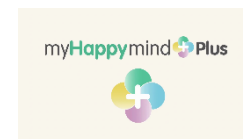




PSHE Knowledge, Skills and Vocabulary
EYFS & Key Stage 1



Nursery & Reception KSV

Knowledge

	Nursery	Reception
myHappybody	• Be increasingly independent in meeting their own care needs, e.g. brushing teeth, washing and drying their hands thoroughly • Make healthy choices about food, drink, activity and toothbrushing. • Increasingly follow rules, understanding why they are important. • Remember rules without needing an adult to remind them.	• Manage their own personal hygiene needs. • Know and talk about the different factors that support their overall health and well-being: 1. regular physical activity 2. healthy eating 3. teeth brushing 4. sensible amounts of 'screen time' 5. having a good sleep routine 6. being a safe pedestrian
myHappyrelationships	• Become more outgoing with unfamiliar people in the safe context of their setting. • Show more confidence in new social situations. • Play with one or more other children, extending and elaborating play ideas. • Find solutions to conflicts and rivalries. • Develop appropriate ways of being assertive. • Talk with others to solve conflicts.	• Build constructive and respectful relationships. • Continue developing positive attitudes about the differences between people. • Express their feelings and consider the feelings of others. • Show resilience and perseverance in the face of challenges. • Identify and moderate their own feelings socially and emotionally. • Think about the perspectives of others.

myHappyworld	• Show interest in different occupations. • Select and use activities and resources, with help when needed. This helps them achieve a goal they have chosen or one that is suggested to them. • Develop their sense of responsibility and membership of community. • Begin to understand the need to respect and care for the natural environment and all living things.	• Name and describe people who are familiar to them. • See themselves as a valuable individual.
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Vocabulary

	Nursery	Reception
myHappybody	• Hygiene, clean, healthy choices, rules.	• Hygiene routine, physical activity, healthy choices, sensible screen time, pedestrian.
myHappyrelationships	• Safe, confident, sharing, helping,	• Respectful, relationships, positive, differences, feelings, resilience, perseverance, challenges.
myHappyworld	• Jobs, goals, environment, living things, community, responsibility.	• Familiar people, valuable individual.

Skills

	Nursery	Reception
Self-Regulation	• Begins to recognise basic emotions (happy, sad, cross) • Needs adult support to manage feelings • Can sit for short periods during group time • Starts to follow simple rules with reminders • Begins to wait for a turn (with support)	• Identifies a wider range of emotions and can talk about them • Begins to regulate behaviour independently (e.g. calming self down) • Maintains attention for longer activities • Follows rules and understands expectations • Waits for turns with increasing independence

	• May struggle with impulses (e.g. grabbing toys)	• Shows better impulse control.
Managing Self	• Begins to try new activities with encouragement • Shows some independence (e.g. choosing resources) • Needs support with personal care (toileting, dressing) • May give up when tasks are difficult • Begins to understand simple routines (tidying up, snack time).	• Confident to try new activities and share ideas • Works independently and shows resilience • Manages most personal needs independently • Perseveres when challenges arise • Understands and follows daily routines consistently • Shows awareness of healthy choices (food, activity).
Building Relationships	• Plays alongside others (parallel play) • Begins to share with adult support • Forms attachments to familiar adults • May struggle with conflict (e.g. grabbing, shouting) • Begins to show interest in other children.	• Plays cooperatively and takes turns • Builds friendships with peers • Resolves minor conflicts with less adult support • Shows empathy and understanding of others' feelings • Works as part of a group (e.g. games, class tasks).

KS1 KSV

Knowledge

	Year 1 & Year 2
myHappybody	• About what keeping healthy means; different ways to keep healthy. • About foods that support good health and the risks of eating too much sugar. • About how physical activity helps us to stay healthy; and ways to be physically active everyday. • About why sleep is important and different ways to rest and relax.

