



# Oaklands Community Primary School - PSHE Knowledge Builder

	Being Me in my World	Celebrating Difference	Dreams and Goals	Relationships	Changing Me	Healthy Me
EYFS	<ul style="list-style-type: none"> <li>Hands can be used kindly and unkindly</li> <li>Everyone has a right to learn and play safely and happily</li> </ul>	<ul style="list-style-type: none"> <li>Everyone is unique</li> <li>Families can be different</li> </ul>	<ul style="list-style-type: none"> <li>A goal is something you want to achieve</li> <li>A challenge is not easy</li> </ul>	<ul style="list-style-type: none"> <li>A family is group of people or relatives who often live together</li> <li>Friends sometimes fall out</li> <li>Ways to mend a friendship</li> </ul>	<ul style="list-style-type: none"> <li>Babies grow into adults</li> </ul>	<ul style="list-style-type: none"> <li>Healthy means 'good for you'</li> <li>You need exercise and sleep to keep healthy</li> </ul>
Year 1	<ul style="list-style-type: none"> <li>Children have rights and responsibilities in the classroom</li> <li>Actions have consequences</li> </ul>	<ul style="list-style-type: none"> <li>Bullying can be physical or emotional and happens - Several Times On Purpose</li> <li>People can have similarities but can also be different</li> </ul>	<ul style="list-style-type: none"> <li>An obstacle makes achieving goals difficult but you can overcome them</li> </ul>	<ul style="list-style-type: none"> <li>There are lots of different types of families</li> <li>Ways to make a friend</li> <li>There are different people in the school community and how they help</li> </ul>	<ul style="list-style-type: none"> <li>Parts of your body are private</li> </ul>	<ul style="list-style-type: none"> <li>Germs cause disease / illness</li> <li>All household products, including medicines, can be harmful if not used properly</li> <li>Know how to keep safe when crossing the road</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>Reward and consequence stem from choices</li> <li>Our choices impact on learning</li> </ul>	<ul style="list-style-type: none"> <li>A gender stereotype is a belief about someone because they are a boy or a girl.</li> <li>You can speak to a trusted adult about bullying.</li> </ul>	<ul style="list-style-type: none"> <li>Perseverance is when you keep trying even though something is difficult</li> </ul>	<ul style="list-style-type: none"> <li>There are lots of forms of physical contact within a family</li> <li>Friendships sometimes change with time</li> <li>Trust is an important aspect of healthy relationships.</li> <li>It is important to share worry secrets</li> </ul>	<ul style="list-style-type: none"> <li>Life cycles exist in nature</li> <li>Girls and boys have different private body parts.</li> </ul>	<ul style="list-style-type: none"> <li>Relaxed means to feel calm and rested, often doing something enjoyable</li> <li>Different foods give our bodies energy</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>Rules are needed and are related to consequences</li> <li>We must respect different views</li> </ul>	<ul style="list-style-type: none"> <li>A conflict is a disagreement and can be resolved</li> <li>Bystanders to bullying can make a situation better or worse by their actions.</li> </ul>	<ul style="list-style-type: none"> <li>You have to overcome difficult challenges to achieve success</li> <li>Ambition is something you want to strive for</li> </ul>	<ul style="list-style-type: none"> <li>Gender stereotypes can be unfair</li> <li>All children have rights (UNCRC)</li> <li>The lives of children around the world can be different from their own</li> </ul>	<ul style="list-style-type: none"> <li>In pregnancy it is usually the female that carries the baby</li> </ul>	<ul style="list-style-type: none"> <li>Exercise affects the body</li> <li>Calories, fat and sugar affects health</li> <li>That there are different types of drugs</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>A democracy is when everyone has a voice and votes to make a decision that is fair.</li> </ul>	<ul style="list-style-type: none"> <li>Assumptions can be made about a person because of the way they look or act</li> <li>Know that first impressions can change</li> <li>Indirect and cyber-bullying can be harder to identify</li> </ul>	<ul style="list-style-type: none"> <li>Goals can be broken down into steps to make them more achievable</li> </ul>	<ul style="list-style-type: none"> <li>There are reasons why people feel jealousy</li> <li>Loss is a normal part of relationships</li> </ul>	<ul style="list-style-type: none"> <li>The male and female body changes in puberty (Y3)</li> <li>Personal hygiene is important during puberty and as an adult</li> </ul>	<ul style="list-style-type: none"> <li>Smoking affects our health</li> <li>Alcohol has effects on health, particularly the liver</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>There are rights and responsibilities associated with being a citizen in the wider community and a country</li> </ul>	<ul style="list-style-type: none"> <li>Culture is the 'way of life' for groups of people</li> <li>Racism is when people are treated unfairly because of their skin colour or background.</li> <li>Children's lives are different in the developing world</li> </ul>	<ul style="list-style-type: none"> <li>People from different cultures may have different dreams and goals</li> </ul>	<ul style="list-style-type: none"> <li>Belonging to an online community can have positive and negative consequences</li> <li>There are ways to stay safe when using technology to communicate with friends</li> </ul>	<ul style="list-style-type: none"> <li>Perceptions can be right or wrong</li> </ul>	<ul style="list-style-type: none"> <li>How to get help in an emergency</li> <li>There are basic emergency procedures (including the recovery position)</li> <li>The media, social media and celebrity culture promotes certain body types</li> <li>People can develop eating disorders related to body image pressure</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>The United Nations Convention on the Rights of the Child gives every child in the world rights.</li> </ul>	<ul style="list-style-type: none"> <li>Know that people can hold power over others and this can lead to bullying</li> <li>Having a disability does not stop you having an amazing life.</li> </ul>	<ul style="list-style-type: none"> <li>The world is facing a variety of problems</li> </ul>	<ul style="list-style-type: none"> <li>It is important to take care of our mental health</li> <li>There are stages of grief and different types of loss</li> </ul>	<ul style="list-style-type: none"> <li>Sexual intercourse can lead to conception (Y5)</li> </ul>	<ul style="list-style-type: none"> <li>Choices can benefit health and well-being</li> <li>Different types of drugs can affect people's bodies</li> <li>Stress can cause drug and alcohol misuse</li> <li>Some people can be exploited to do things that are against the law</li> </ul>