Sandford St. Martin's
PRIMARY SCHOOL

PSHE (SCARF) Progression of Knowledge and Skills

Me and My Relationships

Knowledge Progression	Skills Progression
EYFS: Recognises feelings, relationships, safety and difference.	Names feelings, asks for help, follows rules and shows kindness.
Y1-2: Develops understanding of emotions, friendships, health, diversity and safety.	Communicates feelings, resolves simple conflicts, makes safe choices.
Y3-4: Understands boundaries, community, wellbeing, risk and respect.	Works collaboratively, shows empathy, manages emotions and risks.
Y5-6: Understands puberty, identity, healthy relationships, media influence and responsibility.	Uses assertiveness, evaluates risks, challenges discrimination and makes informed decisions.

Key themes: Feelings and self-awareness; Relationships and friendships; Collaboration and communication; Safety, boundaries and seeking help

Valuing Difference

Knowledge Progression	Skills Progression
EYFS: Recognises feelings, relationships, safety and difference.	Names feelings, asks for help, follows rules and shows kindness.
Y1-2: Develops understanding of emotions, friendships, health, diversity and safety.	Communicates feelings, resolves simple conflicts, makes safe choices.
Y3-4: Understands boundaries, community, wellbeing, risk and respect.	Works collaboratively, shows empathy, manages emotions and risks.
Y5-6: Understands puberty, identity, healthy relationships, media influence and responsibility.	Uses assertiveness, evaluates risks, challenges discrimination and makes informed decisions.

Key themes: Respecting diversity; Inclusion and belonging; Challenging prejudice and bullying; Respectful relationships

Keeping Safe

Knowledge Progression	Skills Progression
EYFS: Recognises feelings, relationships, safety and difference.	Names feelings, asks for help, follows rules and shows kindness.
Y1-2: Develops understanding of emotions, friendships, health, diversity and safety.	Communicates feelings, resolves simple conflicts, makes safe choices.
Y3-4: Understands boundaries, community, wellbeing, risk and respect.	Works collaboratively, shows empathy, manages emotions and risks.
Y5-6: Understands puberty, identity, healthy relationships, media influence and responsibility.	Uses assertiveness, evaluates risks, challenges discrimination and makes informed decisions.

Key themes: Personal safety; Online safety; Medicines and substances; Risk and decision-making

Rights and Respect

Knowledge Progression	Skills Progression
EYFS: Recognises feelings, relationships, safety and difference.	Names feelings, asks for help, follows rules and shows kindness.
Y1-2: Develops understanding of emotions, friendships, health, diversity and safety.	Communicates feelings, resolves simple conflicts, makes safe choices.
Y3-4: Understands boundaries, community, wellbeing, risk and respect.	Works collaboratively, shows empathy, manages emotions and risks.
Y5-6: Understands puberty, identity, healthy relationships, media influence and responsibility.	Uses assertiveness, evaluates risks, challenges discrimination and makes informed decisions.

Key themes: Rights and responsibilities; Money and economic wellbeing; Community and environment; Media literacy

Being My Best

Knowledge Progression	Skills Progression
EYFS: Recognises feelings, relationships, safety and difference.	Names feelings, asks for help, follows rules and shows kindness.
Y1-2: Develops understanding of emotions, friendships, health, diversity and safety.	Communicates feelings, resolves simple conflicts, makes safe choices.
Y3-4: Understands boundaries, community, wellbeing, risk and respect.	Works collaboratively, shows empathy, manages emotions and risks.
Y5-6: Understands puberty, identity, healthy relationships, media influence and responsibility.	Uses assertiveness, evaluates risks, challenges discrimination and makes informed decisions.

Key themes: Physical health; Mental wellbeing; Goal setting and resilience; Community contribution

Growing and Changing

Knowledge Progression	Skills Progression
EYFS: Recognises feelings, relationships, safety and difference.	Names feelings, asks for help, follows rules and shows kindness.
Y1-2: Develops understanding of emotions, friendships, health, diversity and safety.	Communicates feelings, resolves simple conflicts, makes safe choices.
Y3-4: Understands boundaries, community, wellbeing, risk and respect.	Works collaboratively, shows empathy, manages emotions and risks.
Y5-6: Understands puberty, identity, healthy relationships, media influence and responsibility.	Uses assertiveness, evaluates risks, challenges discrimination and makes informed decisions.

Key themes: Life cycles and change; Personal safety and boundaries; Puberty and relationships; Managing change and emotions