

# PSHCE – New Key Skills 2023-2024

<p><b>Reception</b></p>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li>• I can talk about myself and how I am an individual.</li> <li>• I can talk about special people in my life.</li> <li>• I can express and describe different feelings.</li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>• I know other people can feel different things to me.</li> <li>• I can use speaking and listening skills to learn about the lives of my friends.</li> <li>• I can show kindness towards others.</li> </ul> <p><b>Keeping Myself Safe</b></p> <ul style="list-style-type: none"> <li>• I can talk about how to keep my body and brain healthy and safe.</li> <li>• I can talk about how to stay safe around medicines.</li> <li>• I know how to stay safe in different places (school, home, roads).</li> </ul> <p><b>Rights and Responsibilities</b></p> <ul style="list-style-type: none"> <li>• I understand that I can make a difference.</li> <li>• I know how to be respectful of other people.</li> </ul> <p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li>• I can show some resilience in my learning.</li> <li>• I can persevere when problem-solving.</li> <li>• I can talk about some ways I can be healthy.</li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>• I understand that there are changes in nature and humans.</li> <li>• I can talk about the different stages in childhood and growing up.</li> </ul>
<p><b>Year 1</b></p>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li>• I understand why we have rules.</li> <li>• I can identify some of my feelings.</li> <li>• I can explain how some people can help us.</li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>• I can name some differences and similarities between people.</li> <li>• I can explain the difference between kind and unkind behaviour.</li> </ul> <p><b>Keeping Myself Safe</b></p> <ul style="list-style-type: none"> <li>• I can talk about the ways I can stay healthy (diet, sleep).</li> <li>• I understand that medicines can sometimes make people feel better when they're ill.</li> <li>• I understand the Underpants Rule and know which parts should be private.</li> </ul> <p><b>Rights and Responsibilities</b></p> <ul style="list-style-type: none"> <li>• I understand the importance of regular hygiene.</li> <li>• I understand the importance of looking after something (pet, plant, object).</li> <li>• I can list some things that families might spend money on.</li> </ul> <p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li>• I understand how germs can be spread.</li> <li>• I understand that learning a new skill takes practise.</li> <li>• I can give and receive positive praise.</li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>• I understand the basic needs of a baby (and myself).</li> <li>• I can name the things I could do as a baby, a toddler and can do now.</li> <li>• I can identify situations as being secrets or surprises.</li> </ul>

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<p><b>Year 2</b></p>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li>• I can suggest ways to make my classroom a better place.</li> <li>• I can identify the difference between bullying and teasing and give examples.</li> <li>• I can suggest ways I can be a good friend.</li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>• I can identify some of the physical and non-physical differences and similarities between people.</li> <li>• I can explain how my person's behaviour can affect other people.</li> <li>• I can suggest ways to help deal positively with a common situation.</li> </ul> <p><b>Keeping Myself Safe</b></p> <ul style="list-style-type: none"> <li>• I can identify safe and unsafe situations and know how to react to keep myself safe.</li> <li>• I can talk about some touches are not fun and can hurt or be upsetting.</li> <li>• I can name some people I can talk to if I feel unhappy, scared or worried.</li> </ul> <p><b>Rights and Responsibilities</b></p> <ul style="list-style-type: none"> <li>• I can talk about ways I can deal with impulsive behaviour.</li> <li>• I can make suggestions to improve an area (the school, local area).</li> <li>• I understand that money can be spent on items which are essential or non-essential.</li> </ul> <p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li>• I can help myself and others develop a positive attitude.</li> <li>• I can describe simple hygiene routines.</li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>• I can identify different stages of growth (e.g. baby, toddler, child, teenager, adult).</li> <li>• I can identify which parts of the human body are private.</li> </ul>
<p><b>Year 3</b></p>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li>• I can explain why we have different rules for different age groups.</li> <li>• I understand the feeling of loss and how to deal with it.</li> <li>• I can identify what a good friend is and that no-one has the right to force them to do a dare.</li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>• I understand that there are lots of different types of families.</li> <li>• I can identify similarities and differences between a diverse range of people from varying national, regional, ethnic and religious backgrounds.</li> </ul> <p><b>Keeping Myself Safe</b></p> <ul style="list-style-type: none"> <li>• I can explain the difference between, and identify 'danger' and 'risk'.</li> <li>• I can identify some key risks from and effects of cigarettes and alcohol.</li> </ul> <p><b>Rights and Responsibilities</b></p> <ul style="list-style-type: none"> <li>• I recognise what a volunteer is and why volunteering is important.</li> <li>• I can talk about the different methods of looking after the school environment.</li> <li>• I recognise that there are times we can buy items we want and times when we need to save for items.</li> </ul> <p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li>• I can explain how each of the foods on the <b>Eatwell Guide</b> benefits my body.</li> <li>• I can explain how simple hygiene routines can help to reduce the risk/spread of infectious illnesses.</li> </ul>

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	<ul style="list-style-type: none"> <li>• I can identify my achievements and areas of development.</li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>• I can identify different types of relationships.</li> <li>• I understand what is meant by the term personal space.</li> <li>• I can define the terms 'secret' and 'surprise' and know the difference between safe/unsafe secrets.</li> </ul>
<p><b>Year 4</b></p>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li>• I can identify when a friendship is not healthy.</li> <li>• I can identify a wider range of feelings.</li> <li>• I understand that my feelings might change towards someone or something.</li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>• I can define the words 'negotiation' and 'compromise'.</li> <li>• I know that I have different types of relationships with people (friend/acquaintance).</li> <li>• I can list some of the ways in which people are different to each other.</li> </ul> <p><b>Keeping Myself Safe</b></p> <ul style="list-style-type: none"> <li>• I can explain the difference between 'danger', 'risk' and 'hazard'.</li> <li>• I know that medicines are drugs and the explain safety issues for medicine use.</li> <li>• I know some of the key risks around smoking and vaping.</li> </ul> <p><b>Rights and Responsibilities</b></p> <ul style="list-style-type: none"> <li>• I can explain how different people help me stay safe.</li> <li>• I can identify some of my own rights and responsibilities.</li> <li>• I understand that some reports in the media can influence the way I think about something.</li> <li>• I understand the terms 'income' and 'expenditure' (expenses).</li> </ul> <p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li>• I can identify ways in which everyone is unique.</li> <li>• I know that that there are times when my own choices may be the same as my friends.</li> <li>• I can suggest ways in which different people support the school community.</li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>• I can describe some of the changes that happen to people during their lives.</li> <li>• I can name some positive and negative feelings.</li> <li>• I can define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret.</li> </ul>
<p><b>Year 5</b></p>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li>• I can describe strategies for resolving difficult issues or situation (negotiation and compromise).</li> <li>• I can give examples of some key qualities of friendship and what makes an 'unhealthy' friendship.</li> <li>• I can identify some passive, aggressive and assertive behaviours.</li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>• I can demonstrate respectfulness in responding to others.</li> <li>• I understand 'discrimination' and the benefits of growing up in a diverse society.</li> </ul> <p><b>Keeping Myself Safe</b></p>

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	<ul style="list-style-type: none"> <li>• <b>I can explain what a habit is.</b></li> <li>• I recognise when situations are risky and can weigh up risk factors when making a decision.</li> <li>• I can identify risk factors in a given situation (smoking/alcohol) and understand the actual norms around it.</li> </ul> <p><b>Rights and Responsibilities</b></p> <ul style="list-style-type: none"> <li>• I can understand the difference between a fact and an opinion and express my own opinion on an issue.</li> <li>• I can define the differences between responsibilities, rights and duties.</li> <li>• I can suggest advice for situations involving personal finance (lending/owing money).</li> </ul> <p><b>Being my Best</b></p> <ul style="list-style-type: none"> <li>• I can explain the importance of food, water, oxygen, sleep and exercise for the human body.</li> <li>• I can identify my own strengths and talents and suggest ways in which I can improve.</li> <li>• I can explain what being part of a school community means to them.</li> <li>• Recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life</li> </ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"> <li>• I know the correct words for the external sexual organs.</li> <li>• I know what puberty is and why it happens.</li> <li>• I am aware of some of the myths surrounding puberty and menstruation.</li> <li>• I can explain the difference between a safe and an unsafe secret.</li> </ul>
<p><b>Year 6</b></p>	<p><b>Me and My Relationships</b></p> <ul style="list-style-type: none"> <li>• I can work collaboratively on a task.</li> <li>• I can recognise peer influence and pressure.</li> <li>• I understand that everyone has the right to be free to choose who/ whether to marry.</li> <li>• I recognise that some types of physical contact can produce strong negative feelings.</li> </ul> <p><b>Valuing Difference</b></p> <ul style="list-style-type: none"> <li>• I recognise that bullying/discriminatory behaviour can result from disrespect of people's differences.</li> <li>• I understand the term prejudice.</li> <li>• I can explain the importance of mutual respect for different faiths and beliefs and how to demonstrate this.</li> <li>• I understand the term stereotype.</li> </ul> <p><b>Keeping Myself Safe</b></p> <ul style="list-style-type: none"> <li>• I can define and can demonstrate an understanding of addiction.</li> <li>• I understand that drugs can be categorised into different groups (medical and legal).</li> <li>• I understand the effects and risks of drinking alcohol.</li> </ul> <p><b>Rights and Responsibilities</b></p> <ul style="list-style-type: none"> <li>• Define the terms 'fact', 'opinion', 'biased' and 'unbiased', explaining the difference between them.</li> <li>• Describe the different ways money can be saved, outlining the pros and cons of each method.</li> </ul>

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	<ul style="list-style-type: none"><li>• Recognise and explain that different jobs have different levels of pay.</li></ul> <p><b>Being my Best</b></p> <ul style="list-style-type: none"><li>• I can identify aspirational goals.</li><li>• I can identify risk factors in a given situation.</li><li>• I understand the risks related to growing up and can explain the need to be aware of these.</li></ul> <p><b>Growing and Changing</b></p> <ul style="list-style-type: none"><li>• I recognise some of the changes they have experienced and their emotional responses to those changes.</li><li>• I can define what is meant by the term stereotype.</li><li>• I recognise how the media can sometimes reinforce gender stereotypes.</li><li>• I can identify the changes that happen through puberty to allow sexual reproduction to occur.</li></ul>
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