

Key: O = Oracy skills. LT = Learning Technologies. PSE = Personal, social and emotional skills. MC = Metacognitive skills

PSHE - End Points

Aspect	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
PSHE Skills									
a) Developing confidence and responsibility and taking the most of their capabilities	To try new activities O	To try new activities, and say why they like some activities more than others. To take account of one another's ideas about how to organise an activity. O	To identify and name some feelings and express some of their positive qualities. PSE	To demonstrate that they can manage some feelings in a positive and effective way. PSE They can express their views confidently. O	To demonstrate that they recognise their own worth and that of others. PSE	They can express their views confidently and listen to and show respect for the views of others. O PSE	To identify positive ways to face new challenges. MC	To reflect on and evaluate their achievements and strengths in all areas of their lives and recognise their own worth. To demonstrate respect for differences between people. PSE	They can recognise some strong emotions and identify ways of managing these emotions positively. PSE
							They can discuss some of the bodily and emotional changes at puberty, and can demonstrate some ways of dealing with these in a positive way. PSE		

b) Developing a healthy, safer lifestyle

To know the importance for good health, of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. PSE

To manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently. PSE

To understand and make, healthy choices in relation to healthy eating and exercise.

To dress and undress independently, successfully managing fastening buttons or laces.

To explain ways of keeping clean. To be able to name the main parts of the body.

To understand the need to be safe and how to keep keep in a variety of situations. O.

To be able to explain that people grow from young to old. O

To make simple choices about some aspects of their health and well-being and know what keeps them healthy.

To talk about the harmful aspects of some household products and medicines, and describe ways of keeping safