

PSED and PSHCE Progress Document

Strand	Nursery	Reception	Year 1	Year 2
Relationships and Sex Education	<p>I know who is in my family and that families can be different</p> <p>I know what a friend is.</p> <p>I know that family and friends should care for each other</p> <p>I know the names for the main body parts including penis, vagina (external genitalia).</p> <p>I have a right to say whether I want other people to touch my body (including rough play, hugs or affection)</p> <p>I can go to an adult if I need to talk about something and I know what adults I would go to help me including when I am using devices online</p>	<p>I know who is in my family.</p> <p>I know that there are different types of family, (this includes same sex families separated, extended family)</p> <p>I know who my friends are.</p> <p>I know what makes a good friend.</p> <p>I know that family and friends should care for each other</p> <p>I know the names for the main body parts including penis, vagina (external genitalia).</p> <p>I know why it is important to keep my penis, vagina (external genitalia) private.</p> <p>I have a right to say whether I want other people to touch my body (including rough play, hugs or affection)</p> <p>I can communicate what adults I would go to if I am worried or I want to talk about something</p>	<p>I know that there are different types of relationships – family, friends and others (this includes same sex families).</p> <p>I know what respect means and I respect those differences</p> <p>I know that family and friends should care for each other</p> <p>I know the names for the main body parts (including external genitalia) and why it is important to keep them private.</p> <p>I understand what is meant by ‘privacy’; my right to keep things ‘private’ and the importance of respecting others’ privacy both on and offline and between friends</p> <p>I can name people who look after me, my networks and who to go to if I am worried and how to attract their attention</p> <p>I can name people who look after me, my support</p>	<p>I know that there are different types of relationships – family, friends and others (this includes same sex families).</p> <p>I know what respect means and I respect those differences</p> <p>I know about the changes that have happened to my body since birth</p> <p>I know about the process of growing from young to old and how people’s needs change</p> <p>I can question whether boys and girls should behave differently and stereotypes</p> <p>I understand the importance of valuing of one’s own body and recognising its uniqueness</p> <p>I know the names for the main body parts (including external genitalia) and the similarities/differences between boys and girls</p>

			<p>networks and who to go to if I am worried about anything on and offline and how to attract their attention</p> <p>I know what being a good friend means both on and offline and how they should make us feel happy and secure</p> <p>I can play and work cooperatively I can listen to other people and show them respect</p> <p>I can share appropriately</p> <p>I can recognise that my behaviour affects others both on and offline</p> <p>I know the difference between right and wrong, fair and unfair and kind and unkind both on and offline</p> <p>I can recognise there are different types of teasing both on and offline I know about change and loss and the associated feelings (including moving home, losing toys, pets or friends)</p> <p>I know how to be respectful and kind to people both on and off line</p>	<p>I know that individuals have rights over their own bodies, and that there are differences between good and bad touching (including giving consent)</p> <p>I know that individuals have rights over their own bodies, and that there are differences between good and bad touching (this includes between peers)</p> <p>I can name people who look after me, my support networks and who to go to if I am worried about anything on and offline and how to attract their attention</p> <p>I know the 'recipe' for being a good friend both on and offline and that trust is a core ingredient</p> <p>I know that there are different types of negative behaviours, bullying and teasing both on and offline</p> <p>I know that these behaviours are wrong and know how to deal with them including if I experience or witness it</p> <p>I know how to get help</p>
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<p>Online safety</p>	<p>I know I should ask an adult before I have screen time because too much is unhealthy.</p> <p>I know that people you don't know are strangers and this applies online as well as well as off line</p> <p>I know that some strangers I meet in person are safe strangers (e.g. police officer)</p> <p>I know ways to keep myself safe around strangers.</p> <p>I know what private means I don't share it online or in person</p> <p>I understand that some websites, games and social media sites may not be age appropriate and I know what to do if I find something inappropriate online</p>	<p>I know I should ask an adult before I have screen time because too much is unhealthy.</p> <p>I know that people you don't know are strangers and this applies online as well as off line</p> <p>I know that some strangers I meet in person are safe strangers (e.g. police officer)</p> <p>I know ways to keep myself safe around strangers.</p> <p>I know what private information is I don't share it online or in person</p> <p>I understand that some websites, games and social media sites may not be age appropriate and I know what to do if I find something inappropriate online</p>	<p>I know the internet has many benefits but I know I need to balance my time spent on and offline</p> <p>I know that people you don't know are strangers and this applies online as well as well as off line</p> <p>I can identify that consent is another word for permission.</p> <p>I know that when people I don't know ask me for private information I don't share it online or in person</p> <p>I understand that some websites, games and social media sites may not be age appropriate or have age restrictions.</p> <p>I know what to do if I find something inappropriate online</p>	<p>I know the internet has many benefits but I know I need to balance my time spent on and offline.</p> <p>I can talk about the age rating of products such as computer games, DVDs, streaming, You tube etc.</p> <p>I understand a range of risks when communicating online and I can demonstrate ways of reducing the risk to ensure I am safe online when using websites, playing games, using email/ text/ video chat (including sharing information-consent)</p>

