

Walkeringham Primary School PSHE Knowledge Progression Map

EYFS

In EYFS, PSHE is taught both through discrete lessons and woven throughout daily interactions and experiences. Where teaching staff deem appropriate, EYFS children join KS1 for weekly PSHE lessons, focusing on core skills from our PSHE curriculum. Learning alongside older peers provides valuable opportunities for discussion, modelling and developing social skills, while these key themes are reinforced naturally through everyday routines, play and interactions.

Autumn	Spring	Summer
Anti-bullying week Black History Month Remembrance World First Aid Day International Day of Peace National Recycling week Inter-faith week Children in Need Road safety week	Children's Mental Health Week Safer Internet Day LGBT+ History Month International Women's Day International day of families	Stress Awareness Month Walk to School Week Healthy Eating Week

<u>Nursery</u> <u>Self-Regulation</u> Children will separate from main carer to come into nursery. <u>Managing Self</u> Children will know the class rules: - Looking eyes - Listening ears - Hands in lap Children will know how to wash and dry their hands before eating and after using the toilet. <u>Building Relationships</u> Children will know how to play alongside each other.	<u>Nursery</u> <u>Self-Regulation</u> Children will know which adults can help them in school. <u>Managing Self</u> Children will know how to look after resources and how to tidy up when they hear the tidy up song. Children will know how to drink water to be healthy. <u>Building Relationships</u> Children will know how to play partner games.	<u>Nursery</u> <u>Self-Regulation</u> Children will become confident with visitors in school. <u>Managing Self</u> Children will know examples of healthy food. <u>Building Relationships</u> Children will share resources and play in a group.	<u>Nursery</u> <u>Self-Regulation</u> Children will show confidence both in the classroom and around school. <u>Managing Self</u> Children will know to exercise to be healthy. <u>Building Relationships</u> Children will take turns whilst playing and waiting patiently to have a go.	<u>Nursery</u> <u>Self-Regulation</u> Children will show confidence in visiting somewhere new. <u>Managing Self</u> Children will know how to calm themselves by stopping and taking deep breaths. Children will know how to brush their teeth to be healthy. <u>Building Relationships</u> Children will consider the feelings of others in stories.	<u>Nursery</u> <u>Self-Regulation</u> Children will show confidence in visiting the local church or local area. <u>Managing Self</u> Children will know how to independently use the toilet. <u>Building Relationships</u> Children will know how to listen to a friend and agree a compromise.
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<u>Reception:</u> <u>Self-Regulation</u> Children will see themselves as unique by sharing their hobbies and interests. <u>Managing Self</u> Children will know how regular exercise is important for their health. <u>Building Relationships</u> Children will know how to identify their feelings, using books such as 'The Colour Monster' to support understanding.	<u>Reception</u> <u>Self-Regulation</u> Children will know how to be helpful by taking on jobs such as serving snacks and washing up. <u>Managing Self</u> Children will know TheWalkeringham Ways. Children will know how healthy eating is important for their health. <u>Building Relationships</u> Children will know how to listen to others with respect.	<u>Reception</u> <u>Self-Regulation</u> Children will know how to make the right choice and the consequences of not doing so. <u>Managing Self</u> Children will know how regular teeth brushing is important for their health. <u>Building Relationships</u> Children will know how to treat others in our class using the statement 'Kind hands and kind words'.	<u>Reception</u> <u>Self-Regulation</u> Children will know the effects of their behaviour on others. <u>Managing Self</u> Children will know what a sensible amount of screen time is and why this is important for their health. <u>Building Relationships</u> Children will be able to describe what makes a good friend, including attributes such as listening and sharing.	<u>Reception</u> <u>Self-Regulation</u> Children will know to use the calm corner when they are feeling upset/angry. <u>Managing Self</u> Children will know about the importance of a good sleep routine for their health. <u>Building Relationships</u> Children will know how to express their opinion and understand it is okay to have a different opinion to their friends.	<u>Reception</u> <u>Self-Regulation</u> Children will know how to overcome challenges, using books such as 'The Most Magnificent Thing'. <u>Managing Self</u> Children will know how to be a safe pedestrian and why this is important. <u>Building Relationships</u> Children will know how to resolve a problem by talking it through with a friend or adult.
