

PSHE Knowledge Map

		Nursery	Reception	Year 1	Year 2
Being me in my world	K N O W L E D G E	<p>Know special things about themselves</p> <p>Know that hands can be used kindly and unkindly</p> <p>Know that being kind is good</p> <p>Know that they have a right to learn and play safely and happily</p>	<p>Know that some people are different from themselves</p> <p>Know how happiness and sadness can be expressed</p> <p>Know that hands can be used kindly and unkindly</p> <p>Know that being kind is good</p> <p>Know that they have a right to learn and play safely and happily</p> <p>Identify feelings associated with belonging</p> <p>Identify feelings of happiness and sadness</p> <p>Skills to play co-operatively</p> <p>Begin to consider others' feelings</p> <p>Be responsible in the setting</p>	<p>Understand their rights and responsibilities as a member of the class</p> <p>Understand that their views are important</p> <p>Understand that their choices may have consequences</p> <p>Understand that they are special</p> <p>Identify helpful behaviours to make the class a safe place</p> <p>Understand that they have choices</p> <p>Recognise feelings associated with positive and negative consequences</p>	<p>Identifying hopes and fears for the year ahead</p> <p>Understand the rights and responsibilities of class members</p> <p>Know that it is important to listen to other people</p> <p>Understand that their own views are valuable</p> <p>Know about rewards and consequences and that these stem from choices</p> <p>Know that positive choices impact positively on your own learning and that of others</p> <p>Know how to make their class a safe and fair place</p> <p>Recognise their own feelings and know where to get help</p> <p>Show good listening skills</p> <p>Be able to work co-operatively</p>
	V O C A B	<p>Kind, gentle, friend, feelings, angry, happy, excited, nervous, share, taking turns</p>	<p>Kind, gentle, friend, feelings, angry, happy, excited, nervous, share, taking turns, similar, different, rights, responsibilities</p>	<p>Safe, special, clam, belonging, rights, responsibilities, charter, rewards, proud, consequences, upset, disappointed</p>	<p>Worries, hopes, fears, rights, responsibilities, actions, praise, reward, consequences, positive, negative, choices, co-operate, charter, problem solving</p>

<p>C e l e b r a t i n g  D i f f e r e n c e</p>	<p>K N O W L E D G E</p>	<p>Know that families can be different Know that people have different homes and why they are important to them Know the names of some emotions such as happy, sad, frightened, angry Recognise similarities and differences between their family and other families Recognise emotions when they or someone else is upset, frightened or angry</p>	<p>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 different ways of making friends Know different ways to stand up for myself Know why having friends is important Know some qualities of a positive friendship 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</p>	<p>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 Identify emotions associated with making a new friend Verbalise some of the attributes that make them unique and special</p>	<p>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 and different in lots of ways and that is OK Explain how being bullied can make someone feel 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</p>
	<p>V O C A B</p>	<p>Friends, kind, same, similar, happy, sad, frightened, angry, family</p>	<p>Different, special, proud, friends, kind, same, similar, happy, sad, frightened, angry, family</p>	<p>Similarity, same as, different from, difference, bullying, deliberate, on purpose, unfair, included, bullied, celebrations, special, unique</p>	<p>Boys, girls, similarities, special, differences, bully, kind, unkind, feelings, sad, lonely, help, friends, unique, value.</p>

<p>Dreams and Goals</p>	<p>K N O W L E D G E</p>	<p>Know which words are kind Know some jobs that they might like to do when they are older Talk about a time that they kept on trying and achieved a goal</p>	<p>Know what a challenge is Know that it is important to keep trying Know what a goal is Know how to set goals and work towards them Know that they must work hard now in order to be able to achieve the job they want when they are older Know when they have achieved a goal Understand that challenges can be difficult Recognise some of the feelings linked to perseverance Be ambitious Resilience Recognise how kind words can encourage people Feel proud Celebrate success</p>	<p>Know how to set simple goals Know how to achieve a goal Know how to work well with a partner Know that tackling a challenge can stretch their learning Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them Recognise things that they do well Explain how they learn best Celebrate an achievement Recognise their own feelings when faced with a challenge / obstacle Recognise how they feel when they overcome an obstacle</p>	<p>Know how to choose a realistic goal and think about how to achieve it Know that it is important to persevere Know how to recognise what working together well looks like Know how to share success with other people Be able to describe their own achievements and the feelings linked to this Recognise their own strengths as a learner Recognise how working with others can be helpful Be able to work as part of a group Recognise how it feels to be part of a group that succeeds and store this feeling</p>
	<p>V O C A B</p>	<p>Job, perseverance, achievement, happy, kind,</p>	<p>Dream, goal, challenge, job, ambition, perseverance, achievement, happy, kind, encourage</p>	<p>Proud, success, achievement, goal, treasure, coins, goal, learning, stepping-stones, process, working together, team work, celebrate, learning, stretchy, challenge, feelings, obstacle, overcome, achieve, dreams, goals</p>	<p>Realistic, proud, success, celebrate, achievement, goal, strength, persevere, challenge, difficult, easy, learning together, partner, team work, product</p>

