

Glenmere Community Primary School

Knowledge and Skills Grid: PSHE

Year	Health and Well-Being			Relationships		Living in the Wider World		Skills	
	Healthy lifestyles	Growing and Changing	Keeping safe	Feelings and emotions	Healthy Relationships and Valuing Difference	Rights and responsibilities	Money		
6	Know the risks and effects of legal and illegal substances Know the different influences on food and diet	Know about human reproduction in the context of the human lifecycle, including how a baby is made and how it grows as well as know the changes that happen at puberty	Know and understand the risk they will encounter as they have increased freedom and the right to protect their own body	Know the benefits of recognising/responding appropriately to our own and others' feelings	Know the consequences of their actions on themselves and others	Understand how laws are made and importance of basic human rights as well as the UN declarations on the Rights of the Child	Know about the importance of looking after money including managing loans and debts	Develop skills to make own choices about food, understanding what might influence their choices Know how to manage physical changes of puberty Know how to deal with different pressures, including peer pressure and media influence Know how to empathise with others who are experiencing difficult or challenging feelings	Health and Well Being
								Know how to use negotiation and compromise strategies to resolve disputes and conflicts Know how to maintain positive and healthy relationships and how to respond when a relationship is unhealthy	Relationships
								Recognise, evaluate and utilise strategies for managing influences, understanding how laws are made Know how to manage money being a critical customer	Living in the Wider World
5	Know what is meant by health, including physical, mental and emotional health – studying how media can distort images Know the risks and effects of legal and illegal substances	Know the male and female body parts associated with conception	Know the ways we become more independent and the risks they may encounter	Know how it feels when others respond appropriately or not appropriately to feelings	Know about the different types of relationships and what constitutes a positive, healthy relationship and when a relationship is unhealthy	Understand how laws are made and importance of basic human rights	Develop an initial understanding of concepts debt and tax	Know how to make informed choices that contribute to a balanced lifestyle Know how to manage physical changes of puberty Know how to demonstrate skills they can use if feeling pressurised	Health and Well Being
								Know how to respond positively to other's feelings Know how to respond to behaviour that is unacceptable	Relationships
								Know how to identify when basic human rights aren't being met Know how to manage money	Living in the Wider World
4	Understand what a balanced lifestyle includes and how it improves our health	Know about the changes that happen at puberty	Know the different risks in familiar situations as well as feeling negative pressure and how to manage them	Know that people experience a wider range of emotions	Know what makes a positive, healthy relationships, including friendships	Understand ways in which laws keep people safe, appreciating the importance of difference and diversity too	Know what is meant by interest and loan,	Know how to make healthy choices when it comes to lifestyle Know how to deal with a wider range of feelings, both good and not so good	Health and Well Being
								Know how to respond to how others are feeling Know how to work collaboratively towards shared goals. Understand everyone is equal and how to respond to those who bully	Relationships
								Know how to identify behaviour such as anti-social behaviour know the consequences Identifying when people need to save or borrow money Know about the role of money and ways of managing it	Living in the Wider World
3	Understand what makes a balanced lifestyle, including a balanced diet	Begin to know about the changes to bodies as people grow up	Know different risks, dangers and hazards in day to day life Know drugs that are common in everyday life	Know that people's bodies and faces can show their feelings	Know ways to solve disputes and conflict between themselves and their peers	Understand the links between laws and rules within school	Understand terminology loan and interest	Know how to use healthy habits Know how to deal with change over time, starting to recognise change in emotions Know how to keep themselves safe and use ways that negative pressure can be resisted	Health and Well Being
								Know how to identify when someone might need help with their feelings and who to talk to Know how to recognise bullying and understand stereotypes	Relationships
								Know how to get support and help when needed in situations where rights aren't being met or rules aren't being kept Describe and demonstrate some of the skills that are needed to raise/make money	Living in the Wider World
2	Know how to keep healthy and what can happen if unhealthy choices are made	Know how it feels when there is change or loss	Know ways to keep safe on the outside and feel safe on the inside	Know a list of feelings people experience	Know that hurtful teasing and bullying is wrong Know the importance of respect of differences and similarities between people.	Know that all living things have rights and responsibilities	Know where money comes from and what it is used for	Know how to make healthy choices Know how to describe ways they have grown and changed Know how to take steps to avoid or remove themselves from potential unsafe situations	Health and Well Being
								Know some ways to respond sensitively to how others are feeling Know how to recognise and spot hurtful teasing and bullying	Relationships
								Describe some of the different responsibilities in school Know how to keep money safe	Living in the Wider World
1	Know some of the things that keep bodies healthy	Know the correct names for the main parts of the body of boys and girls	Know rules for keeping safe	Know feelings they have had, both good and not so	Identify special people in their lives	Know what the different rules are	Recognise what money looks like	Know how to take make some healthy choices Know how to explain the similarities differences between boys and girls Know how to ask for help when worried or concerns	Health and Well Being
								Know how to use some ways to feel better if not feeling so good Know how to listen and play cooperatively and appropriately	Relationships
								Know how to follow the rules and understand how they help us Explain how money is obtained and how it can be used	Living in the Wider World
Pupils should be taught to following throughout year groups, regularly:			Identify ways of keeping safe online		Bullying				