

WBIS PSHE/RHE Knowledge and Skills Progression

Progression of Knowledge

		Reception	Year 1	Year 2
Families & Relationships	Families and people who care for me	<p>To understand that our special people can be different to those of others</p> <p>To understand that our families are important to us</p>	<p>To understand what qualities make people special</p> <p>Families look different and we are respectful of differences</p>	<p>To know that there are special people in the school and community who can keep us safe and why</p> <p>Families look different and we are respectful of differences</p>
	Caring friendships	<p>To understand how we can help a friend when they are sad</p> <p>To know how to be a good friend</p>	<p>To know why we need good listening skills to resolve conflict</p> <p>To understand what fair and unfair means and that friendships have ups and downs</p> <p>To understand the difference between secrets and surprises</p>	<p>To understand that we need to ask for advice or help for ourselves or others and to continue to ask for help if the problem is not resolved</p> <p>To understand that we need to get along with others in the classroom and how best to do that</p>
	Respectful, kind relationships	<p>To talk about ourselves and our interests</p> <p>To understand that healthy friendships are good for us</p> <p>That families have different traditions</p>	<p>To understand how important friendships are in making us feel happy and secure</p> <p>To understand how people choose and make friends</p>	<p>To understand some of the physical and non-physical differences and similarities between people.</p> <p>To respect people's differences</p> <p>To understand that feeling part of a group makes us feel good and that being left out can make us feel sad</p> <p>To know strategies that help us to maintain positive relationships with others and ourselves</p> <p>To know that you should ask permission before touching someone's personal belongings</p>
Being Safe	Online safety and awareness	To understand that we can talk to people online via different technological devices	There are rules for keeping safe online	To know what to say to keep ourselves and others safe both in person and online

	Wellbeing online	To ask a adult to use a devise that is on-line	To understand how to recognise risks, harmful content and contact, and how to report them	To understand that we need to keep our personal information private
	Being Safe	<p>To know who to talk to when we need help</p> <p>That every home is different and that our home should makes us feel special and safe</p> <p>To know that they can recognise and report feelings of being unsafe or feeling bad about any adult</p> <p>To recognise people in their life at home, school and community that keep them safe.</p> <p>We all need to work together to take care of our classroom and school environment</p> <p>To know which parts of their body are kept private and safe and why</p> <p>To know the PANTs rule</p>	<p>To understand why we have and need rules and they keep us safe</p> <p>To understand that Child Line is there to help, if needed</p> <p>To understand that they have the right to say “no” to unwanted touch</p> <p>To understand the difference between bullying and teasing</p> <p>To understand that bullying and unkind behaviour are unacceptable ways of behaving</p> <p>To know the PANTs rule and to understand there are people they can talk to about their private parts</p>	<p>To understand that they can help create a safe environment</p> <p>To understand that Child Line is there to help, if needed</p> <p>To understand that there are situations when we feel safe or unsafe</p> <p>To know that each person’s body belongs to them</p> <p>To understand that there are good and bad touches and that people must ask permission to touch you or others</p> <p>To recognise the importance of telling someone we trust about a secret which makes us feel unsafe or uncomfortable</p> <p>To understand that there are unsafe secrets and secrets that are nice surprises</p>

