

Lowe's Wong Infant School

PSHE & RSE Progression Document



Key Area (SCARF units)	Foundation 1	Foundation 2	Year 1	Year 2
Me and my relationships	<p>Know how to share their feelings with others.</p> <p>Know the name of the important people in their life.</p> <p>Know that they have and identify what their strengths are and what they enjoy.</p>	<p>Know how to recognise and be sensitive to the differences of others.</p> <p>Know that people can help and know the name of people who help, describing ways to help others.</p> <p>Know how feelings can be caused.</p> <p>Know that trusted adults can be asked for help.</p> <p>Know how to help a friend if they are sad or worried.</p>	<p>Know how to name different feelings and how they might make them behave.</p> <p>Know how to suggest ways of dealing with 'not so good' feelings and how to help others.</p> <p>Know how to recognise when they need help and who to ask.</p> <p>Know how to listen to others and wait for their turn to speak.</p> <p>Know that there are trusted adults at home and school to help keep them safe.</p>	<p>Know that there are different ways to express feelings.</p> <p>Know how to express feelings in a safe, controlled way.</p> <p>Know that there are some ways to get help, if they are being bullied.</p> <p>Know how to react if someone teases them.</p> <p>Know that they can tell someone how others are making them feel.</p> <p>Know that there are lots of ideas about what makes a good friend.</p> <p>Know how to try and be a good friend.</p>

<p>Valuing differences</p>	<p>Know how they are the same or different to their friends.</p> <p>Know that it is good to be being different.</p> <p>Know how to be kind and help friends.</p>	<p>Know how to celebrate their differences.</p> <p>Know how to talk about family life.</p> <p>Know how to listen and be polite to what others say about their lives.</p> <p>Know how to be kind, caring and helpful to others.</p>	<p>Know that people are similar as well as different.</p> <p>Know that things sometimes seem unfair, even if they are not.</p> <p>Know how to identify bullying. Know that there are ways to show kindness towards others.</p>	<p>Know how to be respectful of those who are different to them.</p> <p>Know how to describe how someone can change someone's feelings.</p> <p>Know that it is important to show good listening to people who think differently to them.</p> <p>Know how to name and suggest strategies to someone who feels left out.</p> <p>Know how to be kind and use kind words to friends.</p>
<p>Keeping safe</p>	<p>Know that they can ask for help.</p> <p>Know that there are some dangers and how to keep themselves safe from them.</p> <p>Know that there are safe and unsafe things to touch and use.</p>	<p>Know that their body needs certain things to stay healthy.</p> <p>Know how to make safe decisions around medicines and unknown things.</p> <p>Know that some things can be dangerous inside and outside their bodies.</p> <p>Know how to play safely online and who to talk to if they feel worried.</p> <p>Know that there are named adults who keep them safe and when they might need their help.</p>	<p>Know how to talk about the things that a body needs to stay well (exercise, sleep, healthy foods).</p> <p>Know how to react if they have strong, but not so good feelings, to help them stay safe.</p> <p>Know how to say 'no' to unwanted touch and ask for help from a trusted adult.</p> <p>Know that medicines can be helpful or might be harmful.</p> <p>Know how to stay safe around medicine.</p>	<p>Know that they can say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe.</p> <p>Know how to identify what they do and don't like and who to ask for help.</p> <p>Know that there are safe and unsafe secrets and think of safe people who can help if something feels wrong.</p> <p>Know how to give examples of touches that are ok or not ok (even if they haven't happened to them).</p> <p>Know how to identify a safe person to tell if they felt 'not OK' about something.</p> <p>Know how to keep themselves safe around medicines.</p>

				Know how to explain that medicines can be helpful or harmful, and say how they can be used safely.
Rights and respect	<p>Know how to make some healthy choices.</p> <p>Know how to help family and friends.</p> <p>Know how to make caring choices for my world.</p>	<p>Know how to help their family.</p> <p>Know how to help to clean and tidy own home and classroom.</p> <p>Know that there are some ways to look after our world.</p> <p>Know how to be kind to friends and others.</p> <p>Know how to talk about looking after money.</p>	<p>Know that there is a sequence to wash their hands correctly.</p> <p>Know how to look after their home and school.</p> <p>Know how to look after a special person or thing.</p> <p>Know how to get help if someone has hurt themselves.</p> <p>Know that money can be spent on things.</p>	<p>Know how to make choices that help them play and work well with others.</p> <p>Know how to use some strategies when they feel upset or angry.</p> <p>Know how to ask for help from a trusted adult.</p> <p>Know how to name some ways to look after my environment.</p> <p>Know how to make choices with money.</p>
Being my best	<p>Know how to choose a healthy snack and activity.</p> <p>Know how to keep trying.</p> <p>Know how to listen to their friends and take turns.</p>	<p>Know how to keep trying if the way that has been chosen doesn't work.</p> <p>Know how to talk about the different types of feelings they have.</p> <p>Know that they can have a go at something new.</p> <p>Know how to make their own healthy food choices.</p> <p>Know that they can make healthy sleep and exercise choices.</p>	<p>Know how to choose a healthy meal with different food groups.</p> <p>Know how to be persistent when learning a new skill.</p> <p>Know how to name a few different ideas of what to do if they find something difficult.</p> <p>Know how to help their friends when they fall out.</p> <p>Know how to explain why praise helps them to keep trying.</p>	<p>Know how to explain what happens when they learn something new.</p> <p>Know how to explain how setting a goal or goals will help them to achieve what they want to be able to do.</p> <p>Know how to explain how hand hygiene stops virus' and germs from spreading.</p> <p>Know that there are examples of what they can do and give to their body to stay healthy.</p> <p>Know how to identify the name of different parts of their body</p>

				that are <i>inside</i> them and that help to turn food into energy.
Growing and changing	<p>Know how to describe the different seasons.</p> <p>Know how babies and animals grow.</p> <p>Know that boys and girls can be different or the same.</p>	<p>Know how to describe the life cycle of an animal.</p> <p>Know how to describe how a baby grows to an adult and what they might need.</p> <p>Know how to identify some things about where a baby comes from.</p> <p>Know that body parts have scientific names.</p> <p>Know that there are PANTS rule.</p>	<p>Know the things that babies need.</p> <p>Know that they can now do things that they couldn't do as a toddler and some things that they are still learning to do.</p> <p>Know how safe secrets and surprises make them feel and who to talk to if they are worried.</p> <p>Know how to identify the name of the body parts girls and boys have that are the same and which body parts are different.</p> <p>Know how to identify the name of the adults that they can talk to at home and school if they need help.</p>	<p>Know how to support a friend.</p> <p>Know how to describe feelings of loss and suggest what someone can do if a friend moves away.</p> <p>Know how to describe the stages of growth they have been through and what they look forward to in their future.</p> <p>Know the name of the human private parts that can be used to make a baby.</p> <p>Know how to keep private parts private.</p>
Key Vocabulary	Special, family, enjoy, kind, danger, help, healthy, snack, same, different.	Special, similar, share, kind, helping, feelings, safe, grown up, careful, medicine, cleaning products, water, food, fresh air, sleep, challenge, keep trying, practice, pants, vest, private, penis, vulva.	Responsibility, work together, body language, emotions, support, respect, unkind, tease, bully, bullying, behaviour, fair, worried, nervous, scared, harmful, consequence, money, cost, bill, afford, hazard, danger.	Caring, repeated, teasing, regularly, unique, calm, aggressive, solve, cooperate, worried, surprise, secret, gamer, personal information, internet, risk, spending, saving, first aid, risk, consent, permission, uncomfortable.