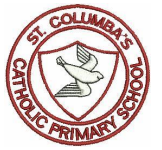
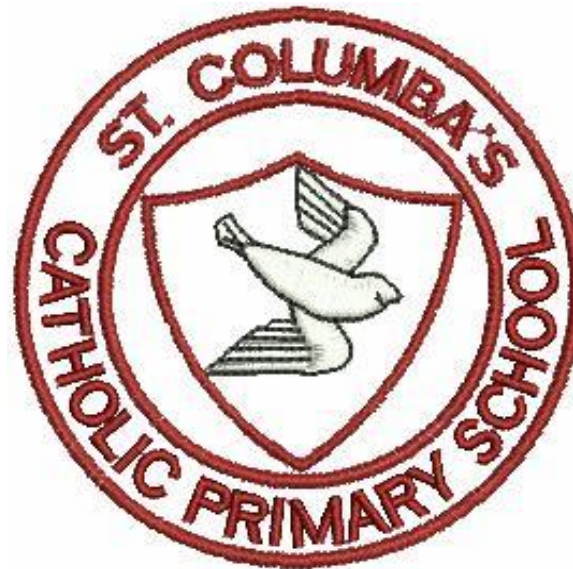


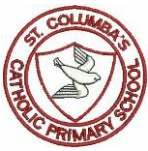
Holding Hands with Jesus as we love, learn and grow together



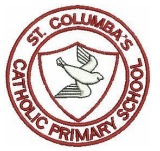
# St Columba's Catholic Primary School



PSHE Knowledge Progression



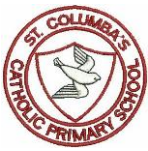
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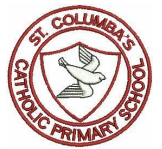
## St. Columba's Catholic Primary School

### PSHE Knowledge Progression

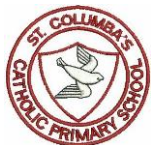
	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Year 1</u>	<p><b><u>Being Me In My World</u></b></p> <p>I understand the rights and responsibilities for being a member of my class. I know how to make my class a safe place to learn.</p> <p>I can recognise the choices I make and understand the consequences. I recognise the range of feeling when I face certain consequences.</p>	<p><b><u>Celebrating Differences</u></b></p> <p>I can identify similarities between people in my class. I can tell you some ways in which I am the same as my friends.</p> <p>I know some people who I could talk to if I was feeling unhappy or being bullied. I can be kind to children who are being bullied.</p>	<p><b><u>Dreams and Goals</u></b></p> <p>I can set a goal and know how to achieve it. I can tell you how I learn best.</p> <p>I can tackle a new challenge and understand this might stretch my learning. I can identify how I feel when I am faced with a new challenge.</p>	<p><b><u>Healthy Me</u></b></p> <p>I understand the difference between being healthy and unhealthy and know some ways to keep myself healthy. I feel good about myself when I make healthy choices.</p> <p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</p>	<p><b><u>Relationships</u></b></p> <p>I can identify the members in my family and I also understand that the world is made up of different types of families. (Humans and Animals).</p> <p>I can recognise my qualities as a friend and a person. I know of ways to praise myself and that it makes me feel good.</p>	<p><b><u>Economic: Values, money and me</u></b></p> <p>I can recognise my relationship with money.</p> <p>I understand when money is mine and when it belongs to someone else.</p> <p>I know what to do with found money and law surrounding it.</p>
<u>Year 2</u>	<b><u>Being Me In My World</u></b>	<b><u>Celebrating Differences</u></b>	<b><u>Dreams and Goals</u></b>	<b><u>Healthy Me</u></b>	<b><u>Relationships</u></b>	<b><u>Economic: Values, money and me</u></b>



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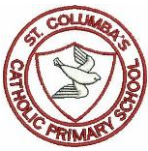
	<p>I can identify some of my hopes and fears for the coming year.</p> <p>I can listen to other people and contribute my own ideas about rewards and consequences. I can help to make my class a safe and fair place.</p>	<p>I am starting to understand that sometimes people make assumptions about boys and girls (Stereotypes).</p> <p>I can tell you some ways I am different from my friends. I understand these differences make us all special and unique.</p>	<p>I carry on trying even when I find things difficult. I can tell you some of my strengths as a learner.</p> <p>I can work well in a group. I can work with others in a group to solve problems.</p>	<p>I understand how medicine works in my body and how important it is to use them safely. I feel positive about caring for my body and keeping it healthy.</p> <p>I can sort foods into correct food groups and know which foods my body needs every day to keep healthy. I have a healthy relationship with food and know which foods I enjoy the most.</p>	<p>I can identify some of the things that cause conflicts between my friends. I can demonstrate how to use a positive problem solving technique to resolve conflicts with my friends.</p> <p>I recognise people who can help me in my family, my school and my community. I understand how it feels to trust someone.</p>	<p>I can recognise my moral values in regards of money.</p> <p>I can recognise the use of money during charity events.</p> <p>I understand the sentimental and emotional value of objects and how they can be priceless because of the associations they hold.</p>
<b><u>Year 3</u></b>	<p><b><u>Being Me In My World</u></b></p> <p>Recognise my worth and can identify positive things about myself and my achievements.</p> <p>I can set personal goal and face new challenges positively,</p>	<p><b><u>Celebrating Differences</u></b></p> <p>I understand that everybody's family is different and important to them.</p> <p>I understand that differences and conflicts sometimes</p>	<p><b><u>Dreams and Goals</u></b></p> <p>I can tell you about a person who has faced difficult challenges and achieved success.</p> <p>I can identify a dream/ambition that is important to me. I enjoy facing</p>	<p><b><u>Healthy Me</u></b></p> <p>I understand how exercise affects my body and know why my heart and lungs are such important organs.</p> <p>I know that the amount of calories, fat and sugar I put</p>	<p><b><u>Relationships</u></b></p> <p>I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females.</p>	<p><b><u>Economic: Values, money and me</u></b></p> <p>I understand what pocket money is and how it is.</p> <p>I understand the importance of saving money.</p>



