

Progression of I Will Knows: PHSE

	Resilience	Relationships	Mental Wellbeing	Relationships, Sex, Health Ed	Health Education	Caring Friendships	Living in the Wider World
YEAR R	I know that everyone faces difficult things	I know the importance of caring families I know what to do when I see bullying	I know what to do when I feel sad	I know the importance of being clean and hygienic I know that some things need to be kept private I know what to do if someone's touch makes me feel unsafe	I know the importance of looking after my body I know how to be careful online	I know the importance of caring friends I know not to do something just because someone tells me to do it and when to tell an adult	I know that it is possible to get better at anything so long as you listen, learn from your mistakes and practise I know that change can be tricky
	<ul style="list-style-type: none"> • I know that we all feel sad • I know that we all feel different feelings • I know that everyone feels anger • I know how to join in • I know how to try something new • I know that mistakes can lead to learning 	<ul style="list-style-type: none"> • I know what caring families do • I know how to spot safe strangers • I know what to do when I see bullying • I know that you can do more as a team • I know that everyone should be treated the same • I know the dangers of violence 	<ul style="list-style-type: none"> • I know what to do when I feel sad • I know that everyone gets thought gremlins • I know the importance of values • I know to be thankful for the important people in my life • I know that challenges help you to grow • I know that kindness can make us all feel safe and happy 		<ul style="list-style-type: none"> • I know the importance of sleep • I know that too much sugar is bad for me • I know the importance of moving my body • I know the danger of putting something in my mouth • I know how to be careful online • I know how to stay safe in a busy place 	<ul style="list-style-type: none"> • I know what caring friends do. • I know how to help when someone finds something hard. • I know when to tell an adult when something serious happens. • I know that friends tell the truth to each other. • I know not to do something just because someone tells me to do it. • I know how to share what is important to me. 	<ul style="list-style-type: none"> • I know that I can learn things from different people • I know how to care for my community • I know how to get better at something • I know that you should not bring money into school. • I know how to deal with losing well • I know that change can be tricky.
YEAR 1	I know what to do when I find something tricky	I know that every family should be respected I know why bullying is wrong	I know what to do when I feel frustrated	I know the main parts of the body I know the needs of babies and young children I know how to make sure that my worries are heard	I know some things can cause me harm and to ring 999 in an emergency I know that there are scary videos on the internet	I know to tell an adult about unkindness, unfairness or peer pressure I know that people will not trust me if I lie	I know that differences are a good thing I know why I should play fairly I know that change happens to everyone

	<ul style="list-style-type: none"> • I know what to do when I find something tricky • I know about different emotions • I know that anger can lead to bad decisions • I know that it takes courage to shine • I know that failing helps you learn • I know why I should be honest when I make a mistake 	<ul style="list-style-type: none"> • I know that every family should be respected • I know that internet strangers can be harmful • I know why bullying is wrong • I know the importance of being a good team member • I know that stereotyping is wrong • I know the consequences of using violence 	<ul style="list-style-type: none"> • I know that talking helps when I am feeling frustrated • I know how to use helpful thoughts • I know how values help me to make good decisions • I know to be thankful for the good things in my life • I know that everyone faces challenges • I know why we should be kind 		<ul style="list-style-type: none"> • I know what happens if I do not get enough sleep • I know the foods that my body needs • I know that exercise is good for the heart • I know that there are harmful things in the house • I know that there are scary videos on the internet • I know to ring 999 in an emergency 	<ul style="list-style-type: none"> • I know the importance of friends • I know that losing can be hard. • I know how to tell an adult about unkindness. • I know that people will not trust me if I lie. • I know to stand up to peer pressure. • I know how to stand up to unfairness. 	<ul style="list-style-type: none"> • I know that differences can be a good thing • I know what happens if we do not take care of our community. • I know that you can work on yourself • I know the importance of saving money • I know why I should play fairly • I know that change happens to everyone
YEAR 2	I know what resilience looks like	I know how families can be different I know that bullying is upsetting, repeated, deliberate, targeted and with a power imbalance	I know how to spot my thought gremlins and express how I am feeling	I know how to respond when physical contact is unacceptable I know the difference between a surprise and a secret	I know the importance of a healthy lifestyle, <i>(including sleep, healthy eating and exercise)</i> I know how to stay safe on the internet	I know when to tell an adult about something I know how peer pressure can lead to bad decisions	I know that money can be spent or saved I know some of the changes that can happen to me and how this can lead to good things
	<ul style="list-style-type: none"> • I know what resilience looks like • I know when I feel different emotions • I know that angry actions can hurt others • I know examples of getting in the Arena • I know how to help myself when I fail • I know how to recognise a mistake 	<ul style="list-style-type: none"> • I know how families can be different • I know the questions that I should not answer • I know what bullying looks like • I know how to use collaboration to complete a group task • I know examples of stereotypes • I know the different forms of violence 	<ul style="list-style-type: none"> • I know the different ways to express myself • I know how to spot a thought gremlin • I know what a value is • I know what I am thankful for in my life • I know that life has highs and challenges • I know the actions that make the Circle of Kindness 		<ul style="list-style-type: none"> • I know the importance of sleep • I know how to recognise different foods • I know the different types of exercise • I know what I should put on my skin • I know about the internet • I know the risks in life 	<ul style="list-style-type: none"> • I know what makes a good friend • I know how to show empathy • I know when to tell an adult about something • I know why lying is harmful • I know about the power of peer pressure. • I know how conflict can start 	<ul style="list-style-type: none"> • I know how we can be different. • I know how to care for the community. • I know different careers • I know that money can be spent and saved • I know how I feel when I win and lose • I know the changes that can happen.
YEAR	I know what makes a resilient action	I know that everyone is worthy of respect	I know my trusted adults to help me	I know the difference between a surprise and a secret	I know how to build a healthy lifestyle, <i>(including sleep,</i>	I know the difference between a healthy	I know how to recognise diversity