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| | <ul style="list-style-type: none">• Simple hygiene routines that can stop germs from spreading.• About dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health.• About different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV.• About the people who help us to stay physically healthy.• About things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep).• That medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy.• How to keep safe in the sun and protect skin from sun damage.• About rules and age restrictions that keep us safe.• To recognise risk in simple everyday situations and what action to take to minimise harm.• About how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters).• That household products (including medicines) can be harmful if not used correctly.• Ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely.• About the people whose job it is to help keep us safe.• Basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them.• About what to do if there is an accident and someone is hurt.• How to get help in an emergency (how to dial 999 and what to say).• About things that people can put into their body or on their skin; how these can affect how people feel.• About what rules are, why they are needed, and why different rules are needed for different situations.• About change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better.• To recognise what makes them special. |
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	• To recognise the ways in which we are all unique. • To identify what they are good at, what they like and dislike. • How to manage when finding things difficult. • About growing and changing from young to old and how people's needs change. • About preparing to move to a new class/year group.
myHappyRelationships	• About the roles different people (e.g. acquaintances, friends and relatives) play in our lives. • To identify the people who love and care for them and what they do to help them feel cared for. • About different types of families including those that may be different to their own. • To identify common features of family life. • That it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried. • What to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard. • How to recognise what others might be feeling. • To recognise that not everyone feels the same at the same time, or feels the same about the same things. • About how people make friends and what makes a good friendship. • About how to recognise when they or someone else feels lonely and what to do. • Simple strategies to resolve arguments between friends positively. • How to ask for help if a friendship is making them feel unhappy. • About what is kind and unkind behaviour, and how this can affect others. • About how to treat themselves and others with respect; how to be polite and courteous. • To recognise the ways in which they are the same and different to others. • How to listen to other people and play and work cooperatively. • How to talk about and share their opinions on things that matter to them. • That bodies and feelings can be hurt by words and actions and that people can say hurtful things online. • About how people may feel if they experience hurtful behaviour or bullying. • That hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult.

	• To recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private. • How to respond safely to adults they don't know. • About how to respond if physical contact makes them feel uncomfortable or unsafe. • Basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe. • About knowing there are situations when they should ask for permission and also when their permission should be sought. • About the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually).
myHappyWorld	• How people and other living things have different needs; about the responsibilities of caring for them. • About things they can do to help look after their environment. • About what rules are, why they are needed, and why different rules are needed for different situations. • About the different groups they belong to. • About the different roles and responsibilities people have in their community. • To recognise the ways they are the same as, and different to, other people • What money is; forms that money comes in; that money comes from different sources. • That people make different choices about how to save and spend money. • About the difference between needs and wants; that sometimes people may not always be able to have the things they want. • That money needs to be looked after; different ways of doing this. • That everyone has different strengths. • That jobs help people to earn money to pay for things. • Different jobs that people they know or people who work in the community do. • About some of the strengths and interests someone might need to do different jobs. • About how the internet and digital devices can be used safely to find things out and to communicate with others. • About the role of the internet in everyday life. • That not all information seen online is true.

	• That sometimes people may behave differently online, including by pretending to be someone they are not. •
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Vocabulary

	Year 1 & Year 2
myHappybody	• healthy, habits, hygiene, routine, germs, spreading, Healthy Lifestyles, safe, unsafe, trusted adult, rules, emergency, grow, change, needs, stage, baby, child, adult, young, old.
myHappyrelationships	• close, extended, family, care, member, unsafe, worried, trusted, friend, respect, friendship, kind, opinions, disagreements, bullying, several incidents, on purpose, trusted adult, acceptable, essential, hurtful, safe, unsafe, secret, surprise, permission, privacy, physical contact, uncomfortable.
myHappyworld	• environment, responsibility, living things, care, kindness, community, roles, responsibilities, money, want, need, jobs, community, save, spend, internet, digital device, communication, safe, unsafe.

Skills

	<u>Year 1 & Year 2</u>
Self-awareness & Emotional Skills	Recognising and naming feelings (happy, sad, angry, worried) Understanding that feelings can change Beginning to manage emotions (e.g. calming down when upset) Building confidence and self-esteem
Social Skills & Relationships	Sharing and taking turns Making friends and being kind Listening to others and taking part in conversations Understanding similarities and differences between people

	Basic conflict resolution (e.g. saying sorry, asking for help)
Keeping Safe	Understanding personal boundaries Knowing trusted adults and how to ask for help Basic online safety awareness Road safety and awareness of hazards Understanding "safe" and "unsafe" situations
Health & Wellbeing	Importance of hygiene (washing hands, brushing teeth) Healthy eating basics Importance of sleep and exercise Recognising what helps them feel good or not so good
Communication Skills	Expressing thoughts and feelings clearly Asking questions Listening and responding appropriately Developing vocabulary to talk about emotions and experiences
Decision-Making & Responsibility	Making simple choices (right vs wrong) Understanding consequences of actions Taking responsibility for small tasks (tidying up, helping others)
Understand the World & Others	Respecting differences (culture, family types, beliefs) Learning about rules and why they matter Beginning awareness of money (coins, spending basics)