



Knowledge Progression in PSHE (JIGSAW)

Key Knowledge Area: Being Me in My World						
Throughout their school career, a North Downs pupil will...						
Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Be able to recognise their feelings and express them.</p> <p>Understand their rights and responsibilities as a person.</p>	<p>Be able to recognise the range of feelings when they face certain consequences.</p> <p>Recognise how it feels to be proud of an achievement</p>	<p>Be able to identify their hopes and fears for the year.</p> <p>Understand their own rights and responsibilities and listen to others when they contribute.</p>	<p>Recognise their worth and can identify positive things about themselves and their achievements.</p> <p>Be able to set personal goals.</p> <p>Understand why rules are needed and the consequences for their actions.</p>	<p>Know their attitudes and actions make a difference to the class team.</p> <p>Understand that their actions affect themselves and others; they care about other people's feelings and try to empathise with them.</p>	<p>Be able to face new challenges positively and know how to set personal goals.</p> <p>Understand their rights and responsibilities as a British citizen and a member of my school.</p> <p>Understand that their actions affect themselves and others.</p>	<p>Understand their own wants and needs and can compare these with children in different communities (locally and globally).</p> <p>Be able to make choices about their own behaviour because they understand how rewards and consequences feel and they understand how these relate to their rights and responsibilities.</p>

Key Knowledge Area: Celebrating Difference						
Throughout their school career, a North Downs pupil will...						
Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Talk about how they are different to others. They	Tell you some ways they are different from	Identify some ways in which their friends are	Tell you about a time when their words affected	Tell you a time when their first impression of	Explain the differences between direct	Explain ways in which difference can be a source

can begin to understand how these differences make us unique.	their friends. They understand these differences make us all special and unique.	different from them. They can tell you why they value this difference about him/her.	someone's feelings and what the consequences were. Be able to give and receive compliments and know how this feels.	someone changed as they got to know them. Be able to explain why it is good to accept people for who they are.	and indirect types of bullying. Know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied.	of conflict or a cause for celebration and can show empathy with people in either situation.
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Key Knowledge Area: Dreams and Goals

Throughout their school career, a North Downs pupil will...

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Begin to talk about how they feel when they are trying something new and ask for help when needed.	Tell you how they felt when they succeeded in a new challenge and how I celebrated it. Know how to store the feelings of success in their internal treasure chest.	Explain some of the ways they worked cooperatively in a group to create the end product. Express how it felt to be working as part of this group.	Evaluate their own learning process and identify how it can be better next time. Be confident in sharing their success with others and know how to store their feelings of success in my internal treasure chest.	Know how to make a new plan and set new goals even if they have been disappointed. Know what it means to be resilient and to have a positive attitude.	Be able to describe the dreams and goals of a young person in a culture different from theirs and can reflect on how these relate to their own.	Be able to describe some ways in which they can work with other people to help make the world a better place. Be able to identify why they are motivated to do this.

Key Knowledge Area: Healthy Me

Throughout their school career, a North Downs pupil will...

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Be able to observe the	Tell you why they think their body	Be able to make some healthy	Identify things, people and	Recognise when people are	Be able to describe the	Be able to evaluate when

effect on their body when doing physical exercise. Identify what is healthy and unhealthy and how to care for themselves. Talk about how to keep their body healthy.	is amazing and can identify some ways to keep it safe and healthy. Recognise how being healthy helps them to feel happy.	snacks and explain why they are good for their body. Express how it feels to share healthy food with their friends.	places that they need to keep safe from, and can tell you some strategies for keeping themselves safe including who to go to for help. Express how being anxious or scared feels.	putting them under pressure and can explain ways to resist this when they want to. Be able to identify feelings of anxiety and fear associated with peer pressure.	different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures. Respect and value their body.	alcohol is being used responsibly, antisocially or being misused. Be able to tell you how they feel about using alcohol when they are older and their reasons for this.
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Key Knowledge Area: Relationships

Throughout their school career, a North Downs pupil will...

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Be able to talk about themselves and their family in a positive way. Make new friends and seek out others.	Be able to tell you why they appreciate someone who is special to them and express how they feel about them.	Identify some of the things that cause conflict between them and their friends. Be able to demonstrate how to use the positive problem solving technique to resolve conflicts with their friends.	Be able to explain how some of the actions and work of people around the world help and influence their life and can show an awareness of how this could affect their choices.	Explain different points of view on an animal rights issue and express their own opinion and feelings on this.	Be able to explain how to stay safe when using technology to communicate with their friends. Recognise and resist pressures to use technology in ways that may be risky or cause harm to themselves or others.	Be able to recognise when people are trying to gain power or control. Be able to demonstrate ways that they could stand up for themselves and their friends in situations where others are trying to gain power or control

Key Knowledge Area: Changing Me

Throughout their school career, a North Downs pupil will...

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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<p>Be able to identify the parts of the body.</p> <p>Respect their body and know what they need to do to keep healthy.</p>	<p>Be able to identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina.</p> <p>Respect their body and understand which parts are private.</p>	<p>Be able to recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private.</p> <p>Be able to tell you what they like/don't like about being a boy/ girl.</p>	<p>Be able to identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>Recognise how they feel about these changes happening to me and know how to cope with these feelings.</p>	<p>Be able to identify what they are looking forward to when they are in Year 5.</p> <p>Reflect on the changes they would like to make when they are in Year 5 and can describe how to go about this.</p>	<p>Be able to describe how boys' and girls' bodies change during puberty. Express how they feel about the changes that will happen to them during puberty.</p>	<p>Be able to describe how a baby develops from conception through the nine months of pregnancy, and how it is born and recognise how they feel when they reflect on the development and birth of a baby.</p>
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