



Lowe's Wong Infant School

PSHE & RSE Progression Document

Key Area (SCARF units)	Foundation 1	Foundation 2	Year 1	Year 2
<p>Me and my relationships</p>	<p>Know how to share their likes and dislikes with their friends and adults in their classroom.</p> <p>Know that the features of their face and parts of their body have a name.</p> <p>Know how to use their senses to explore the world around them.</p> <p>Know how to speak positively about themselves.</p> <p>Know how to name different feelings and possible causes.</p> <p>Know that some key adults can help them when feeling sad/worried/scared and know the names of these adults.</p> <p>Know how to talk about their families and special people.</p> <p>Know how to name those who care for them and keep them safe.</p> <p>Know how to describe the different types of homes.</p>	<p>Know how to talk about their own interests.</p> <p>Know how to talk about their families.</p> <p>Know that they are the same or different to others.</p> <p>Know that they can share their favourite interests and objects.</p> <p>Know how to talk about themselves positively.</p> <p>Know how to listen to what others say and respond.</p> <p>Know how to talk about the important people in their lives.</p> <p>Know that we have different special people.</p> <p>Know how to name key people outside of families that care for them.</p> <p>Know that they can talk about when they might feel unsafe or unhappy.</p> <p>Know how to name the people who will help them.</p> <p>Know that a friend is in need at school and help them.</p>	<p>Know that classroom rules help everyone to learn and be safe.</p> <p>Know how to explain their classroom rules and be able to contribute to making these.</p> <p>Know how to listen attentively.</p> <p>Know that simple strategies can be used for resolving conflict situations.</p> <p>Know how to give and receive positive feedback, and experience how this makes them feel.</p> <p>Know how others might be feeling by reading body language/facial expressions.</p> <p>Know how our emotions can give a physical reaction in our body (e.g. butterflies in the tummy etc.)</p> <p>Know how to identify a range of feelings.</p> <p>Know how feelings might make us behave.</p> <p>Know how to use strategies for someone experiencing 'not so good' feelings to manage these.</p> <p>Know that people's bodies and feelings can be hurt.</p>	<p>Know how to suggest actions that will contribute positively to the life of the classroom.</p> <p>Know how to make and undertake pledges based on those actions.</p> <p>Know how to take part in creating and agreeing classroom rules.</p> <p>Know how to use a range of words to describe feelings.</p> <p>Know that people have different ways of expressing their feelings.</p> <p>Know how to identify helpful ways of responding to other's feelings.</p> <p>Know how to recognise, name and understand how to deal with feelings.</p> <p>Know how to explain where someone could get help if they were being upset by someone else's behaviour.</p> <p>Know that friendship is a special kind of relationship.</p> <p>Know how to identify some of the ways that good friends care for each other.</p>

		<p>Know how to describe different emotions.</p> <p>Know how to explore how we feel at certain times or events.</p> <p>Know how to identify ways to change feelings and calm down.</p> <p>Know how to identify events that can make a person feel sad.</p> <p>Know that there are ways in which they can help a friend who is sad.</p> <p>Know how to choose ways to help themselves when they feel sad.</p>	<p>Know that there are ways of dealing with different kinds of hurt.</p> <p>Know how to identify simple qualities of friendship.</p> <p>Know how to suggest simple strategies for making up.</p>	<p>Know how to explain the difference between bullying and isolated unkind behaviour.</p> <p>Know that there are different types of bullying and unkind behaviour.</p> <p>Know that bullying and unkind behaviour are both unacceptable ways of behaving.</p> <p>Know how to understand and describe strategies for dealing with bullying.</p> <p>Know how to rehearse and demonstrate some of these strategies.</p>
Valuing differences	<p>Know that there are similarities and differences amongst their peers.</p> <p>Know how to talk about the things they and their friends are good at.</p> <p>Know how to spot similarities and differences in nature.</p> <p>Know that having differences between us is a good thing.</p> <p>Know how to notice and talk about differences in nature.</p> <p>Know that there are differences within and amongst families.</p> <p>Know how to explore and use different materials.</p>	<p>Know how to describe their own positive attributes.</p> <p>Know how to share their likes and dislikes.</p> <p>Know how to listen to and respect the ideas of others.</p> <p>Know that there are similarities and differences amongst their peers.</p> <p>Know that differences should be celebrated.</p> <p>Know how to retell a story.</p> <p>Know how to talk about their family, customs and traditions.</p> <p>Know how to listen to others talk about their experiences.</p>	<p>Know how to identify the differences and similarities between people.