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Walkeringham Ways Respond positively to challenges set in class (resilience) Persevere when things are tricky (resilience) Set their own goals/next steps and feel proud of achieving them (responsibility and independence) Enjoy doing jobs for the class and school community (responsibility) Healthy Me Know exercise is important (responsibility) Know about some foods that are healthy and unhealthy (responsibility) Know about the importance of getting enough sleep (responsibility) Know about the importance of keeping clean and brushing their teeth (responsibility) Know ways in which to keep themselves safe (responsibility)	Walkeringham Ways Respond positively to challenges set in class (resilience) Persevere when things are tricky (resilience) Set their own goals/next steps and feel proud of achieving them (responsibility and independence) Enjoy doing jobs for the class and school community (responsibility) Healthy Me Know exercise is important (responsibility) Know about some foods that are healthy and unhealthy (responsibility) Know about the importance of getting enough sleep (responsibility) Know about the importance of keeping clean and brushing their teeth (responsibility) Know ways in which to keep themselves safe (responsibility)	Walkeringham Ways Respond positively to challenges set in class (resilience) Persevere when things are tricky (resilience) Set their own goals/next steps and feel proud of achieving them (responsibility and independence) Enjoy doing jobs for the class and school community (responsibility) Healthy Me Know exercise is important (responsibility) Know about some foods that are healthy and unhealthy (responsibility) Know about the importance of getting enough sleep (responsibility) Know about the importance of keeping clean and brushing their teeth (responsibility) Know ways in which to keep themselves safe (responsibility)	Walkeringham Ways Respond positively to challenges set in class (resilience) Persevere when things are tricky (resilience) Set their own goals/next steps and feel proud of achieving them (responsibility and independence) Enjoy doing jobs for the class and school community (responsibility) Healthy Me Know exercise is important (responsibility) Know about some foods that are healthy and unhealthy (responsibility) Know about the importance of getting enough sleep (responsibility) Know about the importance of keeping clean and brushing their teeth (responsibility) Know ways in which to keep themselves safe (responsibility)	Walkeringham Ways Respond positively to challenges set in class (resilience) Persevere when things are tricky (resilience) Set their own goals/next steps and feel proud of achieving them (responsibility and independence) Enjoy doing jobs for the class and school community (responsibility) Healthy Me Know exercise is important (responsibility) Know about some foods that are healthy and unhealthy (responsibility) Know about the importance of getting enough sleep (responsibility) Know about the importance of keeping clean and brushing their teeth (responsibility) Know ways in which to keep themselves safe (responsibility)	Walkeringham Ways Respond positively to challenges set in class (resilience) Persevere when things are tricky (resilience) Set their own goals/next steps and feel proud of achieving them (responsibility and independence) Enjoy doing jobs for the class and school community (responsibility) Healthy Me Know exercise is important (responsibility) Know about some foods that are healthy and unhealthy (responsibility) Know about the importance of getting enough sleep (responsibility) Know about the importance of keeping clean and brushing their teeth (responsibility) Know ways in which to keep themselves safe (responsibility)
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KS1

