

PSHCE Knowledge Ladder

<i>In year...</i>	<i>I need to</i>
Year 6	<ul style="list-style-type: none"> Pupils learn what mental health is, about what can affect mental health and some ways of dealing with this, about some everyday ways to look after mental health and about the stigma and discrimination that can surround mental health. Pupils learn about people who have moved to Islington from other places, (including the experience of refugees), about human rights and the UN Convention on the Rights of the Child and about homelessness. Pupils learn about feelings of being out and about in the local area with increasing independence, about recognising and responding to peer pressure, about the consequences of anti-social behaviour (including gangs and gang related behaviour). Pupils learn about the importance for girls to be protected against FGM. Pupils learn about the risks with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other local legal and illegal drugs, about assessing the level of risk in different situations involving drug use and about ways to manage risk in situations involving drug use. Pupils learn about the changes that occur during puberty, to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact, what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships. Pupils learn about human reproduction in the context of the human lifecycle, how a baby is made and grows (conception and pregnancy), about roles and responsibilities of carers and parents, to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it.
Year 5	<ul style="list-style-type: none"> Pupils learn about a wide range of emotions and feelings and how these are experienced in the body, about times of change and how this can make people feel and about the feelings associated with loss, grief and bereavement. Pupils learn that messages given on food adverts can be misleading, about role models and about how the media can manipulate images and that these images may not reflect reality. Pupils learn about keeping safe online. They learn that violence within relationships is not acceptable and learn about problems that can occur when someone goes missing from home. Pupils learn about stereotyping, including gender stereotyping, experience a workshop from Diversity Role Models or Equality teach and learn about prejudice and discrimination and how this can make people feel. Pupils learn about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis, about different influences on drug use – alcohol, tobacco and nicotine products and about strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol.



Year 4	<ul style="list-style-type: none"> • Pupils learn about the importance of developing strategies to manage their feelings. • They develop a growing awareness of what makes them happy, and understand that they can make choices that can improve their wellbeing. • Pupils learn why people may eat or avoid certain foods (religious, moral, cultural or health reasons), about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) and about the importance of getting enough sleep. • Pupils learn how to be safe in their computer gaming habits, about keeping safe near roads, rail, water, building sites and around fireworks and about what to do in an emergency and basic emergency first aid procedure. • Pupils learn about Britain as a democratic society, about how laws are made and learn about the local council. • Pupils learn that there are drugs (other than medicines) that are common in everyday life, and why people, choose to use them, about the effects and risks of drinking alcohol and about different patterns of behaviour that are related to drug use. • Puberty, about the impact of puberty in physical hygiene and strategies for managing this, how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty, strategies to deal with feelings in the context of relationships, to answer each other's questions about puberty with confidence, to seek support and advice when they need it.
Year 3	<ul style="list-style-type: none"> • Pupils learn about celebrating achievements and setting personal goals. They will learn about dealing with putdowns and positive ways to deal with setbacks. • Children learn about making healthy choices, about food and drinks, about how branding can affect what foods people choose to buy and about keeping active and some of the challenges of this. • Children will learn to recognise bullying and how it can make people feel. They will talk about different types of bullying and how to respond to different types of bullying and about what to do if they witness bullying. • Children will learn about valuing the similarities between themselves and others; about what is meant by community and about belonging to groups. • Children will learn the definition of a drug and that drugs including medicines can be harmful to people; about the effects and risks of smoking tobacco and second-hand smoke and about the help available for people to remain smoke free or stop smoking • Children will learn about what influences people choices about saving spending and saving money, how people can keep track of their money and about the world of work.
Year 2	<ul style="list-style-type: none"> • Children will learn: about the importance of special people in our lives, about making friends and who can help with friendships, and about solving problems that might arise with friendship. • Children will learn: how to eat well, about the importance of physical activity, sleep and rest, and about people who help us to stay healthy and about basic health and hygiene routines (including teeth brushing). • Children will learn: about keeping safe in the home, including fire safety. They will have a visit from the London Fire Brigade to explain basic fire safety routines. They will learn about staying safe outside and about road safety. • Children will learn: why medicines are taken, where medicines come from and about how to keep themselves safe around medicines. They will also learn about what asthma is, and why some children may have medicines for this. • Children will learn: to understand and respect the differences and similarities between people, about the biological differences between male and female animals and their role in the life cycle, about the



	biological differences between male and female children, about growing from young to old and that they are growing and changing, that everybody needs to be cared for and ways in which they can care for others, and about different types of families and how their home life is special.
Year 1	<ul style="list-style-type: none"> Children will learn about: different types of feelings, how to manage different feelings, about change or loss and how this can feel. Children will learn about: food that is associated with special times in different cultures, about active playground games from around the world, about sun safety. Children will learn about: what makes themselves and others special, about roles and responsibilities at home and at school, about being co-operative with others. Children will learn about: safety in familiar situations, about personal safety, about people who help them keep safe outside of the home. Children will learn about: what can go into bodies and how it can make people feel, about what can go onto our bodies and how it can make people feel. Children will learn: about where money comes from and making choices when spending money, about saving money and how to keep it safe, about the different jobs people do.
Reception	<ul style="list-style-type: none"> Understanding the world allows children to explore the world around them and make sense of it. These sessions will lay the foundations needed for children to understand the geography, history, R.E. and science curriculum as they move through the school. We ensure children have hands on experiences to make the learning enjoyable and memorable such as visiting parks and libraries and meeting members of the local community. Many aspects of learning are linked to our core texts but some knowledge and skills are taught discretely or will occur naturally from children's interests throughout the year. Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. In Reception, our aim is for all children to be confident and caring individuals who value and celebrate each other's differences and strengths. Children are supported to build strong positive relationships with the adults who work with them and their peers. Children are introduced to our ASPIRE ethos so they begin to learn the values they need to develop a positive sense of self and become confident successful learners. Most aspects of PSED will be taught through continuous provision throughout the year and in our communal play with modelling and guidance from teachers. Some areas, however, will be taught discretely, particularly at the start of the year, as we learn about each other and create our class expectations.
Nursery	<ul style="list-style-type: none"> Use all their senses in hands-on exploration of natural materials. (The Natural World) Talk about what they see, using simple sentences. (The Natural World) Make sense of their own life-story and family's history (past and present) Develop positive attitudes about the differences between people through learning about winter festivals. Show interest in different occupations. (People, culture and communities) Explore how things work. (People, culture and communities) Develop positive attitudes about the differences between people. (People, culture and communities) Develop their sense of responsibility and membership of community. Achieve a goal they have chosen, or one which is suggested to them. Play with one or more other children, extending and elaborating play ideas. Develop appropriate ways of being assertive. Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas. Be independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying hands thoroughly. Make healthy choices about food, drink, physical activity and toothbrushing.