</p> <p>Know how to empathise with those who are different from them.</p> <p>Know how to appreciate the positive aspects of these differences.</p> <p>Know that there is a difference between unkindness, teasing and bullying.</p> <p>Know that bullying is usually quite rare.</p> <p>Know how to explain some of their school rules and how those rules help to keep everybody safe.</p>	<p>Know how to identify some of the physical and non-physical differences and similarities between people.</p> <p>Know how to use words and phrases that show respect for other people.</p> <p>Know how to identify people who are special to them.</p> <p>Know how to explain some of the ways those people are special to them.</p> <p>Know how to explain a person's behaviour can affect other people.</p> <p>Know how it feels to be part of a group.</p>

	<p>Know how to show kindness by including their friends.</p> <p>Know how to help those who are in need.</p>	<p>Know how to compare their own experiences with those of others.</p> <p>Know that there are similarities and differences between their home and those of others.</p> <p>Know how to talk about what makes their home feel special and safe.</p> <p>Know how to be sensitive towards others.</p> <p>Know that we can be kind towards others.</p> <p>Know how to demonstrate skills in cooperation with others and show friendly behaviour towards a peer.</p> <p>Know how to build relationships with others.</p>	<p>Know how to explain what is fair and unfair, kind and unkind.</p> <p>Know that they can suggest ways to show kindness to others.</p> <p>Know how to identify some of the people who are special to them.</p> <p>Know how to name some of the qualities that make a person special to them.</p> <p>Know that they belong to various groups and communities such as their family.</p> <p>Know how these people help us and we can also help them to help us.</p>	<p>Know how it feels to be left out from a group.</p> <p>Know how to identify groups they are part of.</p> <p>Know that strategies can be used for helping someone who is feeling left out.</p> <p>Know how to describe acts of kindness and unkindness.</p> <p>Know how these impact on other people's feelings.</p> <p>Know that kind words and actions can show to others kindness.</p> <p>Know how to show acts of kindness to others in school.</p> <p>Know how to demonstrate active listening techniques (making eye contact, nodding head, making positive noises, not being distracted).</p> <p>Know that there are strategies for dealing with a range of common situations requiring negotiation skills to help foster and maintain positive relationships.</p>
<p>Keeping safe</p>	<p>Know how to name key relatives/care givers at home and those who care for them in their education settings.</p>	<p>Know how to name things that keep their bodies safe.</p> <p>Know how to name things that keep their bodies clean and protected.</p>	<p>Know how to recognise the importance of sleep in maintaining a healthy, balanced lifestyle.</p>	<p>Know that medicines can sometimes make people feel better when they're ill.</p> <p>Know that a person can do things to feel better without use of medicines, if they are unwell.</p>

	<p>Know that they may get a 'funny tummy' feeling when something feels wrong or unsafe and say what to do.</p> <p>Know how to talk about what makes them feel safe.</p> <p>Know how to name potential dangers, both inside and outside, and how to avoid getting hurt.</p> <p>Know how to name things in the environment that keep us safe e.g.traffic lights, warning signs, school rules.</p> <p>Know how to talk about how to keep their bodies safe.</p> <p>Know that some products in the home are to be used only by adults.</p> <p>Know how to sort items according to their use and purpose.</p> <p>Know that adults can give medicine to children and explain why.</p>	<p>Know how to recognise things that might not be safe.</p> <p>Know how to make safe decisions about items they don't recognise.</p> <p>Know how to talk about what our bodies need to stay well.</p> <p>Know how to name the safe ways to store medicine and who can give it to children (adults).</p> <p>Know how to name some hazards and ways to stay safe inside and outside.</p> <p>Know how to care for the safety of others.</p> <p>Know how to name the adults who they can ask for help from and will keep them safe.</p> <p>Know how to recognise the feelings they have when they are unsafe.</p> <p>Know how to talk about keeping themselves safe, safe touches and consent.</p> <p>Know how to share ideas about activities that are safe to do on electronic devices.</p> <p>Know how to react and who to talk to if they feel unsafe online.</p>	<p>Know how to identify simple bedtime routines that promote healthy sleep.</p> <p>Know how to recognise emotions and physical feelings associated with feeling unsafe.</p> <p>Know how to identify people who can help them when they feel unsafe.</p> <p>Know how to learn the PANTS rules.</p> <p>Know how to name and which parts should be private.</p> <p>Know that there is a difference between appropriate and inappropriate touch.</p> <p>Know that they have the right to say "no" to unwanted touch.</p> <p>Know that there are people who they trust and who they can ask for help.