PSHE Curriculum End Points

	Being me in my world	Celebrating difference	Dreams and goals	Healthy me	Relationships	Changing me
Reception	I can talk freely about the things and people that make me happy in class and at home. I usually remember to take turns and share with everyone in my class. I know how to be a good listener.	I am confident when I talk about the things I like and am interested in, as well as what I don't like and why. I know how to be kind to others and can use words to stand up for myself.	I know what to do so that I can persevere with things that are a bit difficult. I can talk about what makes me proud. I regularly encourage myself and others to keep trying and not give up when things get tricky.	I can talk about what I do to stay healthy and safe and I know why these things are important. I know what we all need to do to stay healthy and safe. I can talk about these things with my friends in class.	I know how to be a kind friend and I know what to do if I need a friend to help me play and/or learn. I know how to co-operate with others in my class and understand the importance for everyone to feel included. I make sure I use my words to help friends to understand me.	I can describe and ask questions about things that feel or look different about me now and about the things that will happen around me soon. I can use strategies I've been taught to stay calm and to behave kindly towards others. I know who to speak to and how to talk about things that might be worrying or sad as well as the things that I want to know more about. I can describe to others how I thought about a problem or feeling and how I dealt with it.
Year 1	I can explain	I can tell you	I can explain	I can explain why	I can explain why	I can compare

PSHE Curriculum End Points

	why my class is a happy and safe place to learn. I can give different examples where I or others make my class happy and safe.	some ways that I am different and similar to other people in my class, and why this makes us all special. I can explain what bullying is and how being bullied might make somebody feel.	how I feel when I am successful and how this can be celebrated positively. I can say why my internal treasure chest is an important place to store positive feelings.	I think my body is amazing and can identify a range of ways to keep it safe and healthy. I can give examples of when being healthy can help me feel happy.	I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships. I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.	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, vulva, and give reasons why they are private. I can explain why some changes I might experience might feel better than others.
Year 2	I can explain why my behaviour can impact on other people in my class. I can compare my own and my friends' choices and can express why some choices are better than others.	I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes. I can explain how it feels to have a friend and be a	I can explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other. I can explain how it felt to be part of a group and	I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices. I can compare my own and my friends' choices and can express how it feels to make healthy	I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special. I can give examples of some different	I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel OK and others don't. I can tell you

PSHE Curriculum End Points

		friend. I can also explain why it is OK to be different from my friends.	can identify a range of feelings about group work.	and safe choices.	problem-solving techniques and explain how I might use them in certain situations in my relationships.	what I like and don't like about being a boy/girl and getting older, and recognise that other people might feel differently to me.
Year 3	I can explain how my behaviour can affect how others feel and behave. I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.	I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g. Solve It Together or asking for help.	I can explain the different ways that help me learn and what I need to do to improve. I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important.	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 can express how being anxious/ scared and unwell feels.	I can explain how my life is influenced positively by people I know and also by people from other countries. I can explain why my choices might affect my family, friendships and people around the world who I don't know.	I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.
Year 4	I can explain why	I can tell you a	I can plan and set	I can recognise	I can recognise	I can summarise

PSHE Curriculum End Points

	being listened to and listening to others is important in my school community. I can explain why being democratic is important and can help me and others feel valued.	time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure. I can explain why it is good to accept myself and others for who we are.	new goals even after a disappointment. I can explain what it means to be resilient and to have a positive attitude.	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.	how people are feeling when they miss a special person or animal. I can give ways that might help me manage my feelings when missing a special person or animal.	the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older. I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen.
Year 5	I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider	I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved	I can compare my hopes and dreams with those of young people from different cultures. I can reflect on the hopes and dreams of	I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders)	I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to	I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of

PSHE Curriculum End Points

	community a fair place. I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.	(directly or indirectly) in a bullying situation. I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.	young people from another culture and explain how this makes me feel.	relating to body image pressures and how smoking and alcohol misuse is unhealthy. I can summarise different ways that I respect and value my body.	communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure. I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.	conception. I can express how I feel about the changes that will happen to me during puberty. I accept these changes might happen at different times to my friends.
Year 6	I can explain how my choices can have an impact on people in my immediate community and globally. I can empathise with others in my community and globally and	I can explain ways in which difference can be a source of conflict or a cause for celebration. I can show empathy with people in situations where their difference	I can explain different ways to work with others to help make the world a better place. I can explain what motivates me to make the world a better place.	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 identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. I can explain the	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born. I recognise how I feel when I

PSHE Curriculum End Points

	explain how this can influence the choices I make.	is a source of conflict or a cause for celebration.		I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.	feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.	reflect on becoming a teenager and how I feel about the development and birth of a baby.