



Our PSHE Adventure



PSHE End Points

	End point:
Year 1	<ul style="list-style-type: none">➤ I am starting to become confident to set goals and tackle new challenges.➤ I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.➤ I can recognise my qualities as a good person and as a friend.➤ I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina and give reasons why they are private.
Year 2	<ul style="list-style-type: none">➤ I can confidently express my views in front of others.➤ I can explain why foods and medicines are good for my body comparing my ideas with less healthy/ unsafe choices.➤ I am confident to discuss my thoughts and feelings about gender stereotypes and acceptance of others.➤ I can explain how my body changes from birth to childhood and beyond and that some of these changes are beyond my control. I can recognise the physical differences between boys and girls, using the correct names for parts of the body and appreciate that some parts of my body are private. The scientific words for genitalia will continue to be used.
Year 3	<ul style="list-style-type: none">➤ I can recognise my feelings and understand that I am responsible for my own actions.➤ I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.➤ I understand how families are different and respect others and our differences.➤ I can explain that boys' and girls' bodies will change from birth to adulthood during the growing up process. I can tell you how a baby develops in the mother's uterus and how to care for a baby once it has been born.
Year 4	<ul style="list-style-type: none">➤ I can plan and set new goals even after a disappointment.➤ I can recognise when people are putting me under pressure and can explain ways to resist this when I want to. I can identify feelings of anxiety and fear associated with peer pressure.

	<ul style="list-style-type: none"> ➤ I understand the importance of relationships and how to overcome difficulties. ➤ I understand that male and female bodies will change as they grow older and can tell you what these changes will be and why they are necessary. I understand how to keep my changing body healthy.
Year 5	<ul style="list-style-type: none"> ➤ I can confidently express my views and discuss my rights in front of others. ➤ I can explain different roles that food and substances can play in people's lives. ➤ I can explain ways in which difference can be a source of conflict and a cause for celebration and can explore empathy for people whose lives are different from my own. ➤ I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important.
Year 6	<ul style="list-style-type: none"> ➤ I understand how democracy and having a voice benefits the whole community. ➤ I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. ➤ I can confidently work with other people to help make the world a better place through charity fund raising for a specific cause.