

PSHE/RSE Substantive Knowledge

EYFS	Self-regulation: My feelings Learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.	Building Relationships: Special relationships Exploring why families and special people are valuable, understanding why it is important to share and developing strategies to help with this, seeing themselves as valuable individuals and exploring diversity by recognising similarities and differences.	Managing self: taking on challenges Considering why we have rules and the importance of persistence and perseverance in the face of challenges, learning how to communicate effectively with others, practicing 'grounding' coping strategies.	Self regulation: Listening and following instructions Listening to stories to practise their comprehension skills, playing games which require them to listen carefully to instructions to succeed, considering how rumours can spread quickly and change as they do so.	Building relationships: My family and friends Exploring cultural festivals that are important to individuals, reinforcing the importance of sharing and turn taking through role-play, considering the ingredients for a good friend, exploring how kind words make others feel good, recognising the value in working together as a team.	Managing self: my wellbeing Learning why exercise is important for our physical and mental health, considering the effect of different types of exercise on the body, discussing some of the ways in which we can take care of ourselves, learning how to travel safely as a pedestrian, considering the importance of making balanced food choices.
	Me, My Body, My Health	Family and Relationships	Life Cycles	Citizenship	Keeping Safe	Economic Wellbeing
	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
1/2	Develop an understanding that we are uniquely made by a loving God and that we have differences and similarities.	Explore how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.	Learn about the cycle of life from birth to old age and the different stages of these	Learn about the importance of rules and consequences of not following rules with an introduction to democracy.	Explore the difference between good and bad secrets; teaching on physical boundaries and effects of harmful substances.	Develop understanding about what money is and where it comes from and how to keep cash safe
3	Understand differences; respecting our bodies and strategies to support emotional wellbeing including practising thankfulness	Learn how to resolve relationship problems; effective listening skills and about non-verbal communication.	Develop understanding of life before birth.	Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.	Develop understanding of bullying and abuse and learn in greater depth about the effects of drugs, alcohol and tobacco and how to make good choices concerning these as they get older.	Introduction to creating a budget and learning about the different ways of paying and the emotional impact of money

4	Understand differences; respecting our bodies; puberty and changing bodies; strategies to support emotional wellbeing including practising thankfulness	Learning that families are varied and differences must be respected and understand physical and emotional boundaries in friendships including the roles of bully, victim and bystander	Develop understanding of life before birth.	Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.	Develop understanding of bullying and abuse and learn in greater depth about the effects of drugs, alcohol and tobacco and how to make good choices concerning these as they get older.	Explore choices associated with spending including what makes something good value for money; possible career aspirations and what influences career choices.
5	Learn about physical and emotional differences and have a more complex understanding of physical changes in girl and boys bodies, body image, strong emotional feelings as well as the impact of the internet and social media on emotional wellbeing	Developing an understanding: of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.	Develop an understanding and have a more nuanced and scientific understanding of life in the womb and how babies are made, and menstruation.	An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community.	Learn how to spot each type of abuse and who they can go to for help; explore how drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning and discuss how to make good choices even in pressured situations.	Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace.
6	Develop a greater understanding of physical and emotional differences and have a more complex understanding of physical changes in girl and boys' bodies, body image, strong emotional feelings as well as the impact of the internet and social media on emotional wellbeing	Learn to resolve conflict through negotiation and compromise; about respect and understanding that everyone deserves to be respected and about grief.	Develop a greater understanding and have a more nuanced and scientific understanding of life in the womb and how babies are made, and menstruation.	Learn about human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.	Learn how to spot each type of abuse and who they can go to for help; explore how drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning and discuss how to make good choices even in pressured situations.	Explore attitudes to money, how to keep money safe, career paths and the variety of different jobs available.