Wellbeing	General wellbeing	<p>To understand that the way we feel can change throughout the day</p> <p>To understand how we are the same or different to others and how we need to have respect</p> <p>To know that we have likes and dislikes that maybe different from our friends</p> <p>To understand that it is okay when you make a mistake or find something difficult</p>	<p>To know how to recognise and talk about our emotions</p> <p>People can belong to various groups and communities and they can help us</p> <p>To understand that we have a range of feelings when a person moves away</p> <p>To understand how we can affect other people's feelings</p> <p>To understand how to receive positive feedback</p>	<p>To understand that people can behave differently and recognise how that makes us feel</p> <p>To understand why we need to give positive feedback to others</p> <p>There are a range of emotions that we experience in loss</p>
Health	Physical health and fitness	Recognise how healthy choices can keep us well	Understand that the body gets energy from food, water and air (oxygen)	<p>Understand how food, water and air get into the body</p> <p>Know what the internal body parts do (heart, blood, lungs, stomach, small and large intestines, brain)</p>
	Healthy eating	Understand there are some foods that are a "just sometimes" food or drink (eating in moderation).	<p>Recognise which foods we need to eat more of and which we need to eat less of to be healthy</p> <p>Recognise the importance of fruit and vegetables in our daily diet</p>	<p>Understand and give examples of food we can choose ourselves or foods that others would choose for us</p> <p>Understand and explain that some choices can be either healthy or unhealthy and can make a difference to our own health</p>
	Drugs, alcohol, tobacco and vaping	Understand that some things are safe to go in our bodies and some things are not	<p>Understand that medicines can sometimes make people feel better when unwell</p> <p>Know that there are simple rules that should be followed when taking medicine</p>	<p>Understand that there are some things that a person can do to feel better without use of medicines</p> <p>To understand that rules should be followed when taking medicine and why it is important</p>
	Health protection and prevention	<p>Understand that some things are safe to go on our bodies and some things are not</p> <p>To know we have look after our teeth by brushing them regularly</p>	<p>To know that germs can be spread</p> <p>Recognise and use simple strategies for preventing the spread of germs</p>	<p>To understand how germs can spread</p> <p>Understand that vaccinations can help to prevent certain illnesses</p> <p>To understand the importance of good dental hygiene</p>

			<p>Understand the importance of regular hand washing and hygiene routines, including brushing our teeth</p> <p>Recognise that exercise and sleep are important parts of a healthy lifestyle</p>	<p>Recognise that exercise and sleep are important to health</p>
	<p>Personal safety</p> <p>Water and train safety (local)</p>	<p>Know how to keep yourself safe when near water and trainlines</p>	<p>Know how to keep yourself and others safe when you see danger in the local area</p>	<p>Understand how to keep yourself and others safe by noticing danger and thinking about your own safety</p>
	<p>Basic first aid</p>	<p>To know how to ask for help when I have hurt myself</p>	<p>Understand what first aid is and why it is important</p>	<p>Share some situations where someone might need to do first aid</p>
	<p>Developing bodies</p>	<p>Know that our bodies change as you grow up</p> <p>Know that there are different stages in childhood and growing up</p> <p>To use the correct vocabulary when naming different parts of the body</p>	<p>To know how to care for a baby's basic needs</p> <p>Understand the people who have help/helped us at different stages</p> <p>To know which parts of my body are private and how to keep them to myself</p>	<p>Identify different stages of growth (e.g. baby, toddler, child, teenager, adult)</p> <p>Understand and describe some of the things that people do at different stages of their life</p> <p>Understand that humans mostly have the same body parts but that they can look different from person to person (vocabulary)</p>

Progression of Skills

		Reception	Year 1	Year 2
Families & Relationships	Families and people who care for me	<p>Name and talk about special people in our lives</p> <p>Talk about the important people in our lives.</p> <p>Name important people outside of families that care for us</p> <p>Talk about our family and things we like to do together</p>	Recognise and name some of the qualities that make a person special to us	Recognise that we belong to various groups and communities such as family
	Caring friendships	<p>Talk about how to be a good friend</p> <p>Share our likes and dislikes</p> <p>Talk about how differences make us unique</p>	<p>Suggest simple strategies for making up with others</p> <p>Recognise and explain what is fair and unfair or kind and unkind</p> <p>Explain the difference between unkindness, teasing and bullying</p>	<p>Recognise that friendship is a special kind of relationship</p> <p>Identify some of the ways that good friends care for each other</p> <p>Explain the difference between bullying and isolated unkind behaviour</p> <p>Recognise that there are different types of bullying and unkind behaviour</p>
	Respectful, kind relationships	<p>Notice when a friend is in need at school and help them</p> <p>Listen to and respect the ideas of others</p> <p>Suggest ways in which we can be kind towards others</p> <p>Demonstrate skills in cooperation with others</p>	<p>Explain how friends and families help us</p> <p>Begin to appreciate the positive aspects of differences</p> <p>Suggest ways we can show kindness to others</p>	<p>Demonstrate simple ways of giving positive feedback to others</p> <p>Recognise and describe acts of kindness and unkindness</p> <p>Explain how actions impact on other people's feelings</p> <p>Explain how it feels to be left out from a group</p>
Being Safe	Online safety and awareness	To recognise things that might not be safe	<p>To use TABs to keep safe online</p> <p>To explore how screen use can make us feel and learn how to make healthy and sensible choices</p>	<p>Recognise ways to stay safe online</p> <p>Understand the importance of consent</p>