3		I know the different types of bullying	with different thought gremlins	I know how to respond to unwanted physical contact	healthy eating and exercise) I know the dangers of too much screentime	and unhealthy relationship I know how peer pressure can change behaviour	I know that change can be a positive thing
	<ul style="list-style-type: none"> • I know what makes a resilient action • I know how emotions affect my actions • I know what to do in the Tornado Zone • I know the benefits of the Arena • I know how to get out of the Pit of Failure • I know the two responses to a mistake 	<ul style="list-style-type: none"> • I know the importance of family • I know the danger signs with online relationships • I know the different types of bullying • I know how to use collaboration to build a free-standing tower • I know how to recognise stereotypes • I know the causes of violence 	<ul style="list-style-type: none"> • I know the right person to talk to when I am feeling upset • I know how to recognise different thought gremlins • I know the values that are important to me • I know to be thankful for the important people in my life • I know how to identify the challenges of my life • I know the benefits of the Circle of Kindness 		<ul style="list-style-type: none"> • I know how tiredness impacts on my actions • I know the importance of fruit and vegetables • I know why exercise is good for us • I will know the dangers of screen time • I know how to stay safe on the internet • I know how to reduce the risk of hazards at home 	<ul style="list-style-type: none"> • I know the difference between a healthy and unhealthy relationship • I know how to use empathy to understand someone's feelings after life events • I know the right time to report someone • I know why people are not always honest • I know how peer pressure can change behaviour • I know how to manage conflict 	<ul style="list-style-type: none"> • I know how to recognise diversity • I know the difference between a caring and uncaring community • I know how a person suits a job • I know that we buy things for different reasons • I know why losing can be painful • I know how to deal with change
YEAR 4	I know how to respond with resilience	I know why stereotyping is not respectful I know the impact of bullying on victims	I know how to positively tackle Thought Gremlins	I know about menstruation and wet dreams I know hygiene strategies to manage the changes during puberty	I know how to be healthy and how smoking is unhealthy I know how to respond to an emergency I know why we should comply with age restrictions on the internet	I know how to maintain effective relationships with boundaries, empathy and support I know how peer pressure influences my thoughts I know the difference between calm conflict and stormy conflict	I know the importance of diversity I know how to manage change in a resilient manner
	<ul style="list-style-type: none"> • I know the importance of resilience 	<ul style="list-style-type: none"> • I know that there are different types of family 	<ul style="list-style-type: none"> • I know the dangers of bottling up emotions 		<ul style="list-style-type: none"> • I know how tiredness impacts my thinking • I know how to identify a balanced diet 	<ul style="list-style-type: none"> • I know how to apply relationship boundaries 	<ul style="list-style-type: none"> • I know that diversity is can be a positive thing.

