



Roe Green Infant School
**PSHE/RHE – Knowledge and Skills
 Progression**



Long Term Plan			
	Reception	Year 1	Year 2
Being Me In My World	<ul style="list-style-type: none"> • Know special things about themselves Know that some people are different from themselves • Know how happiness and sadness can be expressed • Know that hands can be used kindly and unkindly • Know that being kind is good • Know they have a right to learn and play, safely and happily • Identify feelings associated with belonging • Identify feelings of happiness and sadness Skills to play cooperatively with others • Be able to consider others' feelings • Be responsible in the setting 	<ul style="list-style-type: none"> • Understand the rights and responsibilities of a member of a class • Understand that their views are important Understand that their choices have consequences • Understand their own rights and responsibilities with their classroom • Understanding that they are special Understand that they are safe in their class Identifying helpful behaviours to make the class a safe place • Identify what it's like to feel proud of an achievement • Recognise feelings associated with positive and negative consequences • Understand that they have choices 	<ul style="list-style-type: none"> • Identifying hopes and fears for the year ahead • Understand the rights and responsibilities of class members • Know that it is important to listen to other people • Understand that their own views are valuable • Know about rewards and consequences and that these stem from choices • Know that positive choices impact positively on self-learning and the learning of others • Recognise own feelings and know when and where to get help • Know how to make their class a safe and fair place • Show good listening skills • Recognise the feeling of being worried • Be able to work cooperatively

Celebrating Difference

- Know what being proud means and that people can be proud of different things Know that people can be good at different things
- Know what being unique means
- Know that families can be different
- Know that people have different homes and why they are important to them Know different ways of making friends Know different ways to stand up for myself
- Know the names of some emotions such as happy, sad, frightened, angry
- Know that they don't have to be 'the same as' to be a friend
- Know why having friends is important Know some qualities of a positive friendship
- Identify feelings associated with being proud
- Identify things they are good at
- Be able to vocalise success for themselves and about others successes
- Identify some ways they can be different and the same as others
- Recognise similarities and differences between their family and other families
- Identify and use skills to make a friend Identify and use skills to stand up for themselves
- Recognise emotions when they or someone else is upset, frightened or angry

- Know that people have differences and similarities
- Know what bullying means
- Know who to tell if they or someone else is being bullied or is feeling unhappy
- Know skills to make friendships
- Know that people are unique and that it is OK to be different
- Recognise ways in which they are the same as their friends and ways they are different
- Identify what is bullying and what isn't Understand how being bullied might feel
- Know ways to help a person who is being bullied Identify emotions associated with making a new friend
- Verbalise some of the attributes that make them unique and special

- Know there are stereotypes about boys and girls
- Know that it is OK not to conform to gender stereotypes
- Know it is good to be yourself
- Know that sometimes people get bullied because of difference
- Know the difference between right and wrong and the role that choice has to play in this
- Know that friends can be different and still be friends
- Know where to get help if being bullied
- Know the difference between a one-off incident and bullying
- Understand that boys and girls can be similar in lots of ways and that is OK Understand that boys and girls can be different in lots of ways and that is OK Explain how being bullied can make someone feel
- Can choose to be kind to someone who is being bullied
- Know how to stand up for themselves when they need to
- Recognise that they shouldn't judge people because they are different. Understand that everyone's differences make them special and unique

Healthy Me

- Know the names for some parts of their body
- Know what the word 'healthy' means Know some things that they need to do to keep healthy
- Know that they need to exercise to keep healthy
- Know how to help themselves go to sleep and that sleep is good for them
- Know when and how to wash their hands properly
- Know what to do if they get lost
- Know how to say No to strangers
- Recognise how exercise makes them feel
Recognise how different foods can make them feel
- Can explain what they need to do to stay healthy
- Can give examples of healthy food
- Can explain how they might feel if they don't get enough sleep
- Can explain what to do if a stranger approaches them

- Know the difference between being healthy and unhealthy
- Know some ways to keep healthy
- Know how to make healthy lifestyle choices
- Know how to keep themselves clean and healthy
- Know that germs can cause disease / illness Know that all household products, including medicines, can be harmful if not used properly
- Know that medicines can help them if they feel poorly
- Know how to keep safe when crossing the road
- Know about people who can keep them safe
- Feel good about themselves when they make healthy choices
- Realise that they are special
- Keep themselves safe
- Recognise ways to look after themselves if they feel poorly
- Recognise when they feel frightened and know how to ask for help
- Recognise how being healthy helps them to feel happy

- Know what their body needs to stay healthy
- Know what relaxed means
- Know what makes them feel relaxed / stressed
- Know how medicines work in their bodies Know that it is important to use medicines safely
- Know how to make some healthy snacks Know why healthy snacks are good for their bodies
- Know which foods give their bodies energy
- Desire to make healthy lifestyle choices Identify when a feeling is weak and when a feeling is strong
- Feel positive about caring for their bodies and keeping it healthy
- Have a healthy relationship with food Express how it feels to share healthy food with their friends