</p> <p>Know that there are benefits and risks of the internet.</p> <p>Know how to recognise ways to stay safe online.</p> <p>Know that consent is important. Know that medicines can sometimes make people feel better when they're ill.</p> <p>Know how to explain simple issues of safety and responsibility about medicines and their use.</p>	<p>Know how to explain simple issues of safety and responsibility about medicines and their use.</p> <p>Know how to identify situations in which they would feel safe or unsafe.</p> <p>Know that there are actions for dealing with unsafe situations including who they could ask for help.</p> <p>Know how to identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe.</p> <p>Know that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation.</p> <p>Know how to identify the types of touch they like and do not like.</p> <p>Know how to identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.</p> <p>Know that some touches are not fun and can hurt or be upsetting.</p> <p>Know that they can ask someone to stop touching them.</p>
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Rights and respect	<p>Know how to talk about how healthy food and keeping clean can help our bodies.</p> <p>Know how to name some healthy foods.</p> <p>Know that new experiences can be tried.</p> <p>Know how to name some activities that they can do to help out at home.</p> <p>Know how they can look after other members of their family Know how they can look after their friends.</p> <p>Know how to show care and responsibility for their home and learning environments.</p> <p>Know how to talk about what is special within the natural world. Know how to name some ways in which they can help their world.</p>	<p>Know how to name the special people in their lives.</p> <p>Know that our special people can be different to those of others.</p> <p>Know how to talk about why friends are important and how they help us.</p> <p>Know how to identify ways to care for a friend in need.</p> <p>Know how to identify ways to help others in their community.</p> <p>Know how to identify ways in which they help at home.</p> <p>Know how to recognise the importance of taking care of a shared environment.</p> <p>Know how to name ways in which they can look after their learning environment.</p>	<p>Know how a person's behaviour (including their own) can affect other people.</p> <p>Know how to identify what they like about the school environment.</p> <p>Know how to recognise who cares for and looks after the school environment.</p> <p>Know how to demonstrate respect and responsibility for looking after something (e.g. a class pet or plant).</p> <p>Know how to explain the importance of looking after things that belong to themselves or to others.</p> <p>Know how to develop their sense of respect for objects - including things in the environment.</p>	<p>Know how to describe and record strategies for getting on with others in the classroom.</p> <p>Know how to explain, and be able to use, strategies for dealing with impulsive behaviour.</p> <p>Know how to identify special people in the school and community who can help to keep them safe.</p> <p>Know how to ask for help.</p> <p>Know that there are benefits and the risks of the internet.</p> <p>Know how to recognise ways to stay safe online.</p> <p>Know that talking to strangers online is a risk.</p> <p>Know that we should never share personal information online.</p>

		<p>Know that things make the world special and beautiful. Know how to name ways in which they can help take care of the environment, e.g. recycling, saving energy, wasting less.</p> <p>Know how to talk about what can happen to living things if the world is not cared for.</p> <p>Know how to recognise coins and other items relating to money.</p> <p>Know how to identify the uses of money.</p> <p>Know that it is important to keep money safe.</p> <p>Know how to identify ways to save money.</p> <p>Know how to talk about why we save money.</p>	<p>Know how to explain where people get money from. Know that money may be spent on different things in a family home.</p> <p>Know that different notes and coins have different monetary value.</p> <p>Know how to explain the importance of keeping money safe.</p> <p>Know how to identify safe places to keep money.</p> <p>Know how to understand the concept of 'saving money' (i.e. by keeping it in a safe placed and adding to it).</p>	<p>Know that people have choices about what they do with their money.</p> <p>Know that money can be saved for a use at a future time.</p> <p>Know how they might feel when they spend money on different things.</p> <p>Know that money can be spent on items which are essential or non-essential.</p> <p>Know that money can be saved for a future time and understand the reasons why people (including themselves) might do this.</p> <p>Know how to identify what they like about the school environment.</p> <p>Know how to identify any problems with the school environment (e.g. things needing repair).</p> <p>Know how to make suggestions for improving the school environment.</p> <p>Know that it's everyone's job - including all adults and children - to respect and therefore help to look after the school environment.</p>
