

PSHCE Objectives

Year 1

- Can I understand what the world would be like without any rules?
- Do I know what the difference is between a rule and an expectation?
- Can I say what the most important rule in my classroom and explain why?
- Can I say why I must be careful with who I communicate with online?
- Can I explain the benefits of having a good friend?
- Can I explain the benefits of being a good friend?
- Do I understand that if someone isn't my friend, I cannot treat them badly?
- Can I explain the rules of a game I have played?
- Can I say why rules are important?
- Can I explain what you say to show your appreciation when someone does something kind for you or gives you something you want or need?
- Can I explain how we can make other people happy?
- Can I explain how to create my own happiness?
- Do I know what strategies to use to calm myself down when I am feeling angry?
- Can I explain how our bodies reflect our emotion?
- Can I name a strategy to deal with negative emotions?
- Can I explain why we should listen to and respect other people's opinions and views?
- Can I demonstrate good listening?
- Can I understand why the benefits of hand washing are so important?
- Can I understand the benefits of eating meals together?
- Can I explain why protein is an important part of our diet?
- Can I create a healthy menu for a party?
- Can I explain why physical exercise is good for us?
- Can I talk about the similarities and differences between myself and others and know that differences are a good thing?
- Can I give a definition of bullying?
- Can I understand how name-calling can make someone else feel?
- Can I explain what a cyber-bully is?
- Can I give three examples of negative behaviour?
- Can I give an example of 'considered behaviour'?
- Can I explain the difference between a good and a bad secret?
- Can I explain how I would get help if I wasn't with a trusted adult?
- Can I explain how you can show your family and friends that you care for them?
- Can I explain how different family members care for me?
- Can I explain why we like to feel special?
- Can I talk about any responsibilities I have at home?
- Can I explain how I feel when someone can trust you?
- Can I explain how to treat someone else's belongings?
- Can I explain why it is important to return something you have borrowed?
- Can I give an example of when you shared something that you really wanted to keep yourself?
- Can I explain why we should share?
- Can I explain what would happen if you stayed in the sun all day without taking any sun safety precautions.
- Can I explain the consequences of not taking care when crossing the road?
- Can I explain the needs between needs and wants?



PSHCE Objectives

- Can I say why it is wrong to steal money?
- Can I say what job I would like when I am older?
- Can I say which is more important – people or money?
- Can I explain why we should keep money safe and list some ways of keeping it safe?

Year 2

- Can I explain what would happen if countries were friendlier towards each other?
- Can I explain what the word generous means?
- Can I explain the word unfair?
- Can I explain what I do for the school community?
- Can I say one positive thing about being part of a community?
- Can I explain how to look after others in my school community and the wider community?
- Can I suggest ways to keep myself safe when I come across adults I don't know?
- Can I think of things that are never right, under and circumstances?
- Can I say when is the best time to think about a consequence – before or after I choose to do something?
- Can I say why it is important to have goals?
- Can I explain why it is important to be able to negotiate?
- Can I explain why it is important to be able to work as a team?
- Can I say if it is okay to disagree?
- Can I explain what happens if I don't keep clean?
- Can I say three properties of my skin?
- Can I say what happens to my skins as I get older?
- Can I say how many teeth I have?
- Can I say which jobs my teeth do?
- Can I say how to clean my teeth?
- Other than brushing, can I give other ways of looking after my teeth?
- Can I name three foods which are good for my teeth?
- Can I explain when we should take medicines?
- Can I say why medicines can sometimes be dangerous?
- Can I say if boys are better than girls or if girls are better than boys?
- Can I say what the main physical differences are between boys and girls?
- Can I say whether differences between boys and girls mean we should behave differently towards each other?
- Can I say who is allowed to touch us and what is appropriate touching?
- Can I say why we need our muscles and how can we strengthen them?
- Can I suggest ways that I could get more exercise?
- Can I say when I might need help and explain who I could ask for help?
- Can I understand why it is important for to see from other people's point of view?
- Can I say what does a 'positive impact means'?
- Can I tell the difference between light-hearted teasing and teasing that is hurtful?
- Can I contribute to a class pledge?
- Can I see the benefits that my class pledge will have on the wider community?
- Can I say who I think is the most important member of the community and why?
- Can I give examples of responsibilities you may have at home and / or at school?
- Can I say what sort of things might cause 'negative emotions'?



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- Can I give ways in which I can deal with 'negative emotions'?
- Can I explain what kind of things we might do for someone we love?
- Do I understand that it is okay to feel sad?
- Can I explain what NOT to do when feeling sad?
- Can I say which is it more important to buy - food or toys? Why?
- Can you give an example of something you need / something you want?
- Can I explain why money is important?
- Can I give examples of ways that you can earn money?

Year 3

- Can I identify the main ways I can stay safe online?
- Can I say why it is important to follow safety rules for using the internet safely?
- Can I say which information I should be careful about sharing online?
- Can I explain the sensible choices I need to make to keep myself safe online?
- When online, can I say where to go to get support?
- Can I say what the positives and negatives are of being responsible for the class and their learning?
- Can I explain why we need rules?
- Can I identify the three main ways we learn?
- Can I say what the challenges are of planning ahead?
- Can I identify the important role a teacher plays in learning?
- Can I say what the main features are of good friends?
- Can I say why having a good friend make life so much better?
- Can I name the different places I have met and made friends?
- Can I explain how I can show friendship and explain how it makes me feel?
- Can I explain boundaries within my friendships?
- Can I say whether I think being a good friend is an achievement or not – and explain why?
- Can I explain the word 'empathise' and explain how it would benefit someone else?
- Can I explain what to do I should become lost?
- Can I explain the difference between physical and mental health?
- Can I say which is more important – physical or mental health?
- Can I say why goal setting is important and explain how it will help me in my future?
- Can I say why sleep is so important and suggest how much sleep I should get?
- Can I explain why a good, clear communication is so important?
- Can I say what makes a good listener?
- Do I understand what the benefits are of being part of a community?
- Can I say what was most noticeable about the different school community?
- Can I explain what is meant by puberty and talk about how our bodies change in this time?
- Can I explain why we loose our first teeth and explain how to look after our new teeth?
- Can I explain what 'first aid' is?
- Can I explain when I would need to call 999?
- Do I know what information I need when calling 999?
- Can I explain the role of a paramedic?
- Can I say some of the ways that I can keep myself healthy?
- Can I say what happens to my body when exercising?
- Can I suggest benefits of regular exercising?



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- Can I explain what is more important – a need or a want?
- Can I suggest other ways of keeping healthy?
- Can I say what makes a good working relationship and can I explain why it may not always be a good idea to work with our friends?
- Can I suggest some of the problems I may face when working with others?
- Can I say under which circumstances, collaboration works best?

Year 4

- Can I give others advice about staying safe online?
- Can I share the dangers of excessive internet usage?
- Can I debate arguments for and against internet use?
- Can I define the word stereotype?
- Can I explain the best way to challenge stereotypes?
- Can I explain why reactions are linked to our emotions?
- Can I explain why it is important to find a solution?
- Can I explain why it is important to identify my strengths?
- Can I explain what the words resilience and persistence mean?
- Can I say how bullying is a negative form of persistence?
- Can I say how bullying effects our mental, physical and emotional well-being?
- Can I explain how to make bullying stop?
- Can I explain the consequences of over reacting?
- Can I judge whether or not a reaction is appropriate or proportional?
- Can I identify the main food groups?
- Can I say why it is important to have a healthy diet?
- Can I explain why a protein rich diet is beneficial to our bodies?
- Can I explain the relationship between having plenty of exercise and eating a balanced diet?
- Can I list the important skills needed in the preparation of food?
- Can I list the important things to consider when planning a menu?
- Can I explain why it is important to seek good advice?
- Can I explain where to go to get help and advice if I feel I have no-one to talk to?
- Can I say why it is a good thing to have an opinion?
- Do I understand that it is important to value other people's opinions?
- Do I know how I could help someone who has lost someone close to them?
- Can I give three different examples of a family unit?
- Can I understand that a weakness can be turned into a strength?
- Do I know how I can help other's reach their targets?
- Can I define self-respect and understand how it is linked to happiness?
- Can I say why it is important to be able to identify our strengths?
- Can I explain how things I do now might affect my future?
- Can I explain why it is important to have a dream for the future and say why it is good to try new things?
- Can I name 5 things that connect us all together as a class?
- Can I explain the purpose of a family and explain who different families differ?
- Can I explain the term 'discriminate'?
- Can I explain why it is important to respect other people's beliefs?
- Can I explain what 'diversity' means and explain ways in which we are all the same?



PSHCE Objectives

- Can I discuss how we decide what to spend money on?
- Can I explain why we should save money?
- Can I say who or what influences what I spend my money on?
- Can I say how important it is to think about our future wants?

Year 5

- Can I define the word 'anarchy' and say why rules are important?
- Can I give an example of democracy, sovereignty, dictatorship, government and monarchy?
- Can I say why it is important to have equal rights and describe what difference it makes to everyday life?
- Can I show how to show someone respect in an online context?
- Can I say whether drugs are a good or a bad thing and give an example of an illegal drug?
- Can I explain the difference between alcoholic and non-alcoholic drinks?
- Do I understand why it is illegal for children to drink alcohol?
- Can I say why memories of loved ones we have lost are important to us?
- Can I explain the significance of a poppy and what it symbolises?
- Can I understand that new life connects with death?
- Can I say why separation and divorce might happen?
- Can I identify who to talk to if I am sad and lonely?
- Can I explain what diversity is and how to celebrate it?
- Can I explain the changes to my body during puberty?
- Can I explain why hygiene is especially important during puberty?
- Can I discuss some healthy choices that I have made?
- Can I explain why smoking is harmful and explain what I should do if offered a cigarette?
- Can I explain what could happen if I inhaled a volatile substance?
- Can I explain the three dimensions on well-being?
- Can I identify who is responsible for keeping me safe?
- Can I explain why trust is important when sharing information / our emotions with others?
- Can I explain why it is so important to listen to others?
- Can I describe a healthy and balanced meal?
- Do I understand why it is important to be able to cook a healthy meal?
- Can I give reasons why someone might choose to eat a take away, rather than a healthy meal?
- Can I whether presentation or taste is more important when preparing food?
- Can I give examples of positive and negative touch and explain where I would ask for help if I was concerned?
- Can I give examples of when collaboration is needed?
- Can I discuss what another team has done well when working together?
- Can I explain how I would deal with someone who wasn't pulling their weight?
- Can I explain how accidents can be avoided?
- Can I identify who to call if I am in any doubt when it comes to first aid?

Year 6

- Can I recognise why it is important to have aspirations?
- Do I understand why a sense of achievement is important?
- Can I suggest ways of helping others to reach their potential?



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- Can I talk about my goals?
- Can I discuss the things that inspire me?
- Can I give ways of spotting fake news?
- Can I give ways that discrimination affects people?
- Can I give an example of a stereo type?
- Can I explain how cultural identity and family life are linked to the idea of 'belonging'?
- Can I discuss clues to look for that suggest someone may be unwell?
- Can I explain what vaccinations are and how they work?
- Can I explain why marriage is such an important relationship?
- Can I give three ways of keeping mentally fit?
- Can I say what sort of things might trigger mental health issues and say how these can be best dealt with?
- Can I explain that relationship changes are inevitable and how is best to deal with them?
- Can I explain what it means to have a 'budget'?
- Can I give examples of what might happen if I didn't have a budget?
- Can I explain what is dangerous about 'buy now, pay later' deals?
- Can I explain why it is important to save money for the future?
- Can I explain how to find the best deal on an item?
- Can I participate in an enterprise event and discuss what I have learned?
- Can I explain why we should give to charities?
- Can I suggest ways of helping charities even if I don't want to give my own money?

