

PSHCE – New Key Skills 2024-2025

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

PSHCE – New Key Skills 2024-2025

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

PSHCE – New Key Skills 2024-2025

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

PSHCE – New Key Skills 2024-2025

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

PSHCE – New Key Skills 2024-2025

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