

P.S.H.E.:

Skills and

Knowledge

Year 1

Core Values

Developing risk management
Understanding personal change and responsibility
Understanding the dynamics of healthy relationships
How media, commerce and social issues shape our understanding of the world
Citizenship and British Values

Health & Wellbeing

Can I identify changes? (K)

Can I use the correct names when talking about external body parts?
Can I show resilience?

Relationships

Can I identify people who take care of me?

Can I identify what makes a good friend?

Can I identify what makes me sad and happy?

Can I identify kindness and understand the meaning of bullying?

Can I identify how to show kindness to myself and others? (K)

Living in the Wider World

Can I identify school rules? (K)

Can I identify ways to help others?

Can I identify what I would like and what I need?

Year 2

Core Values

Developing risk management
Understanding personal change and responsibility
Understanding dynamics of healthy relationships
How media, commerce and social issues shape our understanding of the world
Citizenship and British Values

Health & Wellbeing

Can I speak about my feelings?
Can I make the right decision if something isn't right?
Can I identify medicines which are safe and medicines which are not safe? (K)

Relationships

Can I identify what makes me feel good?
Can I identify what I have in common with others?
Can I identify the importance of personal hygiene? (K)

Living in the Wider World

Can I stay safe online?
Can I engage with what I see through the media?
Can I manage my pocket money?
Can I understand what we mean by groups of people we belong to? (K)
Can I understand we do not all believe in the same things?

Year 3
Core Values

Developing risk management
Understanding personal change and responsibility
Understanding the dynamics of healthy relationships
Living in the Wider World
Citizenship & British Values

Health & Wellbeing

Can I identify what is special about me?
Can I identify what keeps me healthy? (K)
Can I develop resilience?
Can I identify the importance of my sleeping environment?

Relationships

Can I identify what responsibilities a parent has for their children? (K)
Can I identify behaviour which may affect our feelings?
Can I identify why different rules are needed in different situations?

Living in the Wider World

Can I identify how to keep myself safe?
Can I identify who I can ask for help?
Can I identify how I feel about events I see through media?
Can I manage appropriate relationships online? (K)
Can I identify why different rules are needed in different situations?

Year 4

Core Values

Developing risk management
Understanding personal change and responsibility
Understanding the dynamics of healthy relationships
Living in the Wider World
Citizenship & British Values

Health & Wellbeing

Can I identify what affects my mood?
Can I manage my feelings?
Can I develop resilience? (K)
Can I identify the physical differences between males and females?

Relationships

Can I identify bullying? (K)
Can I recognise that bullying behaviour is not the norm?

Living in the Wider World

Can I identify what is happening in my community?
Can I identify the meaning of 'age restriction'?
Can I identify what 'smoke free' means?
Can I understand risks?
Can I manage money and understand where money comes from?
Can I identify the UN rights of a child are?
Can I identify responsibilities I have at school and at home?
Can I identify what improves and harms our local environment? (K)

Year 5
Core Values

Developing risk management
Understanding personal change and responsibility
Understanding the dynamics of healthy relationships
Living in the Wider World
Citizenship & British Values

Health & Wellbeing

Can I identify qualities which can contribute to building resilience?
Can I identify changes I will experience when I go through puberty?
Can I understand the importance of hygiene? (K)

Relationships

Can I identify an unhealthy relationship?
Can I make the right decision if I see somebody being bullied? (K)
Can I identify how to show kindness to others?

Living in the Wider World

Can I identify what is happening in my local environment?
Can I identify different religions and cultures within my community? (K)
Can I identify rules and laws which protect me and others?

Year 6

Core Values

Developing risk management
Understanding personal change and responsibility
Understanding the dynamics of healthy relationships
Living in the Wider World
Citizenship & British Values

Health & Wellbeing

Can I identify ways to relax before going to sleep?
Can I understand how both male and female bodies change through puberty and reproduction?(K)

Relationships

Can I identify ways to make the transition into year 7 a smooth one?
Can I identify ways to deal with friendship issues?(K)
Can I identify ways to deal with friendship issues?

Living in the Wider World

Can I identify appropriate relationships I have online?(K)
Can I make a decision about whether the media always presents events factually?
Can I identify the difference between profit and loss?
Can I avoid getting into debt?
Can I debate important topical issues?
Can I put my own viewpoint across?