



Inclusive and ambitious learning experiences where our school community feels safe and motivated to achieve their best.'

PSHE Key Stage 2	Year 3	Year 4	Year 5	Year 6
Me and my relationships	<p>-I can understand the importance of rules.</p> <p>I can know how to look after my friends and stay friends.</p> <p>I can suggest how to solve a friendship problem</p> <p>I can talk about why friends may fall out and how to resolve issues.</p> <p>I can listen to and debate ideas and opinions with others with respect.</p> <p>I can understand how to say no if I don't feel safe.</p>	<p>I can collaborate.</p> <p>I can discuss the qualities of a 'positive, healthy relationship'.</p> <p>I can know when it's appropriate to say no and how.</p> <p>I can talk about how feelings change</p> <p>I can identify a wide range of feelings</p> <p>I can recognise bullying or pressured behaviour.</p>	<p>I can use strategies to resolve arguments or disagreements</p> <p>I can reflect on my behaviour, attitudes and qualities.</p> <p>I can talk about what could make a relationship unhealthy or unsafe.</p> <p>I can manage my emotional needs and any risks to them.</p> <p>I can be assertive to keep myself happy, healthy and safe.</p>	<p>I can work through challenges I have with my friends with respect, assertiveness and understanding.</p> <p>I can explain different behaviours which can happen in a group</p> <p>I can use assertive behaviours to keep myself safe from peer influence or pressure.</p> <p>I can describe the different ways people show commitment in relationships</p> <p>I can recognise that some types of touch are against the law</p>
Valuing difference	<p>I can understand ways of showing respect through language and communication.</p> <p>I can recognise and respect that there are many different types of families.</p> <p>I can identify the different communities that I belong to</p> <p>I can understand that we live in a diverse world</p> <p>I can suggest ways to deal with bullying</p> <p>I can suggest ways to deal with prejudice.</p>	<p>I can begin to manage conflict by using negotiation and compromise.</p> <p>I can know what to do if someone behaves aggressively</p> <p>I can demonstrate ways of showing respect to others' differences.</p> <p>I can understand and identify stereotypes</p> <p>I can understand what is shared in different types of relationships</p> <p>I can protect my personal body space</p>	<p>I can discuss what makes a friendship last.</p> <p>I can hold a respectful conversation.</p> <p>I can understand discrimination and its injustice.</p> <p>I can explain the importance of mutual respect in our diverse society.</p> <p>I can understand that information online may be false and why this can happen.</p> <p>I can recognise that some people choose to express their gender in different ways.</p>	<p>I can suggest ways for dealing with bullying</p> <p>I can suggest ways for helping someone who is being bullied</p> <p>I can explain the importance of mutual respect and tolerance in our diverse society.</p> <p>I can describe what makes a strong, positive friendship.</p> <p>I can recognise how the media can reinforce gender stereotypes and begin to challenge this.</p>



