**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** |