Autumn 2026	Spring 2027	Summer 2027	Autumn 2027	Spring 2028	Summer 2028
Anti-bullying week Black History Month Remembrance World First Aid Day International Day of Peace National Recycling week Inter-faith week Children in Need Road safety week	Children's Mental Health Week Safer Internet Day LGBT+ History Month International Women's Day International day of families	Stress Awareness Month Walk to School Week Healthy Eating Week	Anti-bullying week Black History Month Remembrance World First Aid Day International Day of Peace National Recycling week Inter-faith week Children in Need Road safety week	Children's Mental Health Week Safer Internet Day LGBT+ History Month International Women's Day International day of families	Stress Awareness Month Walk to School Week Healthy Eating Week
Be Yourself - Identify their own special traits and qualities - Identify and name common feelings - Select times and situations that make them feel happy - Talk about what makes them feel unhappy or cross - Explain how change and loss make them feel - Understand the importance of sharing their thoughts and feelings	TEAM - Show the team they belong to through cutting out appropriate images - Follow instructions and create a tower by applying good listening - Use key vocabulary and the Acts of Kindness Poster to think of ways to show kindness to others - Work in a group to discuss what they could do if they saw others being bullied - Work as a group to sort thoughts given into helpful and not-so-helpful - Sort images of behaviours into good	VIPs - Explain who the special people in their lives are - Talk about the importance of families - Describe what makes someone a good friend - Know how to resolve an argument in a positive way - Know the skills involved in successful cooperation - Identify a way to show others that they care	Digital Wellbeing - Identify ways we use the internet - Talk about different activities they like to do both online and offline - Discuss some of the risks that are present when we go online - Explain how to get help if anything online frightens them - Give examples of personal information and understand that we keep it private - Talk about ways people communicate online and explain what to do if something they see	One World - Talk about special people in their life and say why they are special - Talk about different homes around the world and identify how they are the same or different from their own - Describe what their school is like (covered in Kenya topic) - Explain what an environment is (covered in Science – habitats) - Explain what natural resources are and identify how people use them - Say what they love about the world in which they live and describe how	Diverse Britain - Identify groups and communities that they belong to - Explain how to be a good neighbour - Describe what it is like to live in Britain - Identify similarities and differences between British people - Talk about what makes them feel proud to be British (Taught during Great Fire of London topic)

	and not-so-good		worries them (taught in Computing – Internet Safety) Understand that not everything we see on the internet is true	they would feel if these things disappeared	
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Aiming High	Safety First	Think Positive	It's My Body	Money Matters	Growing Up
• Discuss their star qualities • Identify what a positive learning attitude is • Talk about jobs they can do when they grow up • Discuss what skills and interests are needed for different jobs • Talk about hopes they have for the future • Discuss what they are looking forward to about next year	• Identify some everyday dangers • Understand some basic rules that help keep people safe • Know what to do if they feel in danger • Identify some dangers in the home • Identify some dangers outside • Identify which information they should never share on the internet • Know that their private body parts are private • Recall the number to call in an emergency • List some people who can help them stay safe (Covered in Big Talk)	• Identify and discuss feelings and emotions using simple terms • Describe things that make them feel happy and unhappy • Understand that they have a choice about how to react to things that happen • Talk about personal achievements and goals • Describe difficult feelings and what might cause these feelings • Discuss things for which they are thankful • Focus on an activity, remaining calm and still	• Explain how much sleep they need • Discuss why exercise is good for them • Understand they can choose what happens to their bodies • List healthy snacks • Know to ask a trusted adult if uncertain about whether something is safe to eat or drink • Demonstrate hygienic ways to look after their bodies (Covered in Science – Animals, including Humans Autumn 2023) (Covered in Big Talk)	• Discuss things they can buy in the shops • Talk about different sources that money can come from • Identify things they want • Identify things they need • Talk about ways we can keep track of what we spend • Discuss ways they can keep money safe Discuss some methods of payment	• Talk about their own likes and dislikes • Understand that different people like different things • Understand that girls and boys can like different things or the same things • Describe how they have changed since they were a baby • Understand that people's needs changed as they grow older • Talk about things they would like to do when they are older • Discuss some changes that people might go through in life • Talk about their family and ask other questions about their family (Covered in Science – Animals, including Humans Autumn 2023)

