

PSHCE Expectations: Autumn Term

Year	New Beginnings & Developing Confidence	Say No To Bullying
Year 1	<ul style="list-style-type: none"> • I know that I belong to a community. • I can help to make the class a safe and fair place. • I can help to make my class a good place to learn. • I know some ways to solve a problem. • I can sometimes tell if other people are feeling sad or scared and I know how to make people feel better. • I know some more ways to calm myself down when I feel scared or upset. • I can tell you how I am the same as and different from my friends. • I have started to develop a vocabulary to describe their feelings to others and simple strategies for managing feelings. 	<ul style="list-style-type: none"> • I can tell you what bullying is. • I can tell you some ways in which I am the same as and different from my friends. • I am proud of the ways in which I am different. • I can tell you how someone who is bullied feels. • I can be kind to children who are bullied. • I know that when you feel sad, it affects the way you behave and how you think. • I know some people in and out of school who I could talk to if I was feeling unhappy or being bullied. • I know what to do if I am being bullied.
Year 2	<ul style="list-style-type: none"> • I know that I belong to a community. • I feel safe and content within my class. • I feel good about the ways we are similar in the group and the ways I am different. • I can help to make the class a safe and fair place. • I recognise that choices can have good and not so good consequences (for myself and others). • I feel good about my strengths. 	<ul style="list-style-type: none"> • I can tell you what bullying is. • I can tell you some ways in which I am the same as and different from my friends. • I am proud of the ways in which I am different. • I can tell you how someone who is bullied feels. • I can be kind to children who are bullied. • I know that when you feel sad, it affects the way you behave and how you think. • I know some people in and out of school who I could talk to if I was feeling unhappy or being bullied. • I know what to do if I am being bullied.
Year 3	<ul style="list-style-type: none"> • I know something about everyone in my class. • I can tell you one special thing about me. • I can give and accept a compliment. • I know that I am valued at school. • I understand my rights and responsibilities in the school. • I know how it feels to do or start something new, and some ways to cope with these feelings. • I understand that pressure to behave in an unacceptable way can come from people I know. • I have begun to develop strategies for resisting peer pressure, including how to ask for help. 	<ul style="list-style-type: none"> • I can tell you what bullying is. • I know what it means to be a witness to bullying. • I know that witnesses can make the situation better or worse by what they do. • I know how it might feel to be a witness to and a target of bullying. • I can tell you why witnesses sometimes join in with bullying or don't tell. • I can tell you some ways of helping to make someone who is bullied feel better. • I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I am not sure. • I can problem solve a bullying situation with others. • I know that there are different types of bullying.
Year 4	<ul style="list-style-type: none"> • I know how to make someone feel welcomed and valued at school. • I know what it feels like to be unwelcome. • I understand my rights and responsibilities in the school. • I understand why we need to have different rules in different places and know what the rules are in school. • I know how to join a group. • I can predict how I am going to feel in a new situation or meeting new people. • I have started to develop strategies for resisting peer pressure, including how to ask for help. 	<ul style="list-style-type: none"> • I can tell you what bullying is. • I know what it means to be a witness to bullying. • I know that witnesses can make the situation better or worse by what they do. • I know how it might feel to be a witness to and a target of bullying. • I can tell you why witnesses sometimes join in with bullying or don't tell. • I can tell you some ways of helping to make someone who is bullied feel better. • I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I am not sure. • I can problem solve a bullying situation with others. • I know that there are different types of bullying.

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Year 5	<ul style="list-style-type: none"> • I know some of the things that help us in school to learn and play well together. • I understand my rights and responsibilities in the school. • I understand the need for rules in society and why we have the rules we do in school. • If I don't agree with something in school I know how to go about trying to change things. • I have some strategies to cope with uncomfortable feelings and to calm myself when necessary. • I understand that pressure to behave in an unacceptable, unhealthy or risky way can come from people they know. • I have started to develop strategies for resisting pressure to do something they do not want to do. 	<ul style="list-style-type: none"> • I can tell you what bullying is. • I understand how rumor-spreading and name-calling can be bullying behaviors. • I can explain the difference between direct and indirect types of bullying. • I can explain some of the ways in which one person (or group of people) can have power over another. • I know some of the reasons why people use bullying behaviors. • I know some ways to encourage children who use bullying behaviors to make other choices. • I can tell you a range of strategies which I have for managing my feelings in bullying situations and for problem solving when I am part of one.
Year 6	<ul style="list-style-type: none"> • I work well in a group and can tell you what helps my group to work well together. • I understand my rights and responsibilities in the school. • I have some strategies to cope with uncomfortable feelings and to calm myself when necessary. • I know how others may be feeling when they are in an unfamiliar situation and can help them to feel valued and welcomed. • I understand how to make informed choices about things that affect themselves and others • I recognise that images in the media do not always reflect reality and can affect how people feel about themselves. 	<ul style="list-style-type: none"> • I understand how rumor-spreading and name-calling can be bullying behaviors. • I can explain the difference between direct and indirect types of bullying. • I can explain some of the ways in which one person (or group of people) can have power over another. • I know some of the reasons why people use bullying behaviors. • I know some ways to encourage children who use bullying behaviors to make other choices. • I can tell you a range of strategies which I have for managing my feelings in bullying situations and problem solving when I am part of one.