<p>Healthy Me</p>	<p>K N O W L E D G E</p>	<p>Know the names for some parts of their body Know when and how to wash their hands properly Know what the word 'healthy' means</p>	<p>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 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</p>	<p>Know the difference between being healthy and unhealthy Know how to keep themselves clean and healthy Know that germs 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 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</p>	<p>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 Feel positive about caring for their bodies and keeping it healthy Express how it feels to share healthy food with their friends</p>
	<p>V O C A B</p>	<p>Healthy, head, shoulders, knees, toes</p>	<p>Healthy, exercise, sleep, wash, clean, stranger, scared, trust</p>	<p>Healthy, unhealthy, balanced, exercise, sleep, choices, body parts, keeping clean, safe, medicines, trust, green cross code, eyes, ears, look, listen, wait</p>	<p>Healthy choices, lifestyle, relax, tense, calm, healthy, unhealthy, dangerous, medicines, safe, body, balanced, diet, portion, energy, fuel, nutritious</p>

<p>Relation- ships</p>	<p>K K O W L E D G E</p>	<p>Know what a family is Know how to use Jigsaw's Calm Me to help when feeling angry Know that different people in a family have different responsibilities (jobs)</p>	<p>Know some of the characteristics of healthy and safe friendship Know that friends sometimes fall out Know some ways to mend a friendship Know that unkind words can never be taken back and they can hurt Know some reasons why others get angry Can identify what jobs they do in their family and those carried out by parents/carers and siblings Can suggest ways to make a friend or help someone who is lonely Can use different ways to mend a friendship Can recognise what being angry feels like Can use Calm Me (and other strategies) when angry or upset</p>	<p>Know that everyone's family is different Know that there are lots of different types of families Know that families are founded on belonging, love and care Know how to make a friend Know the characteristics of healthy and safe friends Know that physical contact can be used as a greeting Know about the different people in the school community and how they help Know who to ask for help in the school community Can express how it feels to be part of a family and to care for family members Can say what being a good friend means Can show skills of friendship Can praise themselves and others</p>	<p>Know that everyone's family is different Know that families function well when there is trust, respect, care, love and co-operation Know how to stay stop if someone is hurting them Know some reasons why friends have conflicts Know that friendships have ups and downs and sometimes change with time Know there are good secrets and worry secrets and why it is important to share worry secrets Know what trust is Can identify the different roles and responsibilities in their family Can recognise the value that families can bring Can resolve a friendship conflict Can identify the negative feelings associated with keeping a worry secret Can identify who they trust in their own relationships Can give and receive compliments</p>
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	V O C A B	Family, jobs, feelings, angry, upset, calm me, breathing	Relationship, friend, lonely, argue, fall-out, words, feelings, angry, upset, calm me, breathing	Family, belong, same, different, friends, friendship, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community, feelings, confidence, praise, skills, self-belief, incredible, proud, celebrate, relationships, special, appreciate.	Family, different, similarities, special, relationship, important, co-operate, touch, physical contact, communication, hugs, like, dislike, acceptable, not acceptable, friends, conflict, point of view, surprise, good secret, worry secret, telling, adult, trust, happy, sad, frightened, trust, trustworthy, honesty, reliability, compliments, celebrate, appreciate.
Changing Me	K N O W L E	Know the names and functions of some parts of the body (see vocabulary list)	Know who to talk to if they are feeling worried Know that sharing how they feel can help solve a worry	Know that animals (including humans) have a life cycle Know that changes happen when we grow up	Know that life cycles exist in nature Know that aging is a natural process including old-age Know that some changes are out of an individual's control

	D G E	Know that we grow from baby to adult	<p>Know that remembering happy times can help us move on</p> <p>Can identify how they have changed from a baby</p> <p>Can say what might change for them they get older</p> <p>Recognise that changing class can elicit happy and/or sad emotions</p> <p>Can say how they feel about changing class/ growing up</p> <p>Can identify positive memories from the past year in school/ home</p>	<p>Know that people grow up at different rates and that is normal</p> <p>Know the names of male and female private body parts</p> <p>Know who to ask for help if they are worried or frightened</p> <p>Know that learning brings about change</p> <p>Understand and accepts that change is a natural part of getting older</p> <p>Can identify some things that have changed and some things that have stayed the same since being a baby (including the body)</p> <p>Can express why they enjoy learning</p> <p>Can suggest ways to manage change e.g. moving to a new class</p>	<p>Know how their bodies have changed from when they were a baby and that they will continue to change as they age</p> <p>Know the correct names for private body parts</p> <p>Know that no one has the right to hurt you</p> <p>Know who to ask for help if they are worried or frightened</p> <p>Can appreciate that changes will happen and that some can be controlled and others not</p> <p>Be able to express how they feel about changes</p> <p>Show appreciation for people who are older</p> <p>Can recognise the independence and responsibilities they have now compared to being a baby or toddler</p> <p>Can say what greater responsibilities and freedoms they may have in the future</p>
	V O C A B	Eye, foot, eyebrow, forehead, ear, mouth, arm, leg, chest, knee, nose, tongue, finger, toe, stomach, hand,	Change, worry, excited, memories.	Changes, life cycles, baby, adult, adulthood, grown-up, mature, male, female, vagina, penis, learn, new, grow, feelings, anxious, worried, excited, coping.	Change, grow, control, life cycle, baby, adult, fully grown, growing up, old, young, change, respect, appearance, baby, toddler, child, teenager, independent, timeline, responsibilities, male, female, vagina, penis, private,

		<b>baby, grown-up, adult</b>			<b>acceptable, unacceptable, looking forward, excited, nervous, anxious, happy.</b>
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