	<ul style="list-style-type: none"> • I know that emotions can be helpful and unhelpful • I know my triggers • I know how to tackle the barriers to the Arena • I know how the fear of failure can lead to bad outcomes • I know how to respond positively to a mistake 	<ul style="list-style-type: none"> • I know that people can behave differently online • I know the impact of bullying on victims • I know how to apply collaboration skills to complete a board game • I know why stereotypes are harmful • I know the impact of violence 	<ul style="list-style-type: none"> • I know how to positively tackle thought gremlins • I know key values to live by • I know how to use gratitude to boost my wellbeing • I know that we have a choice when dealing with challenges • I know why the Circle of Kindness is important for the community 		<ul style="list-style-type: none"> • I know why stretching is important • I know the dangers of smoking • I know why we should comply with age restrictions on the internet • I know how to respond to an emergency 	<ul style="list-style-type: none"> • I know how to use empathy to recognise that people respond to events in different ways • I know what to do when someone makes the wrong decision • I know how to play games honestly • I know how peer pressure influences my thoughts • I know that there are two types of conflict 	<ul style="list-style-type: none"> • I know the impact of an uncaring school community • I know what happens at a job interview • I know the risks associated with money • I know how winning and losing impact emotions. • I know how to describe a resilient response to change
YEAR 5	I know how resilient people behave	I know what makes a caring relationship with family and friends I know how to manage a bully	I know not to compare myself to others and ask for help when facing life's challenges	I know how my body changes as I go through puberty I know the correct terms in reference to sexual orientation I know about consent	I know how sleep, exercise and a balanced diet keep me healthy I know how the internet and social media can be both positive and negative	I know how to be a thoughtful friend and act with empathy I know why peer pressure can be harmful and how to start a challenging conversation	I know the dangers of intolerance I know how the government cares for the community I know how to learn from losing
	<ul style="list-style-type: none"> • I know how resilient people behave • I know that my behaviour is affected by my actions • I know how to manage the Tornado Zone • I know the impact of the Arena on my emotions • I know that my thoughts can make me more resilient to failure • I know how to explain what happens to my thoughts when I make a mistake 	<ul style="list-style-type: none"> • I know the actions of someone in a caring family relationship • I know how to critically consider online relationships • I know how to manage a bully • I know how to apply collaboration skills to create a country profile • I know how to manage people who stereotype • I know the impact of violence 	<ul style="list-style-type: none"> • I know the importance of being open about our challenges • I know the dangers of comparing myself to others • I know the values to look for in a friend • I know how to use gratitude to change my viewpoint • I know how to ask for help when facing life challenges • I know the reasons behind unkind actions. 		<ul style="list-style-type: none"> • I know the dangers of not getting enough sleep • I know the benefits of a balanced diet • I know the impact of exercise on my wellbeing • I know the health risks of alcohol • I know how the internet and social media can be positive and negative • I know how to manage risk in different situations 	<ul style="list-style-type: none"> • I know how to be a thoughtful friend. • I know how to build my skills of empathy • I know how to report someone • I know how to deliver the truth with empathy • I know why peer pressure can be harmful • I know how to start a difficult conversation. 	<ul style="list-style-type: none"> • I know the dangers of intolerance. • I know how the government cares for the community. • I know the skills needed for a range of careers. • I know how to apply collaboration skills to manage a budget. • I know how to learn from losing • I know the different ways that change can impact your life

YEAR 6	I know how to face challenges with resilience	I know what to do if a family relationship is making me feel unsafe I know how to be a helpful bystander when I see bullying	I know how to manage the catastrophising gremlin and helpful thoughts to tackle challenges	I know how sexual intercourse leads to human reproduction I know how the media can affect my self-esteem I know what is appropriate in friendships and wider relationships	I know the dangers of drug misuse and basic techniques for dealing with common injuries I know and understand how to manage the dangers of social media	<ul style="list-style-type: none"> • I know how to manage an unhealthy relationship • I know how to deal with peer pressure, someone who is not always honest and a serious incident • I know how to manage conflict 	I know how to be an effective citizen in the Wider World I know how to approach change in a resilient manner
	<ul style="list-style-type: none"> • I know how to face challenges with resilience • I know the role of emotions in my life • I know that Tornado Zone thoughts affect my actions • I know how the judgement thought gremlin can stop me from getting in the Arena • I know how to see failure as an opportunity • I know why I should take responsibility for my mistakes 	<ul style="list-style-type: none"> • I know what to do if a family relationship is making me feel unsafe • I know how to avoid oversharing on the Internet • I know how to be a helpful bystander when I see bullying • I know how to apply collaboration skills to complete the five task challenge • I know what stereotyping can lead to • I know why violence is the wrong choice 	<ul style="list-style-type: none"> • I know the importance of being self-curious • I know how to manage the catastrophising gremlin • I know how values can boost my well-being • I know to recognise my needs and wants to boost my gratitude • I know how to recognise helpful thoughts to tackle challenges • I know how to apply and promote the Circle of Kindness 		<ul style="list-style-type: none"> • I know the importance of sleep habits • I know the importance of a healthy diet • I know the benefits of an active lifestyle • I know the dangers of drug misuse • I know how to manage the dangers of social media • I know basic techniques for dealing with common injuries 	<ul style="list-style-type: none"> • I know how to manage an unhealthy relationship • I know how to recognise the actions of an empathetic person • I will know how to report a serious incident • I will know how to deal with people who not always honest • I know how to manage peer pressure • I will know the importance of conflict. 	<ul style="list-style-type: none"> • I will know why intolerance is harmful. • I will know why the government spends tax money on welfare. • I will know the different motivations for choosing a career • I will know how to monitor my spending. • I will know how to apply resilience and empathy in competition • I will know how to approach change with a resilient mindset