



PSHE End of Year Expectations

Nursery

Me and My Relationships

- Recognise that I am unique.
- Describe different feelings and use this skill to manage relationships.
- Understand that some families are different from mine, but these families also love and care for one another.

Valuing Difference

- Recognise that there are differences and similarities between myself and others.
- Celebrate my friends and include them.
- Understand that people have different cultures and religions.

Keeping Myself Safe

- Explain what to do if I feel unsafe.
- Recognise potential dangers and how to stay safe inside and outside.
- Know the importance of keeping safe around medicines and unknown products.

Rights and Responsibilities

- Say how I can take responsibility for my own health.
- Describe ways in which I can help others and why I would do so.
- Take care of my home, their learning environment, and the natural environment.

Being my Best

- Talk about healthy choices and activities.
- Develop resilience and persistence in their learning.
- Work cooperatively with others when faced with a challenge.

Growing and Changing

- Talk about change in the environment.
- Describe changes in babies, young animals and plants as they grow.
- Broaden my expectations beyond potential stereotypes of what girls and boys like, do or look like.

Reception

Me and My Relationships

- Talk about similarities and differences.
- Name special people in their lives.
- Describe different feelings. I can identify who can help if I am sad, worried, or scared.
- Identify ways to help others or myself if they are sad or worried.

Valuing Difference

- Show sensitivity towards others and celebrate what makes each person unique.
- Recognise that we can have things in common with others.
- Use speaking and listening skills to learn about the lives of my peers.
- Know the importance of showing care and kindness towards others.
- Demonstrate skills in building friendships and cooperation.

Keeping Myself Safe

- Talk about how to keep my body healthy and safe.
- Name ways to stay safe around medicines.
- Know how to stay safe in the home, classroom and outside.
- Know age-appropriate ways to stay safe online.
- Name adults in my life and the community who keep me safe.

Rights and Responsibilities

- Understand that I can make a difference.
- Identify how I can care for my home, school and special people.
- Talk about how I can make an impact on the natural world.



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- Talk about similarities and differences between myself and my friends.
- Demonstrate building relationships with friends.

Being my Best

- Feel resilient and confident in my learning.
- Name and discuss different types of feelings and emotions.
- Learn and use strategies or skills in approaching challenges.
- Understand that I can make healthy choices.
- Name and recognise how healthy choices can keep us well.

Growing and Changing

- Understand that there are changes in nature and humans.
- Name the different stages in childhood and growing up.
- Use the correct vocabulary when naming the different parts of the body.
- Know how to keep myself safe.

Year 1

Me and My Relationships

- Name a variety of different feelings and explain how these might make me behave.
- To think of some different ways of dealing with 'not so good' feelings.
- Know when I need help and who to go to for help.
- Tell you some different classroom rules.

Valuing Difference

- Say ways in which people are similar as well as different.
- Say why things sometimes seem unfair, even if they are not.

Keeping Myself Safe

- Say what I can do if I have strong, but not so good feelings, to help me stay safe (e.g. sad - talk to someone).
- Give examples of how I keep myself healthy.
- Say when medicines might be harmful (e.g. overdose, if not needed, another person's medicine, etc.)

Rights and Responsibilities

- Give some examples of how I look after myself and my environment - at school or at home.
- Say some ways that we look after money.

Being my Best

- Name a few different ideas of what I can do if I find something difficult.
- Say why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.

Growing and Changing

- Identify an adult I can talk to at both home and school. If I need help.
- Tell you some things I can do now that I couldn't do when I was a toddler.
- Tell you what some of my body parts do.

Year 2

Me and My Relationships

- Tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me.
- Suggest rules that will help to keep us happy and friendly and what will help me keep to these rules. Tell you about some classroom rules we have made together.
- Give you lots of ideas about being what makes a good friend and also tell you how I try to be a good friend.
- Express my feelings in a safe, controlled way.



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Valuing Difference

- Say how I could help myself if I was being left out.
- Give a few examples of good listening skills and explain why listening skills help to understand a different point of view.

Keeping Myself Safe

- Give some examples of safe and unsafe secrets and think of safe people who can help if something feels wrong.
- Give other examples of touches that are ok or not ok (even if they haven't happened to me)
- Identify a safe person to tell if I felt 'not OK' about something.
- Explain that they can be helpful or harmful, and say some examples of how they can be used safely.

Rights and Responsibilities

- Give examples of when I've used some of these ideas to help me when I am not settled.

Being my Best

- Name different parts of my body that are *inside* me and help to turn food into energy.
- Know what I need to get energy.
- Explain how setting a goal or goals will help me to achieve what I want to be able to do.

Growing and Changing

- Tell you who helps us grow (people who look after us) and what things I can now do myself that I couldn't when I was younger.
- Give examples of how it feels when you have to say goodbye to someone or something (e.g. move house).
- Give examples of how to give feedback to someone.

Year 3

Me and My Relationships

- Usually accept the views of others and understand that we don't always agree with each other.
- Give you lots of ideas about what I do to be a good friend.
- Tell you some different ideas for how I make up with a friend if we've fallen out.

Valuing Difference

- Give examples of different community groups and what is good about having different groups.
- Talk about examples in our classroom where respect and tolerance have helped to make it a happier, safer place.

Keeping Myself Safe

- Say what I could do to make a situation less risky or not risky at all.
- Say why medicines can be helpful or harmful.
- Tell you a few things about keeping my personal details safe online.
- Explain why information I see online might not always be true.

Rights and Responsibilities

- Say some ways of checking whether something is a fact or just an opinion.
- Say how I can help the people who help me, and how I can do this. I can give an example of this.

Being my Best

- Give a few examples of things that I can take responsibility for in relation to my healthy and give an example of something that I've done which shows this.



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- Explain and give an example of a skill or talent that I've developed and the goal-setting that I've already done (or plan to do) in order to improve it.

Growing and Changing

- Name a few things that make a positive relationship and some things that make a negative relationship.
- Tell you what happens to the woman's body when the egg isn't fertilised, recognising that it is the lining of the womb that comes away.
- Identify when someone hasn't been invited into my body space and show how I can be assertive in asking them to leave it if I feel uncomfortable.

Year 4

Me and My Relationships

- Give a lot of examples of how I can tell a person is feeling worried just by their body language.
- Say what I could do if someone was upsetting me or if I was being bullied.
- Explain what being 'assertive' means and give a few examples of ways of being assertive.

Valuing Difference

- Say a lot of ways that people are different, including religious or cultural differences.
- Explain why it's important to challenge stereotypes that might be applied to me or others.

Keeping Myself Safe

- Give examples of people or things that might influence someone to take risks (e.g. friends, peers, media, celebrities), but that people have choices about whether they take risks.
- Say a few of the risks of smoking or drinking alcohol on a person's body and give reasons for why most people choose not to smoke, or drink too much alcohol.
- Give examples of positive and negative influences, including things that could influence me when I am making decisions.

Rights and Responsibilities

- Explain how a 'bystander' can have a positive effect on negative behaviour they witness (see happening) by working together to stop or change that behaviour.
- Explain how reports (TV, newspapers or their websites) can give messages that might influence how people think about things and why this might be a problem.
- Explain how money is a limited resource and we have choices and decisions to make about how to spend it. Give examples of these decisions and how they might relate to me.

Being my Best

- Give a few examples of different things that I do already that help to me keep healthy.
- Give different examples of some of the things that I do already to help look after my environment.

Growing and Changing

- Label some parts of the body that only boys have and only girls have.
- Name some of the difficult feelings someone might have as they go through puberty and list some of the reasons why a teenager might have these difficult feelings.
- Tell you why people get married.

Year 5

Me and My Relationships

- Give a range of examples of our emotional needs and explain why they are important.
- Explain why these qualities are important.
- Give a few examples of how to stand up for myself (be assertive) and say when I might need to use assertiveness skills.



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Valuing Difference

- Give examples of different faiths and cultures and positive things about having these differences.
- Explain how people sometimes aim to create an impression of themselves in what they post online that is not real and what might make them do this.

Keeping Myself Safe

- Give examples of things that might influence a person to take risks online. I can explain that I have a choice.
- Say the percentage of people aged 11-15 years old that smoke in the UK and I can give reasons why some people think it's a lot more than this.

Rights and Responsibilities

- Give examples of some of the rights and related responsibilities I have as I grow older, at home and school. I can also give real examples of each that relate to me.
- Give a few different examples of things that I am responsible for to keep myself healthy.
- Explain that local councils have to make decisions about how money is spent on things we need in the community. I can also give an examples of some of the things they have to allocate money for.

Being my Best

- Give an example of when I have had increased independence and how that has also helped me to show responsibility.
- Name several qualities that make people attractive that are nothing to do with how they look, but about how they behave.

Changing and Growing

- Explain what resilience is and how it can be developed.
- List ways that I can prepare for changes (e.g. to get the facts, talk to someone).
- Identify when I need help and can identify trusted adults in my life who can help me.
- Understand that 'puberty' describes the changes a human goes through as it changes from a child to an adult.
- Identify ways girls and boys change during puberty including physical changes and emotional changes.

Year 6

Me and My Relationships

- Explain bystander behaviour by giving examples of what bystanders do when someone is being bullied.
- Give examples of negotiation and compromise.
- Explain what inappropriate touch is and give example.

Valuing Difference

- Reflect on and give reasons for why some people show prejudiced behaviour and sometimes bully for this reason.
- Explain the difference between a passive bystander and an active bystander and give an example of how active bystanders can help in bullying situations.

Keeping Myself Safe

- Explain why emotional needs are as important as physical needs and what might happen if a person doesn't get their emotional needs met.
- Explain some ways of making sure that I keep myself safe when using a mobile phone, including safety around sharing personal information or images, and that there are laws relating to this.
- Explain why some people believe that more young people drink alcohol than actually do (misperceive the norm).



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- Explain why people might do this (why they are showing certain aspects of themselves) and how social media can affect how a person feels about themselves.
- Explain that what 'environmentally sustainable' living means and give an example of how we can live in a more 'sustainable' way.
- Explain the advantages and disadvantages of different ways of saving money.

Being My Best

- Tell you how I can overcome problems and challenges on the way to achieving my goals.
- Give examples of an emotional risk and a physical risk.

Growing and Changing

- Give an example of a secret that should be shared with a trusted adult.
- Tell you some emotional changes associated with 'puberty' and how people may feel when their bodies change.
- Give examples of other ways in which the way a person feels about themselves can be affected (e.g. images of celebrities).