

PHSE/ RSE knowledge organiser

	EYFS	Year 1	Year 2	Lower KS2	Upper KS2
Family and relationships		<p>To understand some characteristics of a positive friendship.</p> <p>To know that it is called stereotyping when people think of things as being for boys or girls only.</p>	<p>To know that all families are unique.</p> <p>To understand what good manners are and how to be respectful.</p>	<p>To know that I can talk to trusted adults or services if I experience family problems.</p> <p>To understand that everyone has the right to decide what happens to their body.</p> <p>To understand what bereavement means.</p>	<p>To understand why someone might bully and to know what action a bystander can take to support the victim.</p> <p>To understand that grief is the process we go through when someone dies.</p>
Health and wellbeing		<p>To know the importance of hand and oral hygiene.</p>	<p>To understand that a balanced diet and exercise is important for our physical and mental wellbeing.</p>	<p>To know key facts about dental health.</p> <p>To know the different food groups that make up balanced diet.</p>	<p>To understand that factors such as diet, exercise, rest and relaxation contribute to mental health and to know the effects technology can have on mental health.</p>
Safety and the changing body.		<p>To know that some types of physical contact is never appropriate.</p>	<p>To know the PANTS rule.</p> <p>To know the rules for road safety.</p>	<p>To know how to be a responsible digital citizen.</p>	<p>To understand the risks associated with alcohol.</p> <p>To understand the menstrual cycle.</p>

	<p>To know some things are unsafe to put onto or into my body.</p> <p>To know that the emergency services are and how they can be contacted.</p>	<p>To know the names of my body parts, including private parts.</p>	<p>To understand the risks associated with smoking tobacco and vaping.</p> <p>To understand the physical changes as people grow from children to adults.</p>	<p>To know the names of external sexual parts of the body and the internal reproductive organs.</p> <p>To know puberty happens at different ages for different people.</p> <p>To understand how a baby is conceived and developed.</p>
Citizenship	<p>To know the rules in school.</p> <p>To understand that people are all different.</p> <p>To understand how democracy works in school through the school council.</p>	<p>To know some of the different places where rules apply.</p> <p>To know that some rules are made to be followed by everyone and are known as 'laws'.</p>	<p>To know that local council is responsible for looking after the local area and that elections are held so that adults can vote for who they want their councillor to be.</p>	<p>To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.</p> <p>To know that education is an important human right.</p>
Economic Well Being	<p>To know that coins and notes have different values.</p>	<p>To know some of the ways in which adults get money.</p>	<p>To know the importance of budgeting and tracking money.</p>	<p>To know that when money is borrowed it needs to be paid back, usually with interest.</p>

Identity (Year 6 only)					<p>To know that identity is the way we see ourselves and how other people see us.</p> <p>To understand that gender and sexual orientation form part of a person's identity.</p>