


LOVE • COURAGE • COMMUNITY



## **Personal, Social and Health Education at Ropley Church of England Primary School**



**Ensure children can care for  
themselves both mentally and  
physically**



**Knowledge of how to keep  
themselves safe in the 21<sup>st</sup>  
century**

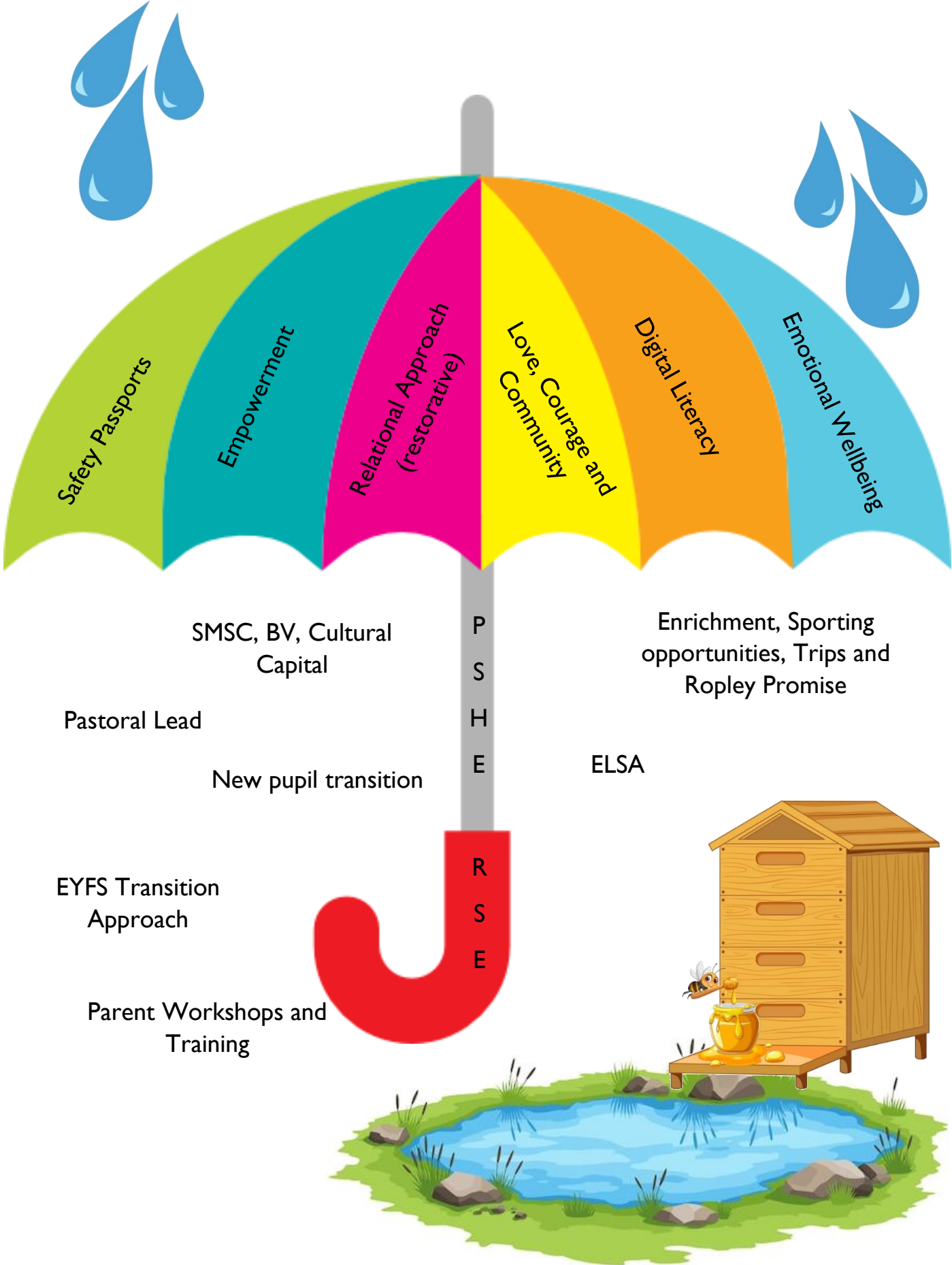


**Equip children to understand  
relationships, knowing how to  
build, maintain and repair them**



**Live the school values to grow  
as independent, emotionally  
literate and worldly individuals**

# Personal Development



## **EYFS**

### **Sticky Knowledge**

- To be able to talk confidently about different emotions and have strategies to share them with adults when I need help
- Know that I have grown and changed, and why this is positive
- Be able to talk about times when I have made choices that impacted relationships and how they fixed things
- Be able to name a safe stranger and trusted adult
- Be able to get changed for PE independently
- Know how to care for myself in school (toileting, washing hands, use a tissue, put my coat on)

### **Ropley Words**

Love, Courage, Community, Ready, Safe, Respectful, Friend, Trusted, Adult and Hygiene

## Year One

### Sticky Knowledge

- I can name a range of feelings and talk about what makes me feel that way
- I know that friendships should make me feel happy and included
- I can name the people in my family and know families can be different
- I understand that it's okay to ask for help when I feel uncomfortable or unsafe
- I know my body belongs to me and I can say "no" if someone makes me feel uncomfortable
- I know how to keep my body clean and why brushing my teeth is important
- I can name people in my community who help keep me safe
- I know how to ask for help in an emergency and can say when to call 999
- I understand that spending time online should be balanced with other activities
- I know that it's important to show respect to everyone, even if they are different to me
- I understand that bullying is unkind and I should tell an adult if I think it is happening
- To know and understand how to look after their classroom

### Ropley Words

Security, Stability, Vigorous exercise and Emergency services

## Year Two

### Sticky Knowledge

- I can name a wide range of feelings and describe how they affect my behaviour
- I know that even good friendships can have ups and downs, and we can work through them
- I understand that there are different types of families, and all can give love and care
- I know what privacy means and when it's okay to keep or not keep a secret
- I understand that my body belongs to me and I can ask trusted adults for help
- I know that rest, play and time with others help me stay mentally healthy
- I understand that exercise and good sleep help keep my body healthy
- I can name some ways to get help or give help if I or someone else is hurt or unsafe
- I know that too much screen time can affect my health and feelings
- I understand how to treat others kindly, even if we are not the same
- I know what bullying is and that I can help stop it by taking action
- I understand the difference between saving and spending money and why both are useful

### Ropley Words

Boundary, Truthfulness, Loyalty, Generosity, Physical, Isolation, Loneliness, Risk and Cyber

## Year Three

### Sticky Knowledge

- I know how to describe my feelings using more grown-up terms
- I can tell if a friendship is making me feel good or not, and I know where to get help
- I know how to ask for or give permission in relationships and friendships
- I can talk about changes that happen as people grow, including during puberty
- I know that physical contact should always feel safe and welcome
- I understand how germs spread and why hygiene like handwashing is important
- I can explain what a healthy meal is and why eating well helps me feel good
- I know how to stay safe in the sun and what could happen if I don't
- I know how to stay safe online and what to do if something online makes me feel uncomfortable
- I understand that others may look, act or believe differently to me and that's okay as long as there is respect
- I know how to get help if someone is being bullied, including online
- I understand that people make choices with money and that affects their lives and others

### Ropley Words

Mental wellbeing, Trigger, Calorie, Nutritional, Consequence, Bystander, Consumer and Environment

## Year Four

### Sticky Knowledge

- I can describe how self-respect and happiness are linked
- I understand what a dare is and that I can say no if I feel uncomfortable
- I know that all families look different but all can offer love and care
- I understand that I should always ask permission before touching someone or sharing online
- I know how to get help if I feel mentally or physically unwell
- I can name simple ways to care for my mind like rest, hobbies, and talking to others
- I understand why sleep, hygiene and exercise are important to my wellbeing
- I know how to help in small emergencies, like cuts or bumps
- I can explain why some things online aren't real and why I should think carefully before sharing
- I understand what stereotypes are and that they can be harmful
- I know that bullying includes unkindness online and I know how to report it
- I can explain how using money wisely helps me and my family

### Ropley Words

Permission, Consent, Restorative, Self-care, Media, Stereotype and Human rights

## Year Five

### Sticky Knowledge

- I know how to tell if what I'm feeling is healthy or if I need support
- I know how to adjust my behaviour in different situations
- I can describe the qualities of a respectful, trusting friendship
- I know that families can include different people and all should make children feel safe
- I understand the physical and emotional changes that happen during puberty, including the menstrual cycle
- I can explain what a healthy diet looks like and why it's important
- I know how to help in an emergency and when to call 999
- I understand that people online aren't always who they say they are
- I know how to report something online that makes me feel worried
- I understand how the internet and media can affect how we feel or what we believe
- I know what a stereotype is and how to challenge unfair ideas about people
- I can explain basic ideas like interest, debt and tax
- I know that laws are made to protect us and we can help shape rules in our community

### Ropley Words

Proportionate, Mutual, Characterised, Rationing, Information, Authority, Interest, Loan and Tax

## **Year Six**

### **Sticky Knowledge**

- I know that everyone feels a range of emotions and I can describe my own clearly
- I understand how to manage conflict in friendships and get help when I need it
- I know how to tell if a relationship (family or friend) is making me feel unsafe
- I understand the importance of consent, personal boundaries and asking for help
- I can describe the changes in my body during puberty, including the menstrual cycle
- I understand that healthy routines help me stay physically and mentally strong
- I know about legal and illegal substances and how they can affect health
- I can help in emergencies using basic first aid knowledge
- I understand that people can be unkind or misleading online and I know how to keep myself safe
- I can explain how to be respectful even when people have different values or backgrounds
- I know how to resolve conflict by listening, understanding, and making fair decisions
- I understand how money decisions affect individuals, families and communities

### **Ropley Words**

Commitment, Trolling, Harassment, Associated risk and Discerning consumer