

DMS PSHE Knowledge Progression (including RSE).

Students will have the opportunity to develop their understanding and ability to demonstrate a number of skills involved in PSHE, these skills maybe come apparent through discussion, role plays, and a variety of different tasks in the PSHE lesson and around the rest of the school both in and out of the classroom.

	Key stage 1	Key stage 2
Health & Wellbeing	<p>Know some ways to keep healthy and explain why it is important</p> <p>Know how to recognise and name different feelings and describe what to do when they or others have not-so-good feelings</p> <p>Know ways to help themselves and other people feel good, or feel better if not feeling good, such as sleep, regular exercise and balancing time on and offline.</p> <p>Know something that makes them special and unique, what they are good at or proud of, and how these help them to feel good about themselves.</p> <p>Know ways to manage when finding something difficult.</p> <p>Know the names of external body parts, how people’s bodies and needs change as they grow from young to old.</p> <p>Know some examples of change and suggest some ways to manage changes such as changing class or experiencing a loss.</p> <p>Know some rules that keep us safe and decide if a choice is safe or unsafe for our health, including at home, online, when travelling, and in the sun</p> <p>Know different things people put on or in their bodies can affect them and discuss the risks and benefits of this</p> <p>Know simple hygiene and dental health routines and how to follow them.</p> <p>now some people who help children stay safe and healthy, say how or when they can help and why it is important to ask for help</p> <p>know how to get help in emergency situations and follow instructions to keep safe.</p>	<p>Know a range of ways to keep healthy, that habits can have positive and negative effects on health, and how to manage pressure to do things that are not healthy</p> <p>Know a wide vocabulary to describe different emotions in themselves and others, and can explain how feelings change and ways to manage difficult feelings, including those related to change and loss.</p> <p>Know the link between physical and mental health and describe strategies that promote mental health for myself or others.</p> <p>Know the importance of balancing time online with other activities for physical and mental wellbeing.</p> <p>Know things that make them who they are, that they are proud of and recognise how building personal strengths contribute to selfworth.</p> <p>Know ways to manage setbacks and unhelpful thinking</p> <p>Know external genitalia and internal reproductive organs, and describe how and why bodies change as we grow, including during puberty and suggest strategies to manage these.</p> <p>Know how babies are conceived and born as part of the human life cycle</p> <p>Know ways to prepare for and manage transitions positively between important stages in life or school</p>

		<p>Know how safe or unsafe different choices for health and wellbeing are, explain the purpose of laws, rules and restrictions to keep children safe, and how to use risk assessment skills to make safe choices.</p> <p>Know ways of reducing and managing risk at home, online, on the road and elsewhere.</p> <p>Know how different substances, including legal and illegal drugs, can affect health positively and negatively; identify a range of associated risks and influences, and suggest ways to manage these</p> <p>Know how to demonstrate and give reasons for hygiene routines, and explain the importance of following them regularly</p> <p>Know how to recognise signs that I or someone else may need help with their physical health or mental wellbeing</p> <p>Know a range of sources of support (people who help children stay safe and healthy) and suggest who to ask in different situations, including if I or someone I know is at risk</p> <p>Know how to explain or demonstrate how to respond in emergency situations, including basic first aid skills</p>
Relationships	<p>Know who loves and cares for them, what it means to be a family and that families are all different.</p> <p>Know different types of relationships, for example, family, friendship, online</p> <p>Know what makes a good friend, what loneliness is, how to include others, and suggest some ways to resolve disagreements.</p> <p>Know how they are the same and different to other people, and how to treat them self and other people with respect.</p>	<p>Know how families are different and identify features of positive family life.</p> <p>Know what makes a healthy, positive friendship and ways to avoid or resolve arguments and other friendship issues</p> <p>Know different types of relationship, including loving and intimate relationships, and explain that people can experience emotional, romantic and sexual attraction with people of different or the same sex.</p>

