**PSHE Relationships Education**

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| Year 3 End Points | Year 4 End Points | Year 5 End Points | Year 6 End Points |
| **Know that the school has a shared set of values** **Know why rules are needed and how these relate to choices and consequences**   **Know that actions can affect others’ feelings**  **Know that others may hold different views** **Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do** **Know that conflict is a normal part of relationships****Know that they are responsible for their own learning**  **Know what an obstacle is and how they can hinder achievement**  **Know how to take steps to overcome obstacles**  **Know what dreams and ambitions are important to them****Know how exercise affects their bodies** **Know that there are different types of drugs**  **Know that there are things, places and people that can be dangerous**  **Know when something feels safe or unsafe** **Know that different family members carry out different roles or have different responsibilities within the family**  **Know some of the skills of friendship, e.g. taking turns, being a good listener**  **Know some strategies for keeping themselves safe online**  **Know that they and all children have rights (UNCRC)****Know how to access help if they are concerned about anything on social media or the internet****Can identify their own wants and needs and how these may be similar or different from other children in school and the global community** **To recognize personal qualities and individuality**  **To recognise personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth.**  **Know how to manage set-backs**      | **Know their place in the school community**  **Know what democracy is (applied to pupil voice in school)**  **Know how groups work together to reach a consensus**  **Know that having a voice and democracy benefits the school community** **Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying** **Know the reasons why witnesses sometimes join in with bullying and don’t tell anyone** **Know that sometimes people make assumptions about a person because of the way they look or act** **Know that some words are used in hurtful ways and that this can have consequences** **Know how to make a new plan and set new goals even if they have been disappointed**   **Know how to work as part of a successful group**  **Know how to share in the success of a group** **Know that hopes and dreams don’t always come true****Know that there are leaders and followers in groups**  **Know the facts about smoking and its effects on health**  **Know the facts about alcohol and its effects on health, particularly the liver**  **Know ways to resist when people are putting pressure on them**  **Know what they think is right and wrong****Why people feel jealousy**  **Know that loss is a normal part of relationships**  **Know that negative feelings are a normal part of loss**  **Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe**  **Can identify the feelings and emotions that accompany loss**  **Can suggest strategies for managing loss****Can suggest ways to manage relationship changes including how to negotiate** **Know the names of the different internal and external body parts of the male and female body in relation to puberty and the menstrual cycle**  **Know how the female and male body change at puberty**  **Know that change can bring about a range of different emotions**  | **Understand how democracy and having a voice benefits the school community**  **Understand how to contribute towards the democratic process**   **Understand the rights and responsibilities associated with being a citizen in the wider community and their country** **Know external forms of support in regard to bullying e.g. Childline****Know that bullying can be direct and indirect****Know what racism is and why it is unacceptable****Know what culture means****Know about a range of jobs that are carried out by people I know**  **Know the types of job they might like to do when they are older**  **Know that young people from different cultures may have different dreams and goals****Know basic emergency procedures, including the recovery position****Know how to get help in emergency situations**  **Know that the media, social media and celebrity culture promotes certain body types**  **Know the different roles food can play in people’s lives and know that people can develop eating problems/disorders related to body image pressure****and responsibilities in an online community or social network**  **Know that there are rights and responsibilities when playing a game online**  **Know that too much screen time isn’t healthy**  **Know how to stay safe when using technology to communicate with friends****Can identify when an online community/social media group feels risky, uncomfortable, or unsafe****Can say how to report unsafe online/social network activity**  **Can identify when an online game is safe or unsafe****Can suggest strategies for managing unhelpful pressures online or in social networks**  **Know that becoming a teenager involves various changes and also brings growing responsibility**     | **Know about children’s universal rights**  **Know about the lives of children in other parts of the world**  **Know that personal choices can affect others locally and globally** **Know that people can hold power over others** **individually or in a group** **Know that power can play a part in a bullying or conflict situation** **Know that there are different perceptions of ‘being normal’ and where these might come from** **Know that difference can be a source of celebration as well as conflict** **Know their own learning strengths**  **Know what their classmates like and admire about them**  **Know a variety of problems that the world is facing**  **Know some ways in which they could work with others to make the world a better place** **Know how to take responsibility for their own health**  **Know what it means to be emotionally well**  **Know how to make choices that benefit their own health and well-being****Know that some people can be exploited and made to do things that are against the law****Know that it is important to take care of their own mental health**  **Know ways that they can take care of their own mental health**  **Know the stages of grief and that there are different types of loss that cause people to grieve****Recognise that people can get problems with their mental health and that it is nothing to be ashamed of** **Can resist pressure to do something online that might hurt themselves or others**  **Can take responsibility for their own safety and well-being****Know the importance of self-esteem and what they can do to develop it**      |

**Physical Health and Mental Health**

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| Year 3 End Points | Year 4 End Points | Year 5 End Points | Year 6 End Points |
| **Make other people feel valued**  **Develop compassion and empathy for others**  **Be able to work collaboratively** **Use the ‘Solve it together’ technique to calm and resolve conflicts with friends and family**  **Be able to ‘problem-solve’ a bullying situation accessing appropriate support if necessary**  **Be able to show appreciation for their families, parents and carers** **Can break down a goal into small steps**  **Can manage feelings of frustration linked to facing obstacles**  **Imagine how it will feel when they achieve their dream/ambition****Respect their own bodies and appreciate what they do**  **Can take responsibility for keeping themselves and others safe**  **Identify how they feel about drugs**  **Can express how being anxious or scared feels** **Can appreciate their own uniqueness and that of others**    | **Identify the feelings associated with being included or excluded**  **Be able to take on a role in a group discussion / task and contribute to the overall outcome**  **Know how to regulate my emotions** **Be comfortable with the way they look**  **Try to accept people for who they are**  **Be non-judgemental about others who are different** **Have a positive attitude**  **Can identify the feeling of disappointment**  **Be able to cope with disappointment**  **Can identify what resilience is****An identify the feelings that they have about their friends and different friendship groups**  **Recognise negative feelings in peer pressure situations**  **Can identify the feelings of anxiety and fear associated with peer pressure**  **Can tap into their inner strength and know-how to be assertive****Can say who they can talk to about puberty if they have any worries** **Can express any concerns they have about puberty**  **Have strategies for managing the emotions relating to change**  **Recognise that puberty is a natural process that happens to everybody and that it will be OK for them**   | **Empathy for people whose lives are different from their own**  **Consider their own actions and the effect they have on themselves and others**  **Be able to work as part of a group, listening and contributing effectively** **Appreciate the value of happiness regardless of material wealth**  **Identify their own culture and different cultures within their class community**  **Identify their own attitudes about people from different faith and cultural backgrounds**  **Develop respect for cultures different from their own** **Verbalise what they would like their life to be like when they are grown up**  **Appreciate the contributions made by people in different jobs**  **Reflect on the differences between their own learning goals and those of someone from a different culture**  **Appreciate the differences between themselves and someone from a different culture****Respect and value their own bodies**   **Can reflect on their own body image and know how important it is that this is positive**  **Recognise strategies for resisting pressure**  **Can identify ways to keep themselves calm in an emergency****Can celebrate what they like about their own and others’ self-image and body image**  **Can suggest ways to boost self-esteem of self and others**  | **Know own wants and needs**  **Be able to compare their life with the lives of those less fortunate**  **Demonstrate empathy and understanding towards others**  **Can demonstrate attributes of a positive role-model** **Empathise with people who are different and be aware of my own feelings towards them**  **Identify feelings associated with being excluded**  **Be able to recognise when someone is exerting power negatively in a relationship**  **Be able to vocalise their thoughts and feelings about prejudice and discrimination and why it happens** **Understand why it is important to stretch the boundaries of their current learning**  **Be able to give praise and compliments to other people when they recognise that person’s achievements**  **Empathise with people who are suffering or living in difficult situations****Are motivated to care for their own physical and emotional health**  **Suggest strategies someone could use to avoid being pressured**  **Can use different strategies to manage stress and pressure****Recognise ways they can develop their own self-esteem**  **Understand that mutual respect is essential in all relationship and that they shouldn’t feel pressured into doing something that they don’t want to**   |