<p>Career education and Personal Finance</p>	<p>I know that we have to pay for what we buy. I can talk about different ways of paying for items. I can talk about what I do at school. I can talk about what I like at school and out of school. I can talk about what I am good at both at school and out of school. I can say what jobs people might do.</p>	<p>I can recognise the coins and notes we use. I know that we have to pay for what we buy I know that money has value and should be kept safe. I know where money might be spent including online. I can talk about why I come to school. I can talk about what I am good at both at school and out of school. I can describe myself in positive terms and talk about abilities. I can say what jobs people might do. I can set myself simple goals with adult support.</p>	<p>I can recognise the coins and notes we use I can choose the correct value of coins and calculate change I know that we have to pay for what we buy I know how to keep money safe I know that I don't have to spend my money but can save it to use later I can set myself simple goals I can identify positive things about myself and recognise and celebrate my strengths and say what I enjoy about school and things I do outside of school I can describe the work that people do in my family, my school and where I live.</p>	<p>I know that we can pay for things in a range of ways and that even when not using cash, money is being used (e.g. PayPal, cashless systems) I understand that the choices we make affect ourselves and others I can explain the difference between needs and wants I understand individuals and families have to find ways to balance wants and needs I understand that it may not be possible to have everything you want, straight away, if at all I can describe why learning is important I am positive about who I am, what I have achieved and consider what other people say about me I am aware of stereotypes and that everyone does have the same choices and opportunities in learning, careers and work (genders, different ethnicities, different backgrounds, etc)</p>
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<p>Healthy Lifestyles (physical and emotional wellbeing) Emotional Health and Well being</p>	<p>I know some ways to keep clean (personal hygiene) and healthy (eating, dental health)</p> <p>I am able to wash my hands properly with some support</p> <p>I can identify happy, sad, angry, just okay and scared</p> <p>I am beginning to be aware of how I am feeling</p> <p>I can recognise what I like and dislike (in relation to health)</p> <p>I can say how I feel possibly using visual prompts e.g., the feelings tree.</p> <p>I know what makes me happy or sad.</p> <p>I am beginning to try new activities and to try again when something is tricky.</p> <p>When there are changes in my like I can talk about them.</p> <p>I can talk about something positive I have learnt to do in nursery with adult support.</p> <p>I can talk about something I would like to get better at doing</p> <p>I know what to expect when I start my next school year.</p>	<p>I know the importance of personal hygiene- regular washing, bathing, showering, and cleaning my teeth</p> <p>I am able to wash my hands properly</p> <p>I know how to keep my body healthy through being active, healthy eating, getting enough rest, dental health</p> <p>I can identify happy, sad, angry, scared, worried and just okay</p> <p>I am aware of how I am feeling</p> <p>I can recognise what I like and dislike (in relation to health)</p> <p>I know that my choices have good and not so good consequences / results (link in with emotions and health)</p> <p>I can say how I am feeling and recognise them in myself</p> <p>I can be confident in trying new activities and show independence, resilience and Perseverance in the</p>	<p>I know the importance of personal hygiene regular washing, bathing, showering, and cleaning my teeth</p> <p>I know how to keep my body healthy through being active, healthy eating, getting enough rest, dental health and looking after my emotional wellbeing</p> <p>I can recognise what I like and dislike, how to make real, informed choices that improve my physical and emotional health and to recognise that choices can have good and not so good consequences</p> <p>I am able to wash my hands properly</p> <p>I can talk about my emotions and recognise them in others</p> <p>I know what makes me happy</p> <p>I understand what being resilient means to me and I have strategies I can use</p> <p>I know some of the reasons why change can feel uncomfortable and I know some of the ways of dealing</p>	<p>I know that a healthy lifestyle includes being physically active, rest , healthy eating, dental health and emotional health and I can give examples of what I do to keep myself healthy</p> <p>I can make simple choices to improve my physical and emotional health</p> <p>I know how diseases are spread and how they can be controlled and my responsibilities for my own and others health.</p> <p>I am able to wash my hands properly</p> <p>I can recognise and name a range of feelings and understand that we all experience emotions in relation to different experiences and situations I have simple strategies to manage my feelings</p> <p>I understand what being resilient means to me and I have strategies</p> <p>I can use I know that even changes we want to happen can sometimes feel uncomfortable but I have</p>
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		<p>face of challenge (linked to New EYFS)</p> <p>I can discuss and understand some changes that may happen in my life or discuss changes that may have happened to others.</p> <p>I can talk about how I feel about the changes.</p> <p>I know what makes me happy and sad, I can recognise if someone else is happy or sad.</p> <p>I can identify positive achievements during my time in reception.</p> <p>I can identify something that I would like to do better for my next school year.</p> <p>I know what to expect when I start my next school year.</p>	<p>with the feelings that sometimes arise from changes</p> <p>I can identify positive achievements during my time in Year 1 I can identify my strengths, areas for improvement and set myself some goals for Year 2</p>	<p>identified ways I manage those feelings</p> <p>I can identify positive achievements during my time in Year 2 I can identify my strengths, areas for improvement and set myself some goals for Year 3</p>
<p>Drug, Alcohol and tobacco (plus more risk taking behaviours)</p>	<p>I know the role of medicines in promoting health, and the school rules on medicines</p> <p>I know the safety rules for – road, fire, school environment, playground and online</p> <p>I can name an adult in school, outside school (e.g road crossing officer) and at home who can help me</p>	<p>I know the role of medicines in promoting health, the reasons why people use them and the school rules on medicines</p> <p>I know that some substances can help or harm the body including household substances like dishwasher tablets</p>	<p>I know the role of medicines in promoting health, the reasons why people use them and the school rules on medicines</p> <p>I know that some substances can help or harm the body including household substances like dishwasher tablets</p>	<p>I use simple skills which will help to maintain my personal safety</p> <p>I understand that all drugs can be harmful if not used properly</p> <p>I know simple rules about medicines and other substances used in the home, including solvents</p>