<p>Know what bullying and hurtful behaviour are, how they might make someone feel, that they are unacceptable, and who to ask for help</p> <p>Know what pressure might look or feel like in a friendship or in situations with other children, and ways to resist it.</p> <p>Know about things that matter to them and say how to play and work with others.</p> <p>Know when it is important to ask for permission and how to ask for, give, or not give permission.</p> <p>Know what privacy means, and which body parts are private</p> <p>Know when a secret should not be kept, but told to a trusted adult</p> <p>Know types of touch that are acceptable or unacceptable, recognise the need to ask permission, and say who to tell about concerns or worries</p> <p>Know that some people behave differently online and say some simple ways to keep online communication safe</p> <p>Know who to tell if a relationship, or the actions of someone I don't know, has made me feel uncomfortable, upset, or unsafe.</p>	<p>Know the importance of getting help if they feel lonely or excluded, and can describe how to help others to feel included.</p> <p>Know how to name different types of bullying, explain the effects of bullying and hurtful behaviour, including online, and how to respond if it is experienced or witnessed</p> <p>Know what discrimination is, recognise that everyone deserves to be treated with respect, and how discrimination can be challenged.</p> <p>Know how to express and discuss my views on topical issues, and listen respectfully to others</p> <p>Know how to recognise peer influence or pressure in a range of situations and suggest strategies to manage and respond to it</p> <p>Know how to explain the meaning and importance of consent (asking for/giving/not giving permission) in a variety of situations, including how or when to seek, give and not give consent</p> <p>Know and explain the importance of privacy (including keeping some body parts private), different circumstances when privacy is important (including online), and how to respect personal boundaries</p> <p>Know and explain the difference between appropriate and inappropriate touch, including appropriate boundaries with people we do or don't know, and who to tell if concerned about any contact</p> <p>Know when it is right to break a confidence or share a secret, and who to tell.</p> <p>Know how online communication is different from face to face communication, including how people might behave online;</p>
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<p>Living in the wider world</p>	<p>Know some examples of rules in school or at home and say why they are important.</p> <p>Know some ways to care for the plants, animals and people around us and why this is important</p> <p>Know some similarities and differences between people in their school and community</p> <p>Know some examples of groups they and other people belong to and the roles and responsibilities in these different groups.</p> <p>Know some rules for using the internet and devices safely, and recognise that not everything online is always true.</p> <p>Know how wanting something is different from needing something.</p> <p>Know what money is, where it comes from, and how it can be looked after, saved or spent.</p> <p>Know that people have different strengths, identify some different jobs that people do and some skills needed for those jobs</p>	<p>Know a range of different rules, laws, and human rights, explain why they are important and possible consequences of not following rules</p> <p>Know our shared responsibilities and ways we can care for others and the environment, and how everyday choices impact the environment</p> <p>Know benefits of having diversity in their community and ways to promote inclusion in their school and community.</p> <p>Know what stereotypes, prejudice and discrimination mean, why we need to show others respect and how we can positively challenge discrimination</p> <p>Know how people use the internet in different ways, including how data is gathered and used, describe benefits and challenges of using the internet and safety rules to help minimise risk when using digital devices</p> <p>Know why information online is not always true, suggest ways to assess whether online information is accurate and trustworthy, and explain how to report harmful content.</p> <p>Know the role of money, that it can be earned, saved and spent, and how to make decisions about different uses of money, including managing risks and influences.</p> <p>Know how financial decisions can impact people's emotions, including choices related to gambling</p> <p>Know strengths, skills and achievements, how these might help them choose a job, and use these to set goals</p>

		<p>Know some of the pathways into a range of jobs, and recognise that peoples' jobs can change over their lifetime</p> <p>Know factors that might limit or support people's career choices, including stereotypes related to different jobs, and be ambitious for my future.</p>
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At Key stage 3 and 4 Pupils students are working towards, at or beyond intended learning outcomes across the three core themes. The statements of progression are drawn from the Programme of Study. A suggested model against which to assess progress using summative, formative and ipsative methods (assessment against own prior performance, knowledge or capability). Similar to key stage 1 and 2 students knowledge can be drawn out in a variety of ways such as learning conversations and setting targets with students, completing reports or when writing assessment criteria for assessed work.

	Working towards	Working at	Working beyond
Health & Wellbeing	<p>Know transitional stages in life and suggest ways of managing them</p> <p>Know ways to maintain a healthy self concept</p> <p>Know some way to promote physical, sexual, mental and emotional health.</p> <p>Know how to name and describe emotions, the features of mental wellbeing, and who to ask for help</p> <p>Know some safe and unsafe choices for health and wellbeing</p>	<p>Know how to manage transitions between important stages in life, including physical, emotional and practical changes</p> <p>Know ways to maintain a healthy self-concept, and where relevant, promote self-confidence and self-esteem</p> <p>Know ways to promote physical, sexual, mental and emotional health</p> <p>Know complex emotions, the features of positive mental health, warning signs of mental ill-health and identify signs that help is needed</p> <p>Know choices for health and wellbeing that are safe or unsafe/risky, and explain why</p>	<p>Know transitional phases in life, demonstrate a positive mindset in the face of different changes and challenges, and, where relevant, overcome obstacles</p> <p>Know strategies to maintain a healthy self-concept, and assess when and how it is appropriate to promote others' self-esteem</p> <p>Know a range of techniques to promote physical, sexual, mental and emotional health</p> <p>Know how to confidently articulate emotional wellbeing, explain the features of mental health and ill-health, and evaluate different sources of support.</p> <p>Know how to evaluate the safety of health and wellbeing choices and manage pressure and influence affecting such decisions.</p>

	<p>Know some risks of substance misuse</p> <p>Know what contraception is, give some examples and why their use should be discussed with a partner</p> <p>Know some support and health services and describe when and how to get help.</p> <p>Know and recognise emergency situations, perform some basic first aid and can follow instructions to keep safe</p> <p>Know and identify how the media, social media and other influences might affect health choices and suggest how to manage this</p> <p>Know ways to help others to make healthy choices and support their wellbeing</p>	<p>Know the personal and social risks associated with substance misuse</p> <p>Know how different contraceptives work, factors that can affect their efficacy and how to negotiate use of contraceptives with a partner.</p> <p>Know a range of support and health services, can assess when to get help in different situations and describe how to access relevant services</p> <p>Know how to respond in emergency situations, including how to perform first aid techniques.</p> <p>Know the role of the media and social media in influencing lifestyle choices, the impact of other influences, and strategies to manage these.</p> <p>Know explain and demonstrate ways to support others to make healthy choices and promote their wellbeing.</p>	<p>Know the relative risks of different personal and social harms associated with substance misuse</p> <p>Know how to negotiate contraception use with a partner, assessing how appropriate different forms of contraception might be in different situations, taking into account their relative efficacy.</p> <p>Know risks to health, assess the best sources of advice/support for such issues, including on- and off-line services, and explain how to access appropriate support in different situations</p> <p>Know a comprehensive range of first aid strategies, in response to a variety of emergency situations</p> <p>Know the role and effectiveness of the media and social media's influence on lifestyle choices and evaluate a range of strategies to manage this and other influences</p> <p>Know when it is appropriate to, and demonstrate how to, support others to make healthy choices and promote their wellbeing</p>
Relationships	<p>Know different types of relationship and suggest ways to build and manage relationships</p> <p>Know what conflict means and simple ways to reduce conflict.</p>	<p>Know different types of relationship and explain how to develop and maintain healthy, positive relationships</p> <p>Know common causes of conflict and conflict resolution strategies</p>	<p>Know the legal status of different types of relationship and can explain how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts.</p> <p>Know a range of conflict resolution strategies and describe appropriate strategies for different contexts.</p>

