



Learning to Succeed

# GLADSTONE ROAD PRIMARY SCHOOL END OF YEAR EXPECTATIONS PSHE



Learning to Succeed

YEAR 1 PSHE		YEAR 2 PSHE		YEAR 3 PSHE	
<b>Me and My Relationships</b>		<b>Me and My Relationships</b>		<b>Me and My Relationships</b>	
<b>Know about and understand:</b>		<b>Know about and understand:</b>		<b>Know about and understand:</b>	
I know that family and friends should care for each other giving; love, security & stability.		I know the characteristics of a healthy family life including; respect, care and quality time.		I know relationships can alter and I understand change and loss including; separation, divorce & bereavement.	
I know the names for the main body parts (including external genitalia) and why it is important to keep them private.		I know the similarities/differences between most boys and girls and that individuals have rights over their own bodies.		I understand the difference between secrets and surprises both on and offline.	
I can name people who look after me, on and offline and know how to attract their attention.		I know when relationships both on and offline make me feel unhappy or unsafe and I am able to ask for help.		I understand that it is OK to be different to others and can value myself.	
		I understand stereotypes and how these can have a negative impact.			
<b>Keeping Myself Safe</b>		<b>Keeping Myself Safe</b>		<b>Keeping Myself Safe</b>	
<b>Know about and understand:</b>		<b>Know about and understand:</b>		<b>Know about and understand:</b>	
I know the role of medicines and how to use them safely.		I understand that all drugs can be harmful if not used properly.		I can identify and explain how to manage risks in different situations on and offline.	
I recognise the need for safety rules in different environments and can follow them, on and offline.		I have simple skills which will help to keep me safe, on and offline.		I have a growing understanding of risks when communicating online and know ways of reducing them.	
I can name an adult in school who can help me and I know there are people and services who can help us including how to call 999 in an emergency.					
<b>My Healthy Lifestyle</b>		<b>My Healthy Lifestyle</b>		<b>My Healthy Lifestyle</b>	
<b>Know about and understand:</b>		<b>Know about and understand:</b>		<b>Know about and understand:</b>	
I know the importance of personal hygiene.		I can make simple choices to improve my physical and emotional health.		I can make choices to improve my health and well-being.	
I understand what physical and mental health means.		I can recognise and name a range of feelings and I have simple strategies to manage them.		I know how to look after my mental wellbeing.	
I can talk about my emotions and recognise them in others.		I know what a healthy lifestyle includes.		I understand what being resilient means to me.	



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Me and My Future		Me and My Future		Me and My Future	
<b>Know about and understand:</b>		<b>Know about and understand:</b>		<b>Know about and understand:</b>	
I know that we have to pay for what we buy and how to keep money safe.		I understand people have to find ways to balance wants and needs.		I can look after money and make simple financial decisions.	
I can identify positive things about myself, recognise my strengths and set myself goals.		I understand that the choices we make affect ourselves and others.		I know there are different ways to gain money, including earning it through work.	
		I can identify my strengths and set some goals.		I begin to understand why we have charities.	
<b>Becoming an Active Citizen</b>		<b>Becoming an Active Citizen</b>		<b>Becoming an Active Citizen</b>	
<b>Know about and understand:</b>		<b>Know about and understand:</b>		<b>Know about and understand:</b>	
I can express a simple opinion, agreement and disagreement.		I know that I belong to different groups and communities.		I know why different rules are needed in different situations and can participate in making and changing them.	
I can respectfully ask questions and listen to the answers.		I know what improves and harms the environment.		I know that choices we make can have impact on the local, national and global communities.	
		I know that people and other living things have needs and recognise my own responsibility to meet those needs.			

