

PSHE: Substantive and Disciplinary Knowledge Progression

Based on the Wellio PSHE and Wellbeing Scheme

Acomb First School

Curriculum Intent

Through PSHE, pupils develop the knowledge, skills and attributes needed to thrive as healthy, safe, respectful and responsible citizens. The curriculum supports pupils to understand themselves and others, manage emotions, build positive relationships, make informed choices and contribute positively to society. Learning is rooted in wellbeing, personal development and preparation for life in modern Britain.

Substantive and Disciplinary Knowledge

Substantive Knowledge: The content pupils learn about health, wellbeing, relationships, safety, identity, citizenship and living in the wider world.

Disciplinary Knowledge: The skills and approaches pupils use to reflect, communicate, make decisions, solve problems, regulate emotions and apply learning to real-life situations.

Phase	Substantive Knowledge	Reflection & Communication	Decision Making & Self-Management
EYFS	Feelings, friendships, healthy routines, safety, belonging	Talk about feelings and experiences	Make simple choices and manage behaviour
KS1	Relationships, emotions, health, safety and community	Express views and listen to others	Make healthy and safe choices
LKS2	Identity, resilience, diversity, rights and responsibilities	Reflect on experiences and discuss viewpoints	Manage emotions and solve problems
UKS2	Mental health, relationships, citizenship, risk and change	Debate, justify opinions and empathise with others	Make informed decisions and regulate behaviour

Progression of Substantive Knowledge

EYFS

- Recognising and naming emotions
- Building friendships and belonging
- Healthy routines and self-care
- Staying safe

- Understanding similarities and differences

KS1

- Physical and mental wellbeing
- Healthy lifestyles
- Positive relationships
- Safety at home, school and online
- Roles within communities

LKS2

- Identity and self-esteem
- Emotional regulation and resilience
- Diversity and inclusion
- Rights, responsibilities and respect
- Healthy relationships and boundaries

UKS2

- Mental health and wellbeing
- Managing risk and peer influence
- Citizenship and democracy
- Economic wellbeing
- Transition, change and growing up

Progression of Disciplinary Knowledge

Stage	Reflect	Communicate	Apply
EYFS	Identify feelings and experiences	Share ideas and listen	Make simple positive choices
KS1	Reflect on behaviour and relationships	Express opinions respectfully	Apply learning to everyday situations
LKS2	Consider different viewpoints	Discuss sensitive issues respectfully	Use strategies to manage emotions and challenges
UKS2	Evaluate choices and consequences	Debate and justify viewpoints	Apply learning to real-life decisions

Golden Threads

- Wellbeing
- Respect
- Relationships
- Safety
- Belonging
- Resilience
- Identity

- Responsibility
- Inclusion
- Citizenship

End of Phase Expectations

EYFS: Recognise emotions, build positive relationships and begin making healthy and safe choices.

KS1: Understand how to stay healthy and safe, develop positive relationships and contribute to their community.

LKS2: Demonstrate resilience, respect diversity and make responsible decisions.

UKS2: Apply knowledge and skills confidently to manage wellbeing, relationships, risks and responsibilities.