<p>Know between healthy/positive and unhealthy/negative relationships.</p> <p>Know the role of a parent and list the options available if someone becomes pregnant.</p> <p>Know how to identify bullying or hurtful behaviour and suggest some strategies for responding to it, both on and offline.</p> <p>Know how to describe my views and values on moral issues and listen to others' views respectfully.</p> <p>Know how to recognise peer pressure and suggest some ways to manage it.</p> <p>Know how to identify influences on relationship expectations</p> <p>Know what is meant by consent in simple terms; explain everyone's right to wait until they are ready to be intimate; and the responsibility the seeker of consent has to ensure consent is given. I can identify how to recognise, ask for, give, not give and withdraw consent</p>	<p>Know recognise and explain how to challenge unhealthy/negative relationship behaviours.</p> <p>Know features of parenthood and explain the options available if someone becomes pregnant</p> <p>Know how to respond to unhealthy/negative relationship behaviours, including bullying, discrimination, abuse and online encounters</p> <p>Know how to justify my views and values on moral issues and effectively assess others' arguments, including critique of online content</p> <p>Know how to explain strategies to manage peer influence and pressure</p> <p>Know how to explain and manage influences on relationship expectations</p> <p>Know how to explain the concept of consent in a variety of contexts; the legal and moral responsibility on the seeker of consent to ensure consent has been given; and the importance of respecting others' feelings about readiness for intimacy. I can describe how to recognise, ask for, give, not give and withdraw consent</p>	<p>Know unhealthy/negative relationship behaviours and confidently demonstrate how to challenge them.</p> <p>Know features of successful parenthood and the options available if someone becomes pregnant.</p> <p>Know how to sensitively, safely and appropriately respond to increasingly nuanced scenarios in relation to unhealthy/negative relationship behaviours, including bullying, abuse, discrimination, violence and online encounters</p> <p>Know how to justify my views and values on moral issues using mature argument backed up by evidence, demonstrating discernment when assessing others' arguments (both in person and online).</p> <p>Know how to evaluate and effectively demonstrate a range strategies to manage peer influence and pressure</p> <p>Know, assess, manage and challenge influences on relationship expectations</p> <p>Know how to demonstrate a comprehensive understanding of the concept of consent, capacity to consent, readiness for intimacy and the legal and moral responsibility on the seeker of consent to ensure consent has been given in all relevant contexts. I can explain how to recognise, ask for, give, not give and withdraw consent.</p>
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	<p>Know the feelings associated with changing relationships, loss and bereavement and know where to get support</p> <p>Know how to show respect to others</p> <p>Know how to respect others who I can speak to and where to find advice and support for relationships, sexual health, and pregnancy</p>	<p>Know how to manage changing relationships, loss and bereavement, when and how to seek support and suggest ways to support others.</p> <p>Know how to show respect to others and promote equality and inclusion.</p> <p>Know how to describe appropriate sources of advice and support for relationships, sexual health, and pregnancy and explain why, when and how to access them</p>	<p>Know how to evaluate strategies to manage changing relationships, loss and bereavement, demonstrate how to support others and evaluate sources of support.</p> <p>Know how to critically assess the importance of equality in a diverse community and demonstrate ways to promote this</p> <p>Know the effectiveness and appropriateness of different sources of advice and support for relationships, sexual health, and pregnancy</p>
Living in the Wider World	<p>Know how to show respect for others and identify basic rights and responsibilities that promote inclusion</p> <p>Know different next steps, pathways and careers</p> <p>Know what it means to be ambitious and challenge career stereotypes</p> <p>Know some skills and attributes that employers value</p> <p>Know personal strengths and identify areas to improve</p>	<p>Know rights and responsibilities that promote inclusion for all, and the benefits of living in a diverse community</p> <p>Know how to make informed decisions about next steps and career choices</p> <p>Know how to be ambitious and enterprising and challenge career stereotypes.</p> <p>Know how to demonstrate a range of skills and attributes for employability</p> <p>Know how to reflect effectively on personal strengths and areas for development, and take account of feedback, in order to improve</p>	<p>Know how to critically rights, responsibilities and strategies for promoting inclusion and celebrating diversity in the community.</p> <p>Know how to make informed career choices, and evaluate the appropriateness of different pathways leading to and from these choices</p> <p>Know how to demonstrate ambition, lead (or effectively participate in) enterprise projects and ensure career stereotypes are actively challenged</p> <p>Know how to confidently demonstrate, and explain the importance and relevance of, a range of employability skills in new and varied contexts.</p> <p>Know strengths and areas for development with precision and insight, critically reflecting and acting appropriately to feedback.</p>

	<p>Know what budgeting is, why it is important and where to get help with financial decision-making.</p> <p>Know potential risks and benefits of financial decisions and can suggest influences on financial decision making.</p> <p>Know basic employment rights and responsibilities</p> <p>Know unique features associated with communicating online</p> <p>Know ways to benefit from positive online behaviours, manage online risks and critique digital media source</p>	<p>Know how to effectively budget and suitable sources of support and information around financial opportunities and risks</p> <p>Know the potential consequences of personal finance choices and suggest ways to manage influences on financial decisions</p> <p>Know a range of employment rights and responsibilities</p> <p>Know how to explain how online interactions are impacted by data, targeted advertising and personalisation</p> <p>Know how to explain ways to benefit from positive online behaviours, assess and manage online risks and evaluate digital media source</p>	<p>Know how to plan a short, medium and long term budget and assess a range of support with financial decisions</p> <p>Know how to confidently assess financial risk in relation to different choices and can assess and manage influences on financial decisions.</p> <p>Know examples of how to claim my rights and meet my responsibilities as an employer</p> <p>Know the impact of persuasive design features and explain how to manage this when communicating online</p> <p>Know how to confidently assess different types of online behaviour and evaluate digital media sources in an increasingly mature manner</p>
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