PSHE KS1/2

	Families and friendship	Belonging to a community	Safe relationships	Physical Health and mental wellbeing	Respecting ourselves and others	Keeping Safe
Learning outcomes/compo knowledge: Pupils will be able	e to LO3 I know how to manage friendships and peer influence.	LO1 I know the value of rules and laws; rights, freedoms and responsibilities LO2 I know what makes a community; shared responsibilities LO3 I know how to value diversity; challenging discrimination and stereotypes	LO1 I know personal boundaries; safely responding to others; the impact of hurtful behaviour LO2 I know how to respond to hurtful behaviour; recognising risks online LO3 I know how to recognise and managing pressure; consent in different situations.	LO1 I know how to make healthy choices and habits; what affects feelings; expressing feelings. LO2 I know how to maintain a balanced lifestyle; oral hygiene and dental care. LO3 I know what affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online.	LO1 I know how to recognise respectful behaviour; the importance of self-respect; courtesy and being polite LO2 I know how to respect differences and similarities; discussing difference sensitively LO3 I know how to express opinions and respect other points of view, including discussing topical issues.	LO1 I know the risks and hazards; safety in the local environment and unfamiliar places(water safety) LO2 I know how to keep safe in different situations, including responding in emergencies, first aid.
Knowledge Components know w	dge: relationships are making them feel unhappy or	I know the reasons for rules and laws in wider society I know the importance of abiding by the law I know what human rights are and how they protect people to identify basic examples of human rights including the rights of children I know the meaning and benefits of living in a community. I know what prejudice means.	I know what is appropriate to share with friends, classmates, family and wider social groups including online. I know that bullying and hurtful behaviour is unacceptable in any situation I know what to do and whom to tell if they see or experience bullying or hurtful behaviour I know what consent means and how to seek and give/not give permission in different situations.	I know what can help people to make healthy choices and what might negatively influence them. I know what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally. I know what good physical health means and how to recognise early signs of physical illness. I know what good physical health means and how to recognise early signs of physical illness. I know what good physical health means and how to recognise early signs of physical illness I know what grief is.	I know what it means to treat others, and be treated, politely. I know what respectful behaviours are e.g. helping or including others, being responsible I know about the importance of respecting the differences and similarities between people.	I know about fire safety at home including the need for smoke alarms. I know the importance of following safety rules from parents and other adults. I know when situations are becoming risky, unsafe or an emergency. I know what positive risk taking is (e.g. trying a challenging new sport) and dangerous behaviour

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Procedural Knowledge: know how	how they make people feel included I know how to recognise and respect that there are different types of families, including single parents, same-sex parents, stepparents, blended families, foster. I know how to identify if/when something in a family might make someone upset or worried. I know how to communicate respectfully with friends when using digital devices I know how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable.	I know how to show compassion towards others. I know how to differentiate between prejudice and discrimination. I know how to recognise acts of discrimination. I know how stereotypes are perpetuated and how to challenge this.	I know how the internet can be used positively for leisure, for school and for work. I know how to report something seen or experienced online that concerns them. I know how to compare the features of a healthy and unhealthy friendship I know how to get advice and report concerns about personal safety, including online.	I know how to maintain oral hygiene and dental health, including how to brush and floss correctly. I know how to ask for help and support with loss, grief or other aspects of change	I know how to model respectful behaviour in different situations e.g. at home, at school, online. I know how to recognise differences between people such as gender, race, and faith. I know how to discuss issues respectfully. I know how to listen to and respect other points of view. I know how to constructively challenge points of view they disagree with	I know how to help keep safe in the local environment or unfamiliar places, including road, rail, water and firework safety. I know how to deal with common injuries using basic first aid techniques. I know how to respond in an emergency, including when and how to contact different emergency services.
National Curriculum reference • Relationship education in primary schools • Health education in state funded primary schools https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education						
Exemplar Composite Task(s)	LO1 LO2 LO3	LO1 LO2 LO3	LO1 LO2 LO3	LO1 LO2 LO3	LO1 LO2 LO3	LO1 LO2 LO3