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Keeping myself safe	<p>I can suggest ways to keep safe</p> <p>I can understand the difference between danger and risk</p> <p>I can identify and manage risks</p> <p>I can understand how to stay safe online</p> <p>I can understand that only some drugs are helpful</p> <p>I can talk about some risks of alcohol and cigarettes</p>	<p>I can understand the difference between danger, risk and hazard</p> <p>I can understand what a dare is and how to manage them</p> <p>I can suggest ways to manage risk</p> <p>I can talk about the consequences of unhealthy behaviour</p> <p>I can explain how to stay safe online</p> <p>I can explain how to stay safe with medicines</p>	<p>I can demonstrate strategies to deal with bullying</p> <p>I can understand how to stay safe online</p> <p>I can recognise and think about how to deal with risky situations</p> <p>I can suggest ways of standing up to someone who gives a dare.</p> <p>I can talk about the risks around vaping</p> <p>I can talk about some of the emotional risks around smoking and alcohol</p>	<p>I can understand the dangers of posting things online.</p> <p>I can understand that all humans have basic emotional needs</p> <p>I can demonstrate and an understanding that drugs can have both medical and non-medical uses</p> <p>I can explain some of the basic laws relating to drugs in this country and why we have them</p> <p>I can describe some of the effects and risks of drinking alcohol.</p>
Rights and Respect	<p>I can identify who can help me stay safe</p> <p>I can understand how things can be perceived differently</p> <p>I can understand why people volunteer</p> <p>I can understand 'income', 'saving' and 'spending'</p> <p>I can understand how people earn different amounts of money</p> <p>I can explain ways we can look after the environment</p>	<p>I can understand the responsibilities of people to keep us safe and healthy</p> <p>I can understand that humans have rights and also responsibilities that come with these</p> <p>I can understand how everyone can make a difference through voting</p> <p>I can talk about the influence the media can have</p> <p>I can explain how a bystander can help stop bullying</p> <p>I can understand the purpose of taxes</p>	<p>I can discuss issues currently in the media concerning health and wellbeing</p> <p>I can understand what bias is and how it can change facts</p> <p>I can think about the value of the work voluntary groups do</p> <p>I can talk about the differences between respect, rights and duties</p> <p>I can understand what to consider before spending money</p> <p>I can understand some of the things involved with borrowing money.</p>	<p>I can understand the differences between fact and opinion and the impact bias can have</p> <p>I can understand the problems that can arise from social media</p> <p>I can talk about the importance of spending money wisely and the benefits of saving</p> <p>I can suggest ways of living in a more environmentally sustainable way.</p> <p>I can begin to understand the way in which democracy in Britain works.</p> <p>I can understand the need for different rules in different</p>



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				situations and how I can be a part of rule making
Being my best	<p>I can explain what makes a healthy balanced diet</p> <p>I can explain how infections can spread and how we can reduce this</p> <p>I can talk about how food, water and air get into the body and blood.</p> <p>I can debate an issue respectfully</p> <p>I can talk about what makes me fantastic!</p> <p>I can recognise my skills and think about how I can develop them</p>	<p>I can identify and appreciate my uniqueness</p> <p>I can recognise that different people make different choices</p> <p>I can understand what the body needs to stay healthy</p> <p>I can understand how I can care for the environment</p> <p>I can recognise what different people contribute to our school community</p> <p>I can do some basic first aid</p>	<p>I can understand some of how our body works and how we can look after it</p> <p>I can identify my strengths and what I need to work on</p> <p>I can identify benefits of the school community and ways we could improve it</p> <p>I can recognise how the media can inaccurately portray people</p> <p>I can know who helps me stay safe and how I help them to do this</p> <p>I can do some basic first aid</p>	<p>I can set myself aspirational goals and describe how I can achieve these</p> <p>I can research and present information on a health and wellbeing issue</p> <p>I can talk about the risks and misconceptions around smoking and alcohol</p> <p>I can identify risk factors in a situation and consider how we can reduce these</p> <p>I can do some important aspects Of first aid.</p> <p>I can talk about the five ways to wellbeing, explaining how they contribute to a healthy lifestyle</p>
Growing and changing	<p>I can identify different types of relationships</p> <p>I can understand appropriate body space</p> <p>I can keep my personal information safe offline and online</p> <p>I can explain the difference between a safe and unsafe secret</p> <p>I can do some basic first aid</p>	<p>I can describe some life changes and who I can go to for help</p> <p>I can understand the need for compromise in some situations</p> <p>I can explain the difference between a safe and unsafe secret</p> <p>I can discuss the different ways and reasons people may have to be 'together'</p>	<p>I can identify how I am feeling and explain strategies I can use to build my resilience</p> <p>I can describe strategies for dealing with situations where I feel uncomfortable</p> <p>I can explain the difference between a safe and an unsafe secret</p> <p>I can understand what menstruation is and why it happens</p>	<p>I can recognise that photos can be changed to match society's view of perfect and the problems this can cause</p> <p>I can understand how the media can reinforce stereotypes</p> <p>I can understand the pressures and risks of sharing images online</p> <p>I can discuss how experiencing change can impact our emotions</p>



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			I can discuss some of the myths associated with puberty using the correct vocabulary I can recognise how emotions can change the feelings in my body	I can give examples of some of the physical and emotional changes associated with puberty I can identify the changes that happen through puberty to allow sexual reproduction to occur
Knowledge and skills				