Essential Knowledge Steps: PSHE/RHE

1	2	3	4
Nursery	Reception	Year 1	Year 2
To play with one or more children. To begin to have conversations with adults/friends. To try new things with support. To ask for help when needed. To use words such as 'happy' and 'sad'. To start to follow rules.	To play cooperatively. To take turns with others. To try new things. To speak to a familiar group. To understand and follow the rules.	To explain how to be kind and why it is important. To identify good and not-so-good choices. To share thoughts and feelings with confidence. To make healthy choices about sleep and exercise, food and drink. To explore how people in Britain can be different and the same.	To know that we are all different and everyone likes different things. To understand how to respect own and other people's bodies. To know what makes a good friend. To know some strategies to help work out arguments and disagreements. To make good choices and consider the impact of my decisions. To discuss my feelings / opinions with others & cope with difficult emotions. To know how to stay safe at school/ home. To explore family life in different countries. To talk about what rights are.

5 essential ingredients to knowing more and remembering more				
LEARNING THAT STICKS IS...				
emotionally engaging	hands-on and practical	social	scaffolded	repetitive