

PSHCE Expectations: Spring Term

Year	Getting On and Falling Out	Developing A Healthier Lifestyle
Year 1	<ul style="list-style-type: none"> • I can identify special people (family, friends, carers), what makes them special and how special people should care for one another. • I can recognise when people are being unkind to me or others, how to respond, who to tell and what to say. • I can tell you what being a good friend means to me. • I can work well in a group. • I can listen well to other people when they are talking. • I know when I am starting to feel angry. 	<ul style="list-style-type: none"> • I know rules for and ways of keeping physically and emotionally safe (including road safety, safety in the environment). • I know about people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them. • I recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell'.
Year 2	<ul style="list-style-type: none"> • I can talk about my friends and what they like about them. • I can understand that people's bodies and feelings can be hurt (including what makes me feel comfortable and uncomfortable). • I can recognise when people are being unkind to me or others, how to respond, who to tell and what to say. • I am aware of the importance of playing together and the role of play in making and keeping friends. • I can consider the skills we need to play together well (sharing, waiting our turn, etc.). • I can consider ways of making up when things go wrong or we fall out. 	<ul style="list-style-type: none"> • I can identify some healthy foods. • I recognise that a healthy diet will help to look after my body. • I know that exercise is necessary for me to stay healthy. • I recognise that I need to wash regularly and keep my body clean. • I recognise that medicine can harm as well as help.
Year 3	<ul style="list-style-type: none"> • I can understand what makes a good friend. • I know how to: <ul style="list-style-type: none"> ○ Look and sound friendly; ○ Be a good listener (taking turns); ○ Give and receive compliments; ○ See things from someone else's point of view • I can understand the nature and consequences of discrimination, teasing, bullying and aggressive behaviours. • I can recognise and challenge stereotypes. • I understand the concept of 'keeping something confidential or secret'; be able to judge when we should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'. • I understand how our bodies change when we start to get angry; • I know some ways to calm down when I start feeling angry. 	<ul style="list-style-type: none"> • I can describe some healthy foods and recognise that a healthy diet will help to look after my body. • I can explain how I should look after my teeth and recognise why I need to do so. • I can recognise the risks in daily life and how to minimise these.
Year 4	<ul style="list-style-type: none"> • I can use peaceful problem solving to sort out difficulties. • I can tell you what a 'win-win' solution is and always try to find one in a conflict situation. • I have started to develop strategies to resolve conflicts with friends and family. • I recognise some similarities and differences between people and some of the reasons for these. • I understand the nature and consequences of discrimination, teasing, bullying and aggressive behaviours. • I recognise and challenge stereotypes. 	<ul style="list-style-type: none"> • I know that exercise is necessary for me to stay healthy. • I understand what a balanced diet is and that it plays an important role in keeping their bodies healthy. • I recognise that I need to wash regularly and keep my body and clothes clean. • I understand difference between the terms, 'risk', 'danger' and 'hazard'

PSHCE Expectations: Spring Term

Year	Getting On and Falling Out	Developing A Healthier Lifestyle
Year 5	<ul style="list-style-type: none"> • I know that my relationships are all different and that different ways of behaving are appropriate to different types of relationships. • I can accept and appreciate people's friendship and try not to demand more than they are able or wish to give. • I can tell you things that I or other people sometimes do or say in a conflict situation that usually make things worse. • I can consider both the short-term and long-term consequences of my behaviour in order to make a wise choice when I am feeling angry. • I understand what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships. • I recognise that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age and disability. 	<ul style="list-style-type: none"> • I recognise that I need to wash regularly and keep my body and clothes clean. • I can identify factors which affect my emotional and mental health. • I recognise, predict and assess risks in different situations. • I understand the term 'habit' and why habits can be hard to change • I understand how legal and illegal drugs could damage their immediate and future health and safety • I can identify substances that can be harmful to the human body and describe some of the effects. • I know that medicines are also drugs and should be taken with care.
Year 6	<ul style="list-style-type: none"> • I know: <ul style="list-style-type: none"> ○What my triggers are for anger. ○What happens when I get angry. ○What happens when I am overwhelmed by my feelings? ○Ways to calm myself down. • I am able to see a situation from another person's perspective. • I know how my behaviour is linked to my thoughts and feelings. • I recognise and challenge stereotypes. • I am able to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them). • I understand the concept of 'keeping something confidential or secret'; be able to judge when we should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'. 	<ul style="list-style-type: none"> • I recognise a variety of factors which can positively and negatively affect their physical, mental and emotional health. • I recognise, predict and assess risks in different situations and decide how to manage them responsibly. • I understand how legal and illegal drugs could damage my immediate and future health and safety.