LKS2

Autumn 2026	Spring 2027	Summer 2027	Autumn 2027	Spring 2028	Summer 2028
Anti-bullying week Black History Month Remembrance World First Aid Day International Day of Peace National Recycling week Inter-faith week Children in Need Road safety week	Children's Mental Health Week Safer Internet Day LGBT+ History Month International Women's Day International day of families	Stress Awareness Month Walk to School Week Healthy Eating Week	Anti-bullying week Black History Month Remembrance World First Aid Day International Day of Peace National Recycling week Inter-faith week Children in Need Road safety week	Children's Mental Health Week Safer Internet Day LGBT+ History Month International Women's Day International day of families	Stress Awareness Month Walk to School Week Healthy Eating Week
One World - Describe similarities and differences between people's lives - Identify opinions that are different from their own - Express their own opinions - Recognise that their actions impact on people in different countries - Know what climate change is Know there are organisations working to help people in challenging situations in other communities (these aspects are covered during Geography work on the Rainforest every 4 years - 2026)	Aiming High - Discuss their personal achievements and skills - Identify what a positive learning attitude is - Talk about a range of jobs that people do - Discuss what skills and interests are needed for different jobs - Talk about jobs they might like to do in the future - Discuss what skills they might need to do certain jobs	Be Yourself - List some of their achievements and say why they are proud of them - Identify facial expressions associated with different feelings - Describe some strategies that they could use to help them cope with uncomfortable feelings - Suggest assertive solutions to scenarios - Explain that the messages they receive from the media about how they should look, think and behave are not always	Digital Wellbeing (Covered in Computing)	VIPs - With support, discuss how the impact of our attitudes affects us when trying to make new friendships - With support, plan out how they will be an anonymous friend over the week - Use a support sheet to discuss dares within a story - Use a support sheet to create a role play about positive resolution techniques - Create a poster with ideas to help someone who is	Diverse Britain - Describe what it is like to live in Britain - Talk about what democracy is - Talk about what rules and laws are - Talk about what liberty means - Describe a diverse society - Describe what being British means to them (These areas are covered with weekly British Values Assemblies)

		realistic - Suggest ways to make things right after a mistake - Explain that mistakes help them to learn and grow		being bullied	
It's My Body - Understand the importance of sleep, exercise and healthy eating (Healthy eating covered in Science) - Discuss what happens to muscles when we exercise them (Covered in science) - Explain that too much sugar is bad for health (Covered in science) - Understand they can choose what happens to their body and know what a 'secret' should be shared - Explain that too much sugar is bad for health (covered in science) - Know the difference between medicine and harmful drugs and chemicals - Explain how germs travel and spread disease - Identify ways to protect their bodies	Safety First - Identify and discuss school rules for staying safe and healthy - List some of the dangers we face when we are using roads, water or railways - Describe drugs, cigarettes and alcohol in basic terms - Identify some common injuries and know they can be treated with first aid - Recognise hazards and dangers in an emergency situation - State 999 as the number to call to seek help or emergency	Growing Up - Name the main male and female body parts needed for reproduction - Describe some of the changes boys go through during puberty - Describe some of the changes girls go through during puberty - Describe some feelings you people might experience as they grow up - Talk about their own family and the relationships within it - Understand that there are many different types of families - Identify similarities and differences between loving relationships - Explain in simple terms how babies are made and how they	TEAM - Use pictures to express their thoughts, feelings and worries - Plan and create a role play about a team scenario - Read clues and work as a team to solve a crime - Identify a feeling and how it is being expressed - Show the resolution to a dispute through - Create a list of good deeds they can contribute to	Think Positive - Understand that it is important to look about our mental health - Recognise and describe a range of positive and negative emotions - Discuss changes people may experience in their lives and how they might make them feel - Talk about things that make them feel happy and help them to stay calm - Identify uncomfortable emotions and what causes them - Discuss the characteristics of a good learner	Money Matters - Discuss where money comes from - Talk about reasons people go to work - Discuss payment resources we can use to spend money - Consider why and how people might borrow money - Discuss the choices we have about how to spend our money - Explain ways we can keep track of what we spend

from ill health		are born Identify someone they could talk to about their changing body should they need to (covered during Big Talk alternate years)			
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UKS2

