



St. John the Evangelist PSHE Curriculum End Points



Year Group	PSHE Thread	End Points
EYFS	Relationships	Recognises that all families are different and can talk about their own family with confidence. Identifies simple feelings in themselves and others and begins to use vocabulary to express them. Understands that God loves them and that they are unique and special.
	Health and Wellbeing	Names basic body parts and understands that their body belongs to them. Demonstrates simple hygiene routines (handwashing, brushing teeth). Talks about healthy foods and the importance of exercise.
	Staying Safe	Knows basic rules for keeping their body safe, including “My Body, My Rules”. Understands simple online safety rules (asking an adult, not clicking unknown links). Knows how to cross the road safely and recognises dangers near train tracks. Understands sun safety and the need for protective clothing.
	Living in the Wider World	Recognises people who help us in the community. Begins to understand sharing, turn-taking and fairness. Knows that digital devices can be used for learning and play.
Year 1	Relationships	Identifies trusted adults and understands the importance of kindness and saying sorry. Recognises good and bad secrets and knows they should always tell if something feels wrong. Begins to understand physical boundaries and respectful touch.
	Health and Wellbeing	Understands the difference between healthy and unhealthy foods. Demonstrates basic first aid awareness (getting help, calling 999). Identifies simple feelings and strategies to manage them.
	Staying Safe	Understands the concept of harmful substances and knows not to touch unknown items. Recognises unsafe online behaviour (pop-ups, strangers online). Knows how to stay safe near roads and train tracks. Understands the PANTS rule and can name the areas covered by underwear.
	Living in the Wider World	Identifies where money comes from and simple ways to look after it. Understands that rules help keep people safe. Recognises different roles in the community.



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Year 2	Relationships	Understands differences between boys' and girls' bodies using correct vocabulary. Talks about feelings, including sadness and loss, with increasing confidence. Understands what makes a good friend and how to resolve simple conflicts
	Health and Wellbeing	Demonstrates good hygiene routines independently. Understands the importance of sleep, exercise and healthy eating. Recognises early signs of feeling unwell and knows who can help.
	Staying Safe	Understands online identity and how images can be shared. Recognises bullying and online bullying and knows how to report it. Understands sun safety and water safety rules. Knows the PANTS rule in more detail and understands that unwanted touch is never their fault.
	Living in the Wider World	Understands the concept of saving money and making choices. Recognises the different communities they belong to. Understands copyright in simple terms (ownership of work online).
Year 3	Relationships	Understands different types of relationships (family, friends, community). Recognises how actions affect others and shows empathy. Begins to understand the concept of bodily autonomy and consent.
	Health and Wellbeing	Understands the effects of tobacco, alcohol and other harmful substances. Demonstrates basic first aid skills (cuts, bumps, seeking help). Identifies early signs of poor mental health and strategies to manage emotions.
	Staying Safe	Understands cyberbullying and how to respond safely. Recognises unsafe situations in the community, including train tracks and fireworks. Understands the NSPCC PANTS rule in depth. Knows how to stay safe when travelling near busy roads.
	Living in the Wider World	Understands where money comes from and different ways to pay. Recognises how online information can be manipulated or inaccurate. Understands the role of the Church and community in supporting others.
Year 4	Relationships	Understands how to maintain healthy friendships and manage conflict. Recognises the impact of bullying and exclusion. Understands the concept of personal boundaries and respecting others' boundaries.



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	Health and Wellbeing	Understands the physical and emotional changes associated with puberty (introductory). Recognises the impact of sleep, nutrition and exercise on wellbeing. Understands mental health problems such as loneliness and stress.
	Staying Safe	Understands privacy and security online, including passwords. Recognises grooming behaviours online and offline. Understands the risks of drugs, alcohol and smoking. Knows how to stay safe near water and in the sun.
	Living in the Wider World	Understands borrowing, spending and budgeting in simple terms. Recognises advertising techniques and how they influence choices. Understands protected characteristics and the importance of equality.
Year 5	Relationships	Understands the full range of emotions and strategies for self-regulation. Recognises unhealthy relationships, including coercion and peer pressure. Understands the concept of consent and bodily autonomy in greater depth.
	Health and Wellbeing	Understands puberty in detail, including menstruation (practical and emotional preparation). Understands the impact of lifestyle choices on long-term health. Demonstrates more advanced first aid knowledge (asthma, allergies, bleeding)
	Staying Safe	Recognises sexual harassment and child-on-child abuse and knows how to report concerns. Understands online relationships, digital footprints and online reputation. Understands radicalisation and extremism at an age-appropriate level (PREVENT). Knows how to stay safe around local water sources and railway lines.
	Living in the Wider World	Understands ethical spending, value for money and financial responsibility. Recognises the role of Catholic Social Teaching in community action. Understands how careers link to skills, strengths and aspirations.
Year 6	Relationships	Understands how relationships change as they grow and prepares for transition to secondary school. Recognises signs of abusive or exploitative relationships. Understands reproduction (in line with Ten:Ten guidance) and the responsibilities of growing up.
	Health and Wellbeing	Understands advanced puberty content, including emotional changes.



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		Demonstrates secure strategies for managing stress, anxiety and change. Understands the impact of harmful substances and risky behaviours.
	Staying Safe	Recognises all forms of sexual harassment, abuse and exploitation. Understands how to critically evaluate online content and manage online risks. Knows how to respond to emergencies, including calling for help and basic first aid. Understands contextual safeguarding risks in their local area (roads, train tracks, water, online harm).
	Living in the Wider World	Understands budgeting, saving and financial planning. Recognises how media, stereotypes and misinformation influence behaviour. Understands their role as stewards of God's world and active citizens.