Area	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Growing and Changing</b>	<p>Know that there are changes in nature and humans.</p> <p>Know the different stages in childhood and growing up.</p> <p>Know that babies are made by a man and a woman.</p> <p>Know the correct vocabulary when naming the different parts of the body. Know how to keep themselves safe.</p>	<p>Know the body gets energy from food, water and air (oxygen).</p> <p>Know exercise and sleep are important parts of a healthy lifestyle.</p> <p>Know the different stages in childhood and growing up.</p> <p>Know the difference between teasing and bullying. Know who we can talk to if we feel uncomfortable about any secret they are told, or told to keep.</p>	<p>Know the range of feelings that are associated with losing (and being reunited) with a person they are close to.</p> <p>Know which parts of our body are private.</p> <p>Know that our genitals help us make babies when we are older.</p> <p>Know that we mostly have the same body parts but how they look is different from person to person.</p>	<p>Know different types of relationships.</p> <p>Know when it is appropriate or inappropriate to allow someone into their body space.</p> <p>Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens.</p> <p>Know who we could ask for help if a secret made us feel uncomfortable or unsafe.</p>	<p>Know some of the changes that happen to people during their lives.</p> <p>Know and name some positive and negative feelings and reasons why young people sometimes fall out with their parents.</p> <p>Know the correct terminology for their genitalia.</p> <p>Know, understand and explain why puberty happens.</p> <p>Know some of the ways we can</p>	<p>Know and explain strategies they can use to build resilience in response to our feelings.</p> <p>Know and identify people who can be trusted.</p> <p>Know and describe strategies for dealing with situations in which they would feel uncomfortable.</p> <p>Know and identify situations where someone might need to break a confidence in order to keep someone safe.</p> <p>Know what menstruation is and why it happens.</p>	<p>Know qualities that people have, as well as their looks.</p> <p>Know and challenge stereotypical gender portrayals of people.</p> <p>Know people who can support someone who is dealing with a challenging time of change.</p> <p>Know the word 'puberty' giving examples of some of the physical and emotional changes associated with it.</p> <p>Know what FGM is and that it is an illegal practice in this country.</p>

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		<p>Know parts of the body that are private.</p>	<p>Know what privacy means.</p> <p>Know that you are not allowed to touch someone's private belongings without their permission.</p>	<p>Know that babies come from the joining of an egg and sperm.</p> <p>Know and understand that for girls, periods are a normal part of puberty.</p>	<p>cope with periods.</p> <p>Know who they could ask for help if a secret made them feel uncomfortable or unsafe.</p> <p>Know that marriage includes same sex and opposite sex partners.</p>	<p>Know and recognise how our body feels when we're relaxed or it is nervous or sad.</p> <p>Know how someone might feel when they are separated from someone or something they like.</p>	<p>Know the changes that happen through puberty to allow sexual reproduction to occur.</p> <p>Know a variety of ways in which the sperm can fertilise the egg to create a baby.</p> <p>Know the legal age of consent and what it means.</p>
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