



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