

PDL KNOWLEDGE PROGRESSION FROM YEAR R-6

EFYS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>There are different feelings and emotions and these might make us act in different ways.</p> <p>Other people have feelings.</p> <p>Not all families are the same as their own.</p> <p>All children have the right to feel safe.</p>	<p>Relationships</p> <p>Name 5 trusted adults who you can talk to.</p> <p>The PANTS rule – name private areas of the body.</p> <p>Say STOP if someone if doing or saying something that makes you feel uncomfortable.</p> <p>All children have rights.</p>	<p>Relationships</p> <p>Qualities of being a good friend include being kind and helpful and listening.</p> <p>Unkind behaviour could be exhibited in person or online.</p> <p>Friends can have both similarities and differences, and that is OK.</p> <p>Bullying is a harmful behaviour that is repeated.</p>	<p>Relationships</p> <p>Some information is private or personal and should not be shared, including online.</p> <p>Bullying can verbal or physical, and can occur online.</p> <p>All children have the right to be treated respectfully.</p>	<p>Relationships</p> <p>Knowing someone online differs from knowing someone face to face and there are risks in communicating with someone they don't know.</p> <p>It is ok to share a secret with a trusted adult.</p> <p>Gender and race are 2 of the Protected Characteristics from the Equality Act.</p>	<p>Relationships</p> <p>Feelings and behaviours can be influenced by peers.</p> <p>Friendships can include challenging situations.</p> <p>Unwanted physical touch can make you feel uncomfortable and you should tell a trusted adult.</p> <p>Racism, sexism and homophobia are types of discrimination.</p>	<p>Relationships</p> <p>Consent means that someone gives permission for something to happen.</p> <p>People who love each other can be any gender, faith or religion.</p> <p>Forced marriage is illegal.</p> <p>You can respectfully challenge ideas that you disagree with.</p> <p>Challenges and dares are a type of peer pressure and can be risky, including online.</p>
<p>There are trusted adults they can talk to.</p> <p>Keeping clean is important for staying healthy.</p> <p>Some things are dangerous.</p> <p>Rules are made to keep people safe.</p>	<p>Living in the Wider World</p> <p>There are people whose job it is to help us.</p> <p>We can look after the environment by doing things like recycling.</p> <p>There might be different rules for different places or situations.</p> <p>We can use the internet to find out information.</p>	<p>Living in the Wider World</p> <p>We can be part of different groups and teams.</p> <p>People can access the internet through different devices.</p> <p>Information online might not always be true.</p> <p>Money is used to buy things and this can be with coins, notes or a card, or online.</p> <p>People are paid money for the job they do. Wants and needs are different things.</p>	<p>Living in the Wider World</p> <p>Rules and laws are different and there are consequences for breaking these.</p> <p>Children have rights and these are stated in the UNCRC.</p> <p>Tell a trusted adult if there is something online that concerns you.</p> <p>Images and information online can be altered.</p> <p>There are gender stereotypes about certain jobs and these can be challenged.</p>	<p>Living in the Wider World</p> <p>A community is a group of people who have a shared characteristic, attitude or interest.</p> <p>Everything shared online has a digital footprint.</p> <p>Adverts encourage people to buy things and online adverts can be targeted to your interests using personal information.</p> <p>People make spending decisions based on budget, values and needs.</p> <p>Keeping track of money spent is important.</p>	<p>Living in the Wider World</p> <p>It is important to protect the environment and everyday actions can either support or damage it.</p> <p>Some media and online content promote stereotypes.</p> <p>Content online (e.g. research, news, reviews, blogs) may be based on fact, opinion, or be biased.</p> <p>Unsafe or suspicious content online should be reported.</p> <p>Pay, working conditions, personal interests,</p>	<p>Living in the Wider World</p> <p>Prejudice is a bias or a preconceived opinion, idea, or belief about something.</p> <p>Discrimination means treating a person unfairly because of who they are or because they possess certain characteristics.</p> <p>Social media sites have age restrictions and regulations for use.</p> <p>Online content can be designed to manipulate people's emotions and encourage them to read or share things.</p> <p>There are common risks associated with money,</p>

					strengths and qualities, family, values may all contribute to career choice.	including debt, fraud and gambling.
	Health and Wellbeing Everyone is unique with what they like and dislike. Feelings can affect how people behave. Physical activity is a way of keeping healthy. Speak to a trusted adult if you feel worried or scared, including about anything online. We wear sun cream and a sun hat because the sun can be harmful.	Health and Wellbeing Sleep and rest are important for staying healthy. People grow from old to young and their needs and bodies change too. The names of parts of the body including the correct terms for penis, testicles, vulva and vagina. Everyday situations can be dangerous (e.g. road crossing, electrical devices). In an emergency, you should dial 999 and tell them your name and where you are.	Health and Wellbeing A healthy balanced diet means eating some foods regularly and some just occasionally. Regular exercise is good for physical and mental health. Everyday activities can have risks and these need to be assessed and managed. People find some things easier than others. You have individual strengths and interests, and might find things challenging at times.	Health and Wellbeing Common illnesses can be quickly and easily treated with the right care. Good dental hygiene is important and you should brush your teeth twice a day. Sugary foods and fizzy drinks can damage teeth. Puberty is when a child experiences physical and hormonal changes that mark a transition into adulthood. The menstrual cycle, erections and wet dreams are part of puberty and growing older. Personal hygiene such as washing and using deodorant are important as you get older. Drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing.	Health and Wellbeing Sleep is an important part of a healthy lifestyle. Being outdoors and in the sun is good for physical and mental health. The spread of bacteria and viruses can be reduced with everyday hygiene routines. Race, sex, gender, family, faith, culture, hobbies, likes/dislikes all contribute to someone's personal identity. For some people their gender identity does not correspond with their biological sex. There is a difference between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour. Basic first aid techniques.	Health and Wellbeing Anyone can be affected by mental ill-health and that difficulties can be resolved with help and support. Changes occur in life including death, and these can cause conflicting feelings. Balancing time online with other activities helps to maintain their health and wellbeing. Sexual intercourse is one part of an intimate relationship between consenting adults and can cause pregnancy. Pregnancy occurs when a sperm meets an egg and the fertilised egg settles into the lining of the womb. There are mixed messages in the media relating to drug use and they might influence opinions and decisions.