


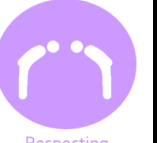










Goodrich CE Primary School  
PSHE Sticky Knowledge

PSHE INCLUDING RSE, BRITISH VALUES & SMSC

| BIG IDEAS       | Communication   | Making Relationships  |   |   | Living in the Wilder World  |  |   | Health & Wellbeing  |   |   |
|-----------------|---|---|---|---|---|--|---|---|---|---|
| Building Blocks | Vocabulary  | Families & Friendships  | Safe Relationships  | Respecting Ourselves and Others   | Belonging to the Community  | Media Literacy & Digital Resilience  | Money & Work  | Physical Health & Mental Wellbeing  | Growing & Changing  | Keeping Safe  |
|                 | <br>Vocabulary | <br>Families and friendships | <br>Safe relationships | <br>Respecting ourselves and others | <br>Belonging to the community | <br>Media literacy and digital resilience | <br>Money and work | <br>Physical health and mental wellbeing | <br>Growing and changing | <br>Keeping safe |

| Milestone | COMMUNICATION                                 | MAKING RELATIONSHIPS  |                    |                                 | LIVING IN THE WIDER WORLD  |                                     |              | HEALTH AND WELLBEING  |                    |              |
|-----------|---|---|--------------------|---------------------------------|--|-------------------------------------|--------------|---|--------------------|--------------|
|           | Vocabulary                                    | Families & Friendships  | Safe Relationships | Respecting Ourselves and Others | Belonging to the Community   | Media Literacy & Digital Resilience | Money & Work | Physical Health & Mental Wellbeing  | Growing & Changing | Keeping Safe |
| 1         | Please refer to the PSHE vocabulary document. | Can talk about their family and what the adults do to make them feel cared for.<br><br>Can recognise what being a good friend is and where to seek help if they are lonely or being hurt.<br><br>Can talk about similarities and differences between them and their friends.<br><br>Can talk about staying safe online. |                    |                                 | Can name ways that internet is used in everyday life.<br><br>Can name jobs in the community and strengths and interests needed for each.<br><br>Can say why we need money and how to look after it.<br><br>Can talk about why we need rules. |                                     |              | Can say why we have rules to keep us safe online.<br><br>Can give examples of staying safe in different places e.g. home, on the beach.<br><br>Can say why they are unique.<br><br>Can give examples of how we can stay healthy. E.g. exercise, good diet, sleep, looking after our teeth, managing our feelings and asking for help. |                    |              |



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| 2 | Please refer to the PSHE vocabulary document. | <p>Can talk about what makes a family.</p> <p>Can give examples of what positive friendship means including online.</p> <p>Can give examples of hurtful behaviour and how to respond to others.</p> <p>Can give examples of respectful behaviour means. E.g. respecting differences, being polite.</p>           | <p>Can say how we use the internet and how our information is shared.</p> <p>Can give examples of why we need rules and laws.</p> <p>Can say what belonging to a community means.</p> <p>Can talk about different job roles including stereotypes, e.g. men can only do certain jobs.</p> <p>They can explain how to keep their money safe.</p>   | <p>To be able to discuss physical and emotional changes in puberty.</p> <p>Can identify risks and hazards in the local environment.</p> <p>Can give examples of how to stay healthy and explain why they are important.</p>   |
| 3 | Please refer to the PSHE vocabulary document. | <p>Can explain the difference between a healthy and unhealthy relationship.</p> <p>Can suggest ways to manage friendships and peer influence.</p> <p>Can recognise what consent in different situations means and managing pressure.</p> <p>Can explain why it is important to respect other points of view.</p> | <p>Can say why valuing diversity and challenging discrimination and stereotypes is important.</p> <p>Can explain how to evaluate sources of information online and recognising if something is fake.</p> <p>To know what is appropriate to share online and the rules surrounding this.</p> <p>They can identify job interests and aspirations and how to look after their money and financial risks.</p> | <p>Can suggest ways that mental health and can affected and ways to take care of it.</p> <p>Can suggest where to go for help.</p> <p>Can suggest ways in which they change as they grow up. E.g. transition to high school, growing independence.</p> <p>Can explain why age restrictions are important in relation to things they may watch, use or play.</p> <p>Can explain the risks and affects of different drugs.</p> |



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|  |  |  | <p>To be able to understand how having money or not having money can affect people's emotions, health and wellbeing.</p> | <p>Can give examples of strategies for dealing with requests for personal information or images of themselves.</p> <p>Know what to do if they take, share or come across an image which may upset, hurt or embarrass them or others.</p> |
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