

PSHE Development at Kiveton Park Infant School

Key Concepts	Nursery	Reception	Y1	Y2
Health and Wellbeing	<ul style="list-style-type: none"> • Develops some independence in self-care and shows an awareness of routines such as handwashing or teeth cleaning but still often needs adult support • Can increasingly express their thoughts and emotions through words as well as continuing to use facial expressions • Begins to recognise danger and seeks the support and comfort of significant adults 	<ul style="list-style-type: none"> • Eats a healthy range of foodstuffs and understands need for variety in food • Shows some understanding that good practices with regard to exercise, eating, drinking water, sleeping and hygiene can contribute to good health • Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks by taking independent action or by giving a verbal warning to others 	<ul style="list-style-type: none"> • Know the characteristics and mental and physical benefits of an active lifestyle • Understand the principles of planning and preparing a range of healthy meals • Know about dental health and the benefits of good oral hygiene including regular check-ups at the dentist • Be aware of and recognise their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings • Understand the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn • Recognise how they are growing and changing 	<ul style="list-style-type: none"> • Know the importance of self-respect and how this links to their own happiness • Understand that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations • Be aware of the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn • Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist • Understand the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise • Know how to make a clear and efficient call to emergency services if necessary • To understand the role of medicine and health
Relationships	<ul style="list-style-type: none"> • Shows some understanding that other people have perspectives, ideas and needs that are different to theirs, e.g. may turn a book to face you so you can see it • Shows empathy and concern for people who are special to them by partially 	<ul style="list-style-type: none"> • Represents and recreates what they have learnt about social interactions from their relationships with close adults, in their play and relationships with others • Develops particular friendships with other children, which help them to understand different 	<ul style="list-style-type: none"> • Know how important friendships are in making us feel happy and secure • See themselves as a valued and valuable member of the school community. • Know how to recognise if family relationships are making them feel unhappy or unsafe and how 	<ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends • Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties

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	<p>matching others' feelings with their own, e.g. may offer a child a toy they know they like</p> <ul style="list-style-type: none"> Seeks out others to share experiences with and may choose to play with a familiar friend or a child who has similar interest 	<p>points of view and to challenge their own and others' thinking</p> <ul style="list-style-type: none"> Understands their own and other people's feelings, offering empathy and comfort 	<p>to seek help or advice from others if needed.</p>	<ul style="list-style-type: none"> Understand that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact
Living in the Wider World	<ul style="list-style-type: none"> In pretend play, imitates everyday actions and events from own family and cultural background, e.g. making and drinking tea, going to the barbers, being a cat, dog or bird Learns that they have similarities and differences that connect them to, and distinguish them from, others 	<ul style="list-style-type: none"> Knows that other children do not always enjoy the same things, and is sensitive to this Knows about similarities and differences between themselves and others, and among families, communities, cultures and traditions 	<ul style="list-style-type: none"> Know that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences Understand the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. 	<ul style="list-style-type: none"> Know what a stereotype is and how stereotypes can be unfair, negative or destructive. Be aware that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care Know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe To know when to say no
New Vocabulary Introduced	<p>Rules, danger Real, fake, danger, good touch, bad touch, pants, private Happy, sad Healthy, unhealthy, exercise Same, different Needs, wants</p>		<p>Rule, agree, agreement, friend, friendship, shy, lonely, sad, left out, scenario, role play, pretend, problem, explore, selfish, unkind, mean, helpful, share, caring, similar, different, same, favourite, respect, special, family, structure, forms, mum, dad, aunty, uncle, sibling, extended family, guardian, carer, foster care, adopted, trusted, adults, people, trust, happy, community, help, worried, relationship, private,</p>	<p>Rule, agree, agreement, responsibility, family, different, respect, care, love, carer, guardian, network, support, special, belong, unique, because, similar, self-esteem, love, positive, friend, friendship, respect, trust, truthful, loyal, kind, generous, share, interests, experiences, relevant, explore, resolve, conflict, falling out, upset, hurt, left out, influence, choice, decide, persuade, gender, stereotype, assume, challenge, anyone, everyone, ability, disability, impairment, impediment, prosthetic, aid,</p>

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		<p>secret, bullying, physical, verbal, deliberate, sustained, repeated, mean, rude, unkind, hurt, incident, healthy, snack, vegetable, fruit, try, experience, decide, favourite, choice, balanced, sugar, sugary, limit, swap, hygiene, clean, dirty, germs, soap, wash, sanitise, oral health, decay, plaque, cavity, dentist, blood, breathing, energy, oxygen, lungs, heart, pump, heart rate, muscles, pulse, sweat, exercise, fit, healthy, positive impact, physical health, mental health, effect, routine, important, sleep, routine, quality, affect, tired, concentrate, rest, grow, change, old, older, baby, toddler, child, teenager, adult, elderly, need, want, physiological, shelter, security, belonging, esteem, self-actualisation, hierarchy, necessary, survival, hazard, worry, supervised, grown up, nervous, unsafe, private, stranger, safer stranger, lost, alone, emergency, paramedic, ambulance, fire fighter, police, medicine, careful, harmful, protect, think, drug, ill, offer</p>	<p>invisible, hidden, support, lonely, left out, isolated, trusted adult, bullying, cyberbullying, repeated, targeted, sustained, mean, unkind, intentional, responsibility, bystander, report, involved, situations, emotional health, healthy, balanced, diet, routine, quality, rest, personal hygiene, oral hygiene, clean, dirty, germs, spread, regularly, plaque, cavities, sweaty, lifestyle, hygiene, exercise, sleep, healthier, grow, change, older, develop, memories, survive, grow, thrive, need, shelter, love, practice, future, wishes, hope, want, safe person, lost, stranger, risk, danger, identify, useful, potential, dangerous, supervision, online safety, inappropriate, upsetting, unreliable, untrue, strangers, road safety, danger, hazard, skills, pretend, identify, familiar, uncomfortable, secret, safe, responsibility, medicine, poorly, ill, unwell, prescribed, prescription, liquid, tablet, powder, injection, alive, handling, pharmacy, pharmacist, doctor, GP, nurse, hospital, swallow, inject, sniff, breath in, dangerous, alcohol, cigarettes, legal, illegal, drug, behaviour, vapes, nicotine, affected, lungs, heart, persuade, consequences, situation, scenario, convince, worried, pressured, unsure, confident</p>
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