	<p>I know ways to keep myself and others safe, when to say, 'yes' or 'no'.</p> <p>I know what a secret is and that there are different types of secrets.</p> <p>I know that I do not need to keep all secrets.</p> <p>I can recognise when something is safe and unsafe at an age-appropriate level.</p> <p>I know how to ask an adult on ways of keeping safe.</p> <p>I know when it is appropriate to ask an adult to check if something is unsafe</p>	<p>I recognise the need for safety rules- road, fire, water, rail, farm. school environment including pond and tools, playground, online and home</p> <p>I know the safety rules for – road, fire, school environment, playground and online</p> <p>I can name an adult in school who can help me and I know there are people and services who can help us</p> <p>I know I have a responsibility to keep myself and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell'.</p> <p>I know what a secret is and that there are different types of secrets.</p> <p>I know that I do not need to keep all secrets.</p>	<p>I recognise the need for safety rules- road, fire, water, rail, farm. school environment including pond and tools, playground, online and home</p> <p>I know the safety rules for – road, fire, water, rail, farm, school environment, playground and online</p> <p>I can name an adult in school who can help me and I know there are people and services who can help us</p> <p>I know I have a responsibility to keep myself and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets</p>	<p>which can be harmful if not used properly</p> <p>I can recognise and say what is right and wrong I understand that pressure to behave in an unsafe way can come from a range of people, including people I know and online</p> <p>I know how to ask for help when I need it and can name a range of people who can help me</p> <p>I know the difference between secrets and surprises and understand not to keep adults' secrets</p>
Citizenship	<p>I can say what I like and dislike</p> <p>I know what makes a school and class</p> <p>I can contribute to the life of the class and the school</p> <p>I know the rules for my class room</p>	<p>I can express a simple opinion, agreement and disagreement</p> <p>I can ask questions and listen to the answers</p> <p>I know what makes a school and class</p>	<p>I can express a simple opinion, agreement and disagreement</p> <p>I can ask questions and listen to the answers</p> <p>I can contribute to the life of the class and the school</p>	<p>I can take part in discussions/simple debate with others about topical issues</p> <p>I know that people and other living things have needs and recognise my</p>

	<p>I can follow rules for my group and classroom</p>	<p>I can contribute to the life of the class and the school I know the rules for my classroom I can follow rules for my group and classroom I know I am part of the wider school family I understand why and how we vote</p>	<p>I can agree and follow rules for my group and classroom I understand the role of the school council and I am able to vote for the members</p>	<p>own responsibility to meet those needs I can contribute to the life of the class and the school and understand how I do this I understand the role of the school council, am able to vote for the members and have contributed an idea to the school council I know that I belong to different groups and communities i.e. school, family I know what improves and harms the environment and about some of the ways people look after them I know some ways to look after my environment</p>
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