**PSHE Relationships Education**

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| Foundation Stage End Points | Year 1 End Points | Year 2 End Points |
| **Know they have a right to learn and play, safely and happily**  **Know that some people are different from themselves**  **Know that hands can be used kindly and unkindly** **Know what being unique means** **Know the names of some emotions such as happy, sad, frightened, angry** **Know why having friends is important** **Know some qualities of a positive friendship** **Know that they don’t have to be ‘the same as’ to be a friend** **Know what a challenge is**  **Know that it is important to keep trying**  **Know what a goal is** **Know what the word ‘healthy’ means**  **Know some things that they need to do to keep healthy**  **Know the names for some parts of their body**  **Know when and how to wash their hands** **properly**  **Know how to say no to strangers** **Know what a family is** **Know some of the characteristics of healthy and safe friendships**  **Know that friends sometimes fall out**  **Know some ways to mend a friendship**  **Know that unkind words can never be taken back and they can hurt** **Know the names and functions of some parts of the body (see vocabulary list)**  **Know that we grow from baby to adult**  **Know who to talk to if they are feeling worried**  | **Understand their own rights and responsibilities with their classroom**  **Understand that their choices have consequences**  **Understand that their views are important** **Know what bullying means** **Know who to tell if they or someone else is being bullied or is feeling unhappy** **Know that people are unique and that it is OK to be different** **Know how to set simple goals**  **Know how to achieve a goal**  **Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them**  **Know when a goal has been achieved** **Know the difference between being healthy and unhealthy** **Know how to make healthy lifestyle choices**  **Know that all household products, including medicines, can be harmful if not used properly**  **Know how to keep safe when crossing the road**  **Know that everyone’s family is different**  **Know that families are founded on belonging, love and care**  **Know that physical contact can be used as a greeting**  **Know how to make a friend**  **Know who to ask for help in the school community** **Know which parts of the body are private and that they belong to that person**  **Know who to ask for help if they are worried or frightened**   | **Understand the rights and responsibilities of class members**  **Know about rewards and consequences and that these stem from choices**  **Know that it is important to listen to other people**  **Understand that their own views are valuable** **Know the difference between a one-off incident and bullying** **Know that sometimes people get bullied because of difference** **Know that friends can be different and still be friends** **Know how to choose a realistic goal and think about how to achieve it**  **Know that it is important to persevere**  **Know how to recognise what working together well looks like** **Know what their body needs to stay healthy**  **Know what relaxed means**  **Know why healthy snacks are good for their bodies**  **Know which foods given their bodies energy** **Know that there are lots of forms of physical contact within a family**  **Know how to stay stop if someone is hurting them**  **Know there are good secrets and worry secrets and why it is important to share worry secrets**  **Know what trust is** **Re-visit which parts of the body are private and that they belong to that person**  **Know there are different types of touch and that some are acceptable and some are unacceptable**   |

**Physical Health and Mental Health**

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| Foundation Stage End Points | Year 1 End Points | Year 2 End Points |
| **Identify feelings associated with belonging**  **Skills to play co-operatively with others**  **Be able to consider others’ feelings** **Recognise emotions when they or someone else is upset, frightened or angry**   **Identify and use skills to make a friend**  **Identify some ways they can be different and the same as others**   **Identify and use skills to stand up for themselves** **Understand that challenges can be difficult**  **Resilience**  **Recognise some of the feelings linked to perseverance**  **Recognise how kind words can encourage people**  **Can identify what jobs they do in their family and those carried out by parents/carers and siblings**  **Can suggest ways to make a friend or help someone who is lonely** **Can recognise what being angry feels like** **Recognise that changing class can elicit happy and/or sad emotions**  **Can say how they feel about changing class/ growing up**  **Can identify how they have changed from a baby**   | **Understand that they are safe in their class**  **Identifying helpful behaviours to make the class a safe place**  **Understand that they have choices** **Identify what is bullying and what isn’t**  **Understand how being bullied might feel**  **Recognise ways in which they are the same as their friends and ways they are different** **Recognise things that they do well**  **Explain how they learn best**  **Recognise their own feelings when faced with a challenge/obstacle**  **Recognise how they feel when they overcome a challenge/obstacle** **Can explain what they need to do to stay healthy**  **Recognise how exercise makes them feel**  **Can give examples of healthy food**   **Can explain what to do if a stranger** **approaches them** **Keep themselves safe**  **Recognise how being healthy helps them to feel happy**  **Recognise ways to look after themselves if they feel poorly**  **Recognise when they feel frightened and know how to ask for help** **Can express how it feels to be part of a family and to care for family members**  **Can say what being a good friend means**  **Can identify forms of physical contact they prefer**  **Can say no when they receive a touch they don’t like** **Understand and accept that change is a natural part of getting older**  **Can suggest ways to manage change, e.g. moving to a new class**  **Can identify some things that have changed and some things that have stayed the same since being a baby (including the body)**  | **Know how to make their class a safe and fair place**  **Show good listening skills**  **Be able to work co-operatively** **Explain how being bullied can make someone feel**  **Know how to stand up for themselves when they need to**  **Understand that everyone’s differences make them special and unique****Explain how being bullied can make someone feel**  **Know how to stand up for themselves when they need to**  **Understand that everyone’s differences make them special and unique** **Recognise how working with others can be helpful**  **Be able to work effectively with a partner**  **Be able to choose a partner with whom they work well**  **Be able to work as part of a group** **Feel positive about caring for their bodies and keeping it healthy**  **Have a healthy relationship with food**   **Desire to make healthy lifestyle choices** **Can recognise and talk about the types of physical contact that is acceptable or unacceptable**  **Can identify the negative feelings associated with keeping a worry secret**  **Can identify who they trust in their own relationships** **Can say who they would go to for help if worried or scared**  **Can say what types of touch they find comfortable/uncomfortable**  **Be able to confidently ask someone to stop if they are being hurt or frightened**    |