Autumn 2026	Spring 2027	Summer 2027	Autumn 2027	Spring 2027	Summer 2027
Anti-bullying week Black History Month Remembrance World First Aid Day International Day of Peace National Recycling week Inter-faith week Children in Need Road safety week	Children's Mental Health Week Safer Internet Day LGBT+ History Month International Women's Day International day of families	Stress Awareness Month Walk to School Week Healthy Eating Week	Anti-bullying week Black History Month Remembrance World First Aid Day International Day of Peace National Recycling week Inter-faith week Children in Need Road safety week	Children's Mental Health Week Safer Internet Day LGBT+ History Month International Women's Day International day of families	Stress Awareness Month Walk to School Week Healthy Eating Week
Think Positive - Talk about their thoughts, feelings and behaviours - Identify unhelpful and helpful thoughts - Suggest outcomes linked to certain thoughts, feelings and actions - Discuss ways in which positive thinking can be beneficial. - Identify and discuss uncomfortable emotions - Identify common choices we have to make in life - Use basic mindfulness techniques - Describe what makes a good learner.	Diverse Britain - Talk about the range of faiths and ethnicities in Britain - Explain how and why laws are made - Explain what a community is - Discuss some roles of local government - Describe the basic structure of national government - Talk about the role of charities and voluntary groups (These areas are covered within weekly British Values Assemblies)	It's My Body - Understand that they can choose what happens to their own bodies - Know where and how to get help if they are worries - Understand the importance of sleep, exercise and eating healthy - Identify ways in which certain drugs, including tobacco and alcohol, can harm their bodies - Identify positive aspects about themselves - Discuss the choices related to health that they make each day	Digital Wellbeing (Covered in Computing)	Aiming High - Discuss their personal achievements and skills - Discuss different learning styles - Identify what a helpful learning attitude is - Talk about the range of jobs people do - Understand what a stereotype is - Talk about skills employers look for in employees - Work with other in a team - Discuss the skills everyone needs to success	VIPs - Share ideas for ways we can care for our VIPs - Discuss how a disagreement could be handled - Explain ways to resist pressure - Identify which secrets are ok to keep and which need to be shared - Identify some aspects of healthy and unhealthy relationships - Identify different types of relationships

		- Identify choices that will benefit their health and provide a balanced lifestyle - Identify ways to protect their bodies (Most of this is covered alternate years through Big Talk and DAART)			
One World - Explain what a global citizen is - Say what global warming is - Understand that human energy can harm the environment - Understand the importance of not wasting water - Understand what biodiversity is - Understand that their choices can have far reaching consequences (these aspects are covered during Geography work on the Rainforest every 4 years - 2026)	Growing Up - Name and describe physical and emotional changes young people will experience during puberty - Appreciate that there is no such thing as the perfect body - List things that all loving relationships have in common - Explain what a sexual relationship is - Understand that some infections can be passed on during sexual intercourse, but that contraception can prevent this - Explain how babies are conceived and how they are born - Identify someone they could talk to about their changing body should they need to.	Safety First - Describe what an adult is and identify situations involving peer pressure - Know when to seek help in risky or dangerous situations - Identify and discuss some school rules for staying safe and healthy - Recall the number to dial in an emergency - List some of the hazards they may find at home - Understand some substances at home can be dangerous - List some of the dangers we face when we are around roads, railways or water - Know the key points of the firework code Much of this is covered	TEAM - Understand what successful teamwork skills are - Express opinions respectfully - Explain what collaborative working is - Discuss what compromise is - Discuss different types of unkind behaviour - Identify ways of showing care to others in their team - List shared responsibilities within a class team	Be Yourself - Discuss scenarios where children are torn between fitting in and being true to themselves - Explain how to communicate their feelings in different situations - Create a role play to show different ways to manage uncomfortable feelings - Discuss which situations would make people fight or flee and why - Create resolutions to different tricky situations - Identify the feelings involved in making a mistake and understand	Money Matters - Talk about what financial risk is - Discuss the ways advertisers try to influence consumers - Identify what it means to be a critical consumer - Describe what value for money means - Talk about what it means to budget - Discuss how money can affect people's emotions - Talk about ethical spending - Talk about what tax is

	(Highlighted elements will be covered next term in science)	during DAART.		how to make amends	
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