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<p>Being my best</p>	<p>Know what their bodies need for energy (food, water, exercise, sleep).</p> <p>Know how they feel when they don't have enough food, water, exercise or sleep.</p> <p>Know how to make healthy choices independently, in their home or education setting.</p> <p>Know how people might feel if they find something hard.</p> <p>Know how to suggest ways to encourage others to keep going.</p> <p>Know how to have a go at challenging themselves.</p> <p>Know how to develop skills in planning, reviewing applying a trial and error approach.</p> <p>Know how to explore activities that they wouldn't normally try, pushing the boundaries of their comfort zone.</p> <p>Know how to communicate with others by sharing with and listening to each other's ideas.</p>	<p>Know how to share an experience where they haven't achieved their goal.</p> <p>Know how to develop their confidence and resilience towards having a growth mindset.</p> <p>Know how to name a strategy to overcome a hurdle.</p> <p>Know that some skills take time to learn.</p> <p>Know how to plan and review an achievable goal.</p> <p>Know how to celebrate the successes of their peers.</p> <p>Know how to name and choose healthy foods and drink.</p> <p>Know that there are some foods that are a "just sometimes" food or drink (eating in moderation).</p> <p>Know how to explain the jobs of different food groups.</p> <p>Know how to identify the 5 ways to support their wellbeing.</p> <p>Know how to name some activities or ideas to promote positive mental health.</p> <p>Know how to reflect on their mental health and how they can protect it.</p>	<p>Know how to recognise the importance of fruit and vegetables in their daily diet.</p> <p>Know that eating at least five portions of vegetables and fruit a day helps to maintain health.</p> <p>Know that they may have different tastes in food to others. Know how to select foods from the Eatwell Guide (formerly Eatwell Plate) in order to make a healthy lunch.</p> <p>Know how to recognise which foods we need to eat more of and which we need to eat less of to be healthy.</p> <p>Know how to recognise the importance of regular hygiene routines.</p> <p>Know how to sequence personal hygiene routines into a logical order.</p> <p>Know how diseases can spread. Know how to use simple strategies for preventing the spread of diseases.</p> <p>Know that learning a new skill requires practice and the opportunity to fail, safely.</p> <p>Know that the learning line's use as a simple tool to describe the learning process, including overcoming challenges.</p>	<p>Know that there are stages of the learning line and show an understanding of the learning process.</p> <p>Know how to help themselves and others develop a positive attitude that support their wellbeing.</p> <p>Know how to identify and describe where they are on the learning line in a given activity and apply its positive mindset strategies to their own learning.</p> <p>Know how to understand and give examples of things they can choose themselves and things that others choose for them.</p> <p>Know how to explain things that they like and dislike and understand that they have choices about these things.</p> <p>Know how to understand and explain that some choices can be either healthy or unhealthy and can make a difference to their own health.</p> <p>Know how germs can be spread.</p> <p>Know how to describe simple hygiene routines such as hand washing.</p> <p>Know that vaccinations can help to prevent certain illnesses.</p>
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		<p>Know how to describe the changes in their body during exercise and what is happening to their body.</p> <p>Know how exercise can help us stay well - physically and mentally.</p> <p>Know that there are some ways to keep their body fit and well. Know that our body needs sleep.</p> <p>Know how to talk about their own bedtime routine.</p> <p>Know how to have a calm evening and bedtime routine.</p>	<p>Know how to demonstrate attentive listening skills.</p> <p>Know how to suggest simple strategies for resolving conflict situations.</p> <p>Know how to give and receive positive feedback, and experience how this makes them feel.</p> <p>Know how to name major internal body parts (heart, lungs, blood, stomach, intestines, brain).</p> <p>Know how to understand and explain the simple bodily processes associated with them.</p>	<p>Know how to explain the importance of good dental hygiene.</p> <p>Know that there are simple dental hygiene routines.</p> <p>Know how to name major internal body parts (heart, blood, lungs, stomach, small and large intestines, brain).</p> <p>Know how food, water and air get into the body and blood.</p> <p>Know that the body gets energy from food, water and oxygen. Know that exercise and sleep are important to health</p>
Growing and changing	<p>Know that seasonal changes can be described.</p> <p>Know how to use key vocabulary relating to natural change, e.g. weather, seasons, cold, hot.</p> <p>Know how to describe the life cycle of an animal.</p> <p>Know how to talk about how babies change as they grow.</p> <p>Know how to explain what babies need and how this changes as they grow.</p> <p>Know how to share their own experiences and listen to those of the others.</p>	<p>Know how to name the different seasons and describe their differences.</p> <p>Know that changes occur as the seasons change.</p> <p>Know how they have grown in resilience.</p> <p>Know that animals and humans change in appearance over time.</p> <p>Know how to use relevant vocabulary such as egg, seed, baby, grow, change, old, young (and the names for young animals).</p>	<p>Know that the body gets energy from food, water and air (oxygen).</p> <p>Know that exercise and sleep are important parts of a healthy lifestyle.</p> <p>Know how to identify things they could do as a baby, a toddler and can do now.</p> <p>Know how to identify the people who help/helped them at those different stages.</p> <p>Know that there are tasks required to look after a baby.</p> <p>Know how to meet the basic needs of a baby, for example,</p>	<p>Know how to give simple positive feedback to others.</p> <p>Know that there are range of feelings that are associated with losing (and being reunited) with a person they are close to.</p> <p>Know how to identify different stages of growth (e.g. baby, toddler, child, teenager, adult).</p> <p>Know how to describe some of the things that people are capable of at these different stages.</p> <p>Know how to identify which parts of the human body are private.</p>

	<p>Know how to talk about the similarities and differences between the males and females.</p> <p>Know how to play inclusively with their friends, regardless of their sex (if not already doing so).</p> <p>Know how to think differently and more openly about what a family may look like.</p>	<p>Know how to make observations and ask questions about living things.</p> <p>Know how to retell a story and respond to questions about it.</p> <p>Know how to use the language and describe the different life stages of: baby, child, teenager, adult, older age.</p> <p>Know how to talk about their own experience of growing up Know that a baby is made by a woman and a man and grows inside a mother's tummy.</p> <p>Know that every family is different.</p> <p>Know that there are similarities and differences between themselves and others.</p> <p>Know how they have changed as they have grown.</p> <p>Know how to explain the differences between babies, children, and adults.</p> <p>Know that we are all unique.</p> <p>Know how to name parts of the body (including reproductive parts) using the correct vocabulary.</p> <p>Know how to explain which parts of their body are kept private and safe and why.</p>	<p>eye contact, cuddling, washing, changing, feeding.</p> <p>Know how to explain the difference between teasing and bullying.</p> <p>Know how to give examples of what they can do if they experience or witness bullying.</p> <p>Know how to say who they could get help from in a bullying situation.</p> <p>Know how to explain the difference between a secret and a nice surprise.</p> <p>Know how to identify situations as being secrets or surprises.</p> <p>Know how to identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.</p> <p>Know that there are parts of the body that are private and identify these.</p> <p>Know how to describe ways in which private parts can be kept private.</p> <p>Know how to identify people they can talk to about their private parts.</p>	<p>Know that a person's genitals help them to make babies when they are grown up.</p> <p>Know that humans mostly have the same body parts but that they can look different from person to person.</p> <p>Know how to explain what privacy means.</p> <p>Know that you are not allowed to touch someone's private belongings without their permission.</p> <p>Know that there are different types of private information.</p> <p>Know how inappropriate touch can make someone feel.</p> <p>Know that there are unsafe secrets and secrets that are nice surprises.</p> <p>Know that if someone is being touched in a way that they don't like they have to tell someone in their safety network so they can help it stop.</p>
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		Know that they can tell or ask an appropriate adult for help if they feel unsafe.		
Key Vocabulary	Positively, sad, worried, scared, special, family, enjoy, kind, feeling, danger, help, healthy, snack, same, different, similarities, differences, life cycle.	Unsafe, unhappy, similar, share, kind, helping, feelings, sensitive, safe, grown up, careful, hazard, medicine, cleaning products, water, food, fresh air, sleep, challenge, hurdle, keep trying, practice, mental health, pants, vest, private, penis, vulva.	Attentively, conflict, strategy, responsibility, work together, body language, emotions, support, respect, unkind, tease, emphasise, bully, bullying, behaviour, fair, nervous, scared, harmful, consequence, money, cost, bill, afford, hazard, heart, lungs, blood, stomach, intestines, brain.	Pledges, caring, repeated, isolated, teasing, regularly, unique, calm, aggressive, solve, cooperate, negotiate, worried, surprise, secret, gamer, personal information, internet, risk, spending, saving, first aid, risk, consent, permission, uncomfortable.