

PSHE Curriculum Progression at Merebrook Infant School

	Essential Learning Objectives	EYFS	Year 1	Year 2
Health and Well-being	<p><i>Pupil's should be taught:</i></p> <ul style="list-style-type: none"> • what is meant by a healthy lifestyle • how to maintain physical, mental and emotional health and wellbeing • how to manage risks to physical and emotional health and wellbeing • ways of keeping physically and emotionally safe • about managing change, including transition and loss • how to make informed choices about health and wellbeing and to recognise sources of help with this • to identify different influences on health and wellbeing. 	<p>Children can explain ways of keeping clean (for example by washing their hands and keeping their hair tidy) and they can name the main parts of the body.</p> <p>They can explain that people grow from young to old. Children can talk about good and not so good feelings, creating a vocabulary to describe their feelings to others and simple strategies for managing these.</p> <p>They can talk about change and loss and the associated feelings (moving house, losing toys).</p>	<p>Children can explain about people who look after them, who to go to if they are worried and ways to help these people look after them.</p> <p>Children can talk about growing and changing and new opportunities and responsibilities that increasing independence brings.</p> <p>They can think about themselves, learn from their experiences, recognising and celebrating their strengths and set simple but challenging goals.</p>	<p>Children can make simple choices about some aspects of their health and well-being (for example by choosing between different foods and between physical activities, knowing that they need sun protection) and know what keeps them healthy (for example exercise and rest).</p> <p>Children can talk about the harmful aspects of some household products and medicines, and describe ways of keeping safe in familiar situations (for example knowing how and where to cross the road safely).</p>
Relationships	<p><i>Pupil's should be taught:</i></p> <ul style="list-style-type: none"> • how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts • how to recognise and manage emotions within a range of relationships • how to recognise risky or negative relationships including all forms of bullying • how to respect equality and diversity in relationships 	<p>Children can explain different ways that family and friends should care for one another (for example telling a friend that they like them, showing concern for a family member who is unwell).</p> <p>Children recognise what is fair/unfair, kind/unkind, right/wrong.</p> <p>The difference between secrets and surprises and the</p>	<p>Children can recognise that bullying is wrong and can list some ways to get help in dealing with it.</p> <p>They can recognise the effect of their behaviour on other people, and can cooperate with others (for example by playing and working with friends or classmates).</p>	<p>Share their opinions on things that matter to them with one other person/class.</p> <p>To offer constructive support/feedback to others.</p> <p>Children communicate their feelings to others, to recognise how others show feelings and how to respond.</p>

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		<p>importance of not keeping adults' secrets, only surprise. Children understand what kind of physical contact is acceptable, comfortable, unacceptable, uncomfortable and how to respond to unsafe touch (including who to tell and how to tell). That people's bodies and feelings can be hurt.</p>	<p>They can identify and respect differences and similarities between people.</p>	
<p>Living in the Wider World</p>	<p><i>Pupil's should be taught:</i></p> <ul style="list-style-type: none"> • about respect for self and others and the importance of responsible behaviours and actions • about rights and responsibilities as members of families, other groups and ultimately as citizens (British Values) • about different groups and communities • to respect equality and to be a productive member of a diverse community (British Values) • about the importance of respecting and protecting the environment 	<p>Children can demonstrate how to contribute to the life of the classroom.</p> <p>Children can construct and agree to follow group and class rules and understand how these help them.</p> <p>They understand people and other living things have needs and that they have responsibilities to meet them (taking turns, share return things that have been borrowed).</p>	<p>Children understand they belong to various groups and communities (family, school, faith).</p> <p>They can recognize what improves and harms their local, natural and built environments and some of the ways people look after them.</p>	<p>Children can demonstrate that money comes from different sources and can be used for different purposes (spending, saving).</p> <p>They understand the role money plays in their lives (how to manage, keep it safe, spending choices and what influences these choices).</p> <p>Children understand there are a wide range of jobs and challenge gender stereotypes about careers.</p>