	Wellbeing online		Understand that we should never share personal information online	Know that talking to strangers online is a risk
	Being Safe	<p>Talk about when we might feel unsafe or unhappy</p> <p>Name the people who will help us</p> <p>Talk about what makes our home feel special and safe</p>	<p>Understand and learn the PANTS rules</p> <p>Name and know which parts of the body should be kept private</p> <p>Explain the difference between appropriate and inappropriate touch</p> <p>Know that we can ask someone to stop touching them</p> <p>Start thinking about who they trust and who they can ask for help</p> <p>Explain some of our school rules and how these rules help to keep everybody safe</p> <p>Identify situations as being secrets or surprises</p> <p>Identify who we can talk to if we feel uncomfortable about any secret we are told, or told to keep</p>	<p>Recognise that some touches are not fun and can hurt or be upsetting</p> <p>Identify who we can talk to if someone touches us in a way that makes us feel uncomfortable</p> <p>Recognise the importance of telling someone we trust about a secret which makes us feel unsafe or uncomfortable</p> <p>Understand that we have the right to say “no” to unwanted touch</p> <p>Identify situations in which we would feel safe or unsafe</p> <p>Identify situations in which we would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe</p> <p>Explain what privacy means</p> <p>Give examples of different types of private information</p>
Wellbeing	General wellbeing	<p>Label different emotions</p> <p>Explore how we feel at certain times or events</p> <p>Share ideas of how to change feelings and calm down</p>	<p>Identify a range of emotions</p> <p>Identify how an emotion might make us behave</p> <p>Suggest strategies for when you are feeling different emotions</p> <p>Recognise the range of feelings that are associated with loss</p> <p>Recognise how others might be feeling by reading body language/facial expressions</p>	<p>Use a range of words to describe emotions</p> <p>Recognise that people have different ways of expressing their emotions</p> <p>Identify helpful ways of responding to other's feelings</p> <p>Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to</p>

			Understand and explain how our emotions can give a physical reaction in our body (e.g. butterflies in the tummy etc.)	Suggest ways of dealing with different kinds of hurt
Health	Physical health and fitness	To talk about regulating my body in different weathers	Recognise that exercise and sleep, water and food are important parts of a healthy lifestyle	Understand and give examples of things they can choose themselves and things that others choose for them Understand and explain that some choices can be either healthy or unhealthy and can make a difference to us
	Healthy eating	Understand that we can make healthy food and drink choices.	Recognise which foods we need to eat more of and which we need to eat less of to be healthy	Recognise the importance of fruit and vegetables in our daily diet Know that eating at least 5 portions of vegetables and fruit a day helps to maintain good health
	Drugs, alcohol, tobacco and vaping	To talk about what makes me feel better when I am unwell	Explain simple issues of safety and responsibility about medicines	Identify ways a person could start to feel better without the use of medicine Explain simple issues of safety and responsibility about medicines and their use
	Health protection and prevention	Talk about what our bodies need to stay well Identify simple bedtime routines that promote healthy sleep	Recognise the importance of sleep in maintaining a healthy, balanced lifestyle Talk about regular hygiene routines and sequence simple hygiene routines such as hand washing Recognise and use simple strategies for preventing the spread of diseases	Understand that vaccinations can help to prevent certain illnesses Sequence personal hygiene routines into a logical order
	Personal safety	Identify danger when out and about	Keep yourself safe and begin to think about the safety of others	Manage dangers around you successfully to keep you and others safe
	Water and train safety (local)			
	Basic first aid	Say when they may need first aid at school/home	Recognise what to do when you have an injury To say how to make a clear and efficient call to emergency services if necessary 999	Give basic first aid To rehearse giving factual information on a 999 call
	Developing bodies	Name different body parts Name different parts of the body	Name different stages in childhood and growing up Identify parts of the body that are private	To identify changes in growth over-time

		Say how my body has changed since being a baby	To say what a baby needs to keep it content	
--	--	--	---	--