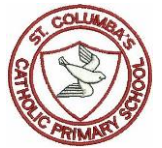
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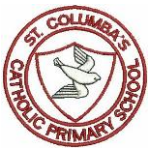
	<p>make responsible choices and ask for help when I need it.</p> <p>Understand why rules are needed and how they relate to rights and responsibilities.</p> <p>Understand that my actions affect myself and others and I care about other people's feelings.</p> <p>Can make responsible choices and take action.</p> <p>Understand my actions affect others and try to see things from their points of view.</p>	<p>happen among family members.</p> <p>I know what it means to be a witness to bullying.</p> <p>I know that witnesses can make the situation better or worse by what they do harm.</p> <p>I recognise that some words are used in hurtful ways.</p> <p>I can tell you about a time when my words affected someone's feelings and what the consequences were.</p>	<p>new learning challenges and working out the best ways for me to achieve them. I am motivated and enthusiastic about achieving our new challenge.</p> <p>I can recognise obstacles which might hinder my achievement and can take steps to overcome them.</p> <p>I can evaluate my own learning process and identify how it can be better next time.</p>	<p>into my body will affect my health.</p> <p>I can tell you my knowledge and attitude towards drugs.</p> <p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help.</p> <p>I can identify when something feels safe or unsafe.</p> <p>I understand how complex my body is and how important it is to take care of it.</p>	<p>I can identify and put into practice some of the skills of friendship e.g. Taking turns, being a good listener.</p> <p>I know and can use some strategies for keeping myself safe online. I can explain how some of the actions and work of people around the world help and influence my life.</p> <p>I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</p> <p>I know how to express my appreciation to my friends and family.</p>	<p>I recognise and understand saving, earning, planning and budgeting.</p>
<b><u>Year 4</u></b>	<b><u>Being Me In My World</u></b>	<b><u>Celebrating Differences</u></b>	<b><u>Dreams and Goals</u></b> I can tell you about some of my hopes	<b><u>Healthy Me</u></b> Recognise how different friendship	<b><u>Relationships</u></b> I can recognise situations which can	<b><u>Economic: Values, money and me</u></b>



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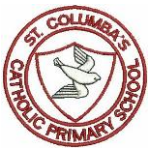
	<p>I know my attitudes and actions make a difference to the class team. I understand who is in my school community, the roles they play and how I fit in.</p> <p>I understand how democracy works through the School Council.</p> <p>I understand how democracy and having a voice benefits the school community.</p> <p>I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them. I understand how groups come together to make decisions.</p>	<p>I understand that, sometimes, we make assumptions based on what people look like. I understand what influences me to make assumptions based on how people look.</p> <p>I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure. Can tell you why witnesses sometimes join in with bullying and sometimes don't tell.</p> <p>I can identify what is special about me and value the ways in which I am unique. I can tell you a time when my first impression of someone changed when I got to know them.</p>	<p>and dreams. Understand that sometimes hopes and dreams do not come true and that this can hurt.</p> <p>I know that reflecting on positive and happy experiences can help me to counteract disappointment. I know how to make a new plan and set new goals even if I have been disappointed.</p> <p>I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group Can identify the contributions made by myself and others to the group's achievement.</p>	<p>groups are formed, how I fit into them and the friends I value the most.</p> <p>Understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations.</p> <p>I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke. I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol.</p>	<p>cause jealousy in relationships. I can identify someone I love and can express why they are special to me.</p> <p>I can tell you about someone I know that I no longer see.</p> <p>I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.</p> <p>I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older.</p> <p>I know how to show love and appreciation to the people and animals who are special to me.</p>	<p>I understand energy costs money.</p> <p>I recognise actions that can help to reduce energy usage as well as save money.</p>
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## Holding Hands with Jesus as we love, learn and grow together



				<p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want.</p> <p>I know myself well enough to have a clear picture of what I believe is right and wrong.</p>		
<b><u>Year 5</u></b>	<b><u>Being Me In My World</u></b> <p>I can face new challenges positively and know how to set personal goals.</p> <p>I understand my rights and responsibilities as a citizen of my country and as a member of my school.</p> <p>I can make choices about my own behaviour because I understand how rewards and consequences feel. I</p>	<b><u>Celebrating Differences</u></b> <p>I understand that cultural differences sometimes cause conflict I understand what racism is.</p> <p>I understand how rumour spreading and name-calling can be bullying behaviours.</p> <p>I can explain the difference between direct and indirect types of bullying.</p>	<b><u>Dreams and Goals</u></b> <p>I understand that I will need money to help me achieve some of my dreams.</p> <p>I know about a range of jobs carried out by people I know and have explored how much people earn in different job. I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it.</p>	<b><u>Healthy Me</u></b> <p>I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>I know some of the risks with misusing alcohol, including antisocial behaviour, and how it affects the liver and heart.</p> <p>I know and can put into practice basic emergency aid procedures</p>	<b><u>Relationships</u></b> <p>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.</p> <p>I understand that belonging to an online community can have positive and negative consequences.</p> <p>I understand there are rights and responsibilities in an online community or social network.</p>	<b><u>Economic: Values, money and me</u></b> <p>I understand what borrowing money is.</p> <p>I understand the implications of borrowing money. I can recognise the consequences of borrowing money.</p> <p>I understand the cost and value of activities done as a family, both financial and emotional.</p>

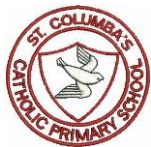


## Holding Hands with Jesus as we love, learn and grow together



	<p>understand how an individual's behaviour can impact on a group.</p> <p>I understand how democracy and having a voice benefits the school community and know how to participate in this.</p>	<p>I can compare my life with people in the developing world.</p> <p>I can understand a different culture from my own.</p>	<p>I can describe the dreams and goals of young people in a culture different to mine.</p> <p>I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other.</p> <p>I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship.</p>	<p>(including recovery position) and know how to get help in emergency situations.</p> <p>I understand how the media, social media and celebrity culture promotes certain body types.</p> <p>I can describe the different roles food can play in people's lives and I can explain how people can develop eating problems (disorders) relating to body image pressures.</p> <p>I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.</p>	<p>I know there are rights and responsibilities when playing a game online. I can recognise when I am spending too much time using devices (screen time).</p> <p>I can explain how to stay safe when using technology to communicate with my friends.</p>	
<b><u>Year 6</u></b>	<b><u>Being Me In My World</u></b>	<b><u>Celebrating Differences</u></b>	<b><u>Dreams and Goals</u></b> I know my learning strengths and can	<b><u>Healthy Me</u></b> I can take responsibility for	<b><u>Relationships</u></b> I know that it is important to take	<b><u>Economic: Values, money and me</u></b>



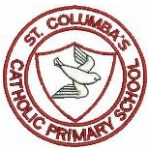


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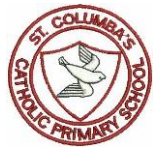


	<p>I can identify my goals for this year, understand my fears and worries about the future and know how to express them.</p> <p>I know that there are universal rights for all children but for many children these rights are not met.</p> <p>I understand that my actions affect other people locally and globally.</p> <p>I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities.</p> <p>I understand how an individual's</p>	<p>I understand there are different perceptions about what normal means.</p> <p>I understand how being different could affect someone's life.</p> <p>I can explain some of the ways in which one person or a group can have power over another.</p> <p>I know some of the reasons why people use bullying behaviours.</p> <p>I can give examples of people with disabilities who lead amazing lives.</p> <p>I can explain ways in which difference can be a source of conflict and a cause for celebration.</p>	<p>set challenging but realistic goals for myself (e.g. one in-school goal and one out of school goal).</p> <p>I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these.</p> <p>I can identify problems in the world that concern me and talk to other people about them.</p> <p>I can work with other people to help make the world a better place. I can describe some ways in which I can work with other people to help make the world a better place.</p> <p>I know what some people in my class like or admire about</p>	<p>my health and make choices that benefit my health and well-being.</p> <p>I know about different types of drugs and their uses and their effects on the body particularly the liver and heart.</p> <p>I understand that some people can be exploited and made to do things that are against the law. I know why some people join gangs and the risks this involves.</p> <p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness.</p> <p>I can recognise stress and the</p>	<p>care of my mental health. I know how to take care of my mental health.</p> <p>I understand that there are different stages of grief and that there are different types of loss that cause people to grief.</p> <p>I can recognise when people are trying to gain power or control.</p> <p>I can judge whether something online is safe and helpful for me.</p> <p>I can use technology positively and safely to communicate with my friends and family.</p>	<p>I know what a payslip is.</p> <p>I can recognise why deductions are taken from earnings.</p> <p>I understand what tax is.</p> <p>I understand the purpose of what central and local taxation pays for.</p>
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## Holding Hands with Jesus as we love, learn and grow together



	<p>behaviour can impact on a group.</p> <p>I understand how democracy and having a voice benefits the school community.</p>		<p>me and can accept their praise.</p>	<p>triggers that cause this and I understand how stress can cause drug and alcohol misuse.</p>		
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