

PSHE KEY OBJECTIVES

EYFS

ELG: Self-regulation

- I can treat others kindly
- I can demonstrate good behaviour for learning
- I can follow instructions

ELG: Managing self

- I can try new activities
- I can explain right from wrong
- I can use the toilet independently

ELG: Building relationships

- I can take turns and share
- I can understand how other people are feeling

YEAR 1

Relationships

- I can identify similarities and differences between people
- I can use the correct names for body parts
- I can identify the groups we belong to and the people who care for us

Health & Wellbeing

- I can identify how to ask for help if I feel unsafe or worried
- I can explain what helps us to keep healthy

Living in the wider world

- I can explain the difference between objects that have monetary value and sentimental value
- I can explain the importance of honesty
- I can explain why it is important that we care for the environment

YEAR 2

Relationships

- I can identify what makes a good friend
- I can identify how to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes me uncomfortable or unsafe
- I can explain how to report bullying

Health & Wellbeing

- I can explain how to be safe at home and online
- I can explain a variety of ways to keep our bodies healthy
- I can identify how medicines can help people stay healthy

Living in the wider world

- I can identify some of the skills that people need for a range of jobs
- I can describe some of the jobs that people do to help look after the environment

YEAR 3

Relationships

- I can recognise how to build good friendships and the impact of these on my wellbeing
- I can recognise how families might be different

Health & Wellbeing

- I can recognise hazards and know how to keep my body protected and safe
- I can identify what a healthy diet is and how to maintain good oral hygiene
- I can identify how to be active on a daily and weekly basis and how a lack of physical activity can affect my health and wellbeing

Living in the wider world

- I can explain what is meant by a diverse community
- I can explain how to be respectful to people

YEAR 4

Relationships

- I can recognise how my behaviour can affect others
- I can recognise the right to privacy
- I can identify differences between appropriate and inappropriate touch

Health & Wellbeing

- I can recognise personal qualities and individuality
- I can recognise how to set goals and how to manage set-backs and mistakes
- I can identify ways of coping with feelings in different situations
- I can explain how to get help when dealing with a medical emergency and give some basic first aid
- I can identify how to manage risk and keep safe in the local environment
- I can identify how to keep safe online and how to report my concerns

Living in the wider world

- I can recognise my responsibility to protect the world around us

YEAR 5

Relationships

- I can explain what is appropriate to share online
- I can explain pupils who I should turn to if I find something worrying online?

Health & Wellbeing

- I can recognise that there are a range of factors that contribute to a person's identity
- I can identify how to challenge stereotypes
- I can identify how my body changes through puberty – physically, biologically and emotionally
- I can identify how legal and illegal drugs can affect health and wellbeing

Living in the wider world

- I can understand how to keep track of money and that there are risks associated with money
- I can recognise that there is a broad range of jobs and that there are different ways into jobs and careers

YEAR 6

Relationships

- I can recognise the different relationships that people have in their lives
- I can understand how babies are conceived and born
- I can identify how to manage change – transition to secondary school
- I can describe ways to deal with bullying and cyberbullying

Health & Wellbeing

- I can recognise how mental and physical health are linked and how they support my wellbeing
- I can recognise healthy and unhealthy habits

Living in the wider world

- I can recognise that the media can affect people's health
- I can recognise that not everything should be shared online
- I can recognise unsafe/suspicious content online