YEAR 4 PSHE		YEAR 5 PSHE		YEAR 6 PSHE	
<b>Me and My Relationships</b>		<b>Me and My Relationships</b>		<b>Me and My Relationships</b>	
<b>Know about and understand:</b>		<b>Know about and understand:</b>		<b>Know about and understand:</b>	
I can recognise what love is and understand what marriage /civil partnerships represent.		I know the ways in which children grow and develop in puberty – including periods (menstruation) and I am respectful.		I understand the physical and emotional changes I will go through at puberty and can look after my body and health.	
I understand that my body and emotions will change as I grow older and I know the importance of taking care of my own body.		I am aware of different types of relationships and what makes them a positive, healthy relationship both on and offline.		I know about human reproduction, including conception.	
I understand a range of feelings and can respond appropriately to the feelings of others.		I know how to respond safely and appropriately to adults I meet, on and offline.		I know how to ask for help and have strategies to resist peer pressure both on and offline.	
I can name people who look after me.				I realise the consequences of anti-social and aggressive behaviours	



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<b>Keeping Myself Safe</b>		<b>Keeping Myself Safe</b>		<b>Keeping Myself Safe</b>	
<b>Know about and understand:</b>		<b>Know about and understand:</b>		<b>Know about and understand:</b>	
I can recognise and assess risk, relating to myself and others and know how to get help.		I can identify strategies I can use to keep myself physically and emotionally safe on and offline.		I can take responsibility for my own safety both on and offline.	
I have some effective strategies to cope with peer pressure both on and offline.		I know which commonly available substances and drugs are legal and illegal, and their effects and risks.		I am able to make informed decisions relating to risk taking behaviours.	
I understand the need to keep some information private in order to protect myself.		I know how to present myself safely online and understand the potential risks and know how to get help.		I am aware of online abuse and recognise the negative impact it can have on a person's mental health.	
				I am a responsible user of mobile phones.	
<b>My Healthy Lifestyle</b>		<b>My Healthy Lifestyle</b>		<b>My Healthy Lifestyle</b>	
<b>Know about and understand:</b>		<b>Know about and understand:</b>		<b>Know about and understand:</b>	
I can identify some factors (positive and negative) that affect my health.		I know what makes a healthy lifestyle.		I can manage my time and make decisions to look after my mental and physical health.	
I can make informed choices about healthy eating and exercising.		I can deal positively with my emotions and understand resilience.		I understand the impact of growth and adolescence on my hygiene, good quality sleep and nutrition needs.	
I have a range of strategies for managing and controlling strong feelings and emotions.		I can resolve differences.		I have an understanding of mental ill health.	
I can identify positive things about myself, recognise some of my mistakes and learn from them.					
<b>Me and My Future</b>		<b>Me and My Future</b>		<b>Me and My Future</b>	
<b>Know about and understand:</b>		<b>Know about and understand:</b>		<b>Know about and understand:</b>	
I can begin to develop an understanding that people have different financial circumstances.		I am able to make considered decisions about saving, spending and giving.		I can describe how people's careers are different and how they develop in different ways.	
I can explain how I will develop skills for work in the future.		I know about the range of jobs and some of the stereotypes surrounding some career choices.		I understand that employers must treat all employees equally.	
I recognise the range of jobs carried out by people they know.		I understand that there are a range of benefits from employment, not just financial.		I can explain what I am worried about and what I am looking forward to in Year 7.	



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<b>Becoming an Active Citizen</b>		<b>Becoming an Active Citizen</b>		<b>Becoming an Active Citizen</b>	
<b>Know about and understand:</b>		<b>Know about and understand:</b>		<b>Know about and understand:</b>	
I can acknowledge that others have different points of view both on and offline and demonstrate respect and tolerance both on and offline		I know what democracy is and how a democratic government works.		I understand what being part of a community means and can demonstrate a sense of social justice and moral responsibility.	
I know why and how rules and laws are made and enforced.		I understand the consequences of breaking the law.		I understand that everyone has human rights.	
I can recognise aggressive and anti-social behaviours.		I know that circumstances in other countries and cultures may be different from our own and understand why some people have chosen to leave their country and migrate to the UK.		I can research, discuss and debate topical issues, problems and events.	
I understand how my choices may impact on the environment.		I can express my views confidently and listen to and show respect for the views of others.		I can discuss controversial issues in a sensitive manner, such as terrorism, migration and racism.	