



RSE & PSHE

Subject knowledge audit

Subject leader toolkit

How to use this audit

This subject knowledge audit has been designed to help RSE & PSHE subject leaders identify gaps in teacher subject knowledge so that they can support teachers effectively.

Teachers (or whoever will be teaching the Kapow primary RSE & PSHE lessons) should be encouraged to look at the statements for all teaching phases and consider whether they feel confident, somewhat confident, or would like more support in this area. The statements relate directly to the Kapow Primary RSE & PSHE curriculum.

If teachers are lacking in confidence there are a few things you can do to support them: you can ensure they have some time to look at the suggested Kapow Primary teacher videos independently; you could pair them with a teacher who is confident in that area to support them; or, if there is a common area of need, you could set up further training opportunities in school during staff meetings or INSET.

Please note that the teacher videos referenced in this document were originally designed to support individual lessons, rather than for this purpose, but as long as you are aware of this they can be an excellent resource to support ongoing CPD and also to develop teachers' understanding of the sequencing of the curriculum.

Links are also provided to external sites which may support teachers but please be aware that as these are external sites we have no control over their content.

There are a number of [webinars](#) and [blog posts](#) which can further support you in your subject leader role.

All year groups

Question	I feel confident	I am somewhat confident	I would benefit from support	Support available
I understand what RSE and PSHE are and what the difference is between them.				Blog post: What is RSE in primary education? ; Blog post: What is the difference between RSE and PSHE?
I can support pupils in the transition between year groups and/or schools.				Blog post: Using PSHE education to support transition ; Webinar: Using PSHE to support transition from primary to secondary school
I can create a safe learning environment to discuss sensitive issues.				Blog post: How to teach about peer-on-peer abuse in primary schools
I can collect evidence to assess pupils' progress in RSE and PSHE.				Blog post: Assessing and collecting evidence for the RSE and PSHE curriculum 2021/22 ; Webinar: How to evidence progress in RSE & PSHE for Ofsted

Subject knowledge audit: Key stage 1

Question	I feel confident	I am somewhat confident	I would benefit from support	Support available
Families and relationships				
I can help children to understand that families are all different and show respect for that difference.				Teacher video: Families Q&A
I can support children in developing their understanding of what makes a positive friendship.				Teacher video: Friendships Q&A
I can suggest some ways that children can solve friendship problems.				Teacher video: Friendships Q&A
I can explain what stereotyping means and why it is unhelpful to stereotype.				
I can help children to understand how others show their feelings and how to respond to them.				
I can help children to understand how we can remember those who are no longer with us.				
Health and wellbeing				
I can teach children how to stay safe in the sun, learn good hand hygiene and understand that some things can cause allergies reactions in some people.				
I can teach children about positive sleep habits.				Sleep foundation
I can teach children the following methods of relaxation: progressive muscle relaxation, laughter and breathing exercises.				
I can teach children the importance of a healthy balanced diet.				Teacher video: Physical health Q&A ; NHS: the Eatwell guide

Subject knowledge audit: Key stage 1

Question	I feel confident	I am somewhat confident	I would benefit from support	Support available
Safety and the changing body				
I can teach children what to do if they are lost or in an emergency.				Q&A with digital safety and CEOP ambassador Cat Lamin
I can teach children about hazards in the home including how to be safe around medicine.				
I can teach children about the concept of privacy.				Common sense information: private and personal information
I can teach children about road safety.				Think! Road safety
I can teach children the PANTS rule, appropriate and inappropriate touch and to name parts of their body (including private parts).				Q&A with RSE & PSHE consultant and teacher Kate Daniels NSPCC: TalkPants
I can teach children some ways to stay safe online.				Q&A with digital safety and CEOP ambassador Cat Lamin
Citizenship				
I can help children to understand the importance of rules.				
I can help children to understand that we are all different and respect that.				
I can support children in developing respect for their environment at school and locally.				
I can help children in understanding how democracy works within the school council.				

Subject knowledge audit: Key stage 1

Question	I feel confident	I am somewhat confident	I would benefit from support	Support available
Economic wellbeing				
I can teach children some ways to keep money safe.				Money and pensions service
I can support pupils in developing an understanding of how banks work.				
I can explain the difference between a 'want' and a 'need'				

Subject knowledge audit: Key stage 2

Question	I feel confident	I am somewhat confident	I would benefit from support	Support available
Families and relationships				
I can help children to understand what support is available if problems occur in their families.				Teacher video: Families Q&A; NSPCC
I can help children understand what bullying is and what to do if it occurs.				Q&A with RSE & PSHE consultant and teacher Kate Daniels; Teacher video: Friendships Q&A; NSPCC
I can help children to understand what marriage is and that it's a choice some people make.				
I can help children to be aware of and communicate their physical and emotional boundaries.				NSPCC
I can support children in resolving conflict through negotiation and compromise.				Teacher video: Friendships Q&A
I can help children to understand stereotypes and discrimination related to race, age, sex or disability and with ideas for how they can challenge this kind of behaviour.				
I can help children to understand what grief is and possible ways to support someone who is grieving.				Child bereavement UK
Health and wellbeing				
I can teach children how to look after their teeth.				Oral health foundation
I can teach children to use stretches and visualisation to aid relaxation.				
I can teach children the importance of diet, exercise, sleep and relaxation for their physical health.				Teacher video: Physical health Q&A; NHS: the Eatwell guide
I can support children in developing empathy.				

Subject knowledge audit: Key stage 2

Question	I feel confident	I am somewhat confident	I would benefit from support	Support available
Health and wellbeing				
I can explain the importance of maintaining mental health to pupils and give them suggestions for how to do this.				NHS: Every mind matters ; Young Minds ; NSPCC
I can support children in understanding and developing responsibility for their emotions, including developing a growth mindset.				Teacher video: Mental wellbeing ; NSPCC
I can help children develop independence in dental health, sun safety and recognising illness in themselves.				NHS: the Eatwell guide
Safety and the changing body				
I can support pupils in developing an understanding of cyberbullying.				Q&A with digital safety and CEOP ambassador Cat Lamin ; Thinkuknow
I can support pupils to recognise potentially unsafe digital content and relationships.				Q&A with digital safety and CEOP ambassador Cat Lamin ; Thinkuknow
I can teach pupils some of the possible risks online and how to get help when online.				Q&A with digital safety and CEOP ambassador Cat Lamin ; Thinkuknow
I can teach children about the risks associated with smoking and alcohol and how to make their own decisions about what to put into their body.				NSPCC
I can teach children how to deal with first aid emergencies such as asthma attacks, bleeding, choking as well as dealing with bites and stings.				St John's ambulance: website
I can teach pupils road safety.				Think! Road safety
I can teach pupils about the physical and emotional changes that occur during puberty.				Q&A with RSE & PSE consultant and teacher Kate Daniels ; Webinar: Teaching puberty in primary schools ; RSE Pupil puberty animated videos ; Blog post: Teaching puberty in primary schools www.kapowprimary.com
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Subject knowledge audit: Key stage 2

Question	I feel confident	I am somewhat confident	I would benefit from support	Support available
Safety and the changing body				
I can teach pupils the names of the external and internal parts of the body associated with reproduction.				Q&A with RSE & PSE consultant and teacher Kate Daniels ; Webinar: Teaching puberty in primary schools ; RSE Pupil puberty animated videos
I can teach pupils how a baby is conceived and develops.				Q&A with RSE & PSE consultant and teacher Kate Daniels ; Webinar: Teaching puberty in primary schools ; RSE Pupil puberty animated videos
Citizenship				
I can develop children's understanding of their rights.				
I can teach children about how parliament and government work and how they can influence what happens in parliament.				Discover the UK parliament booklet
I can explain some of the consequences of breaking rules and laws and who has responsibility for upholding the law.				
I can make pupils aware of the different groups in our community and how they support the community.				
I can teach the children to develop an awareness of environmental issues.				National geographic: kids

Subject knowledge audit: Key stage 2

Question	I feel confident	I am somewhat confident	I would benefit from support	Support available
Economic wellbeing				
I can teach children about how to budget their money.				
I can teach children about the risks associated with money.				
I can help children to understand some of the emotions involved with money.				
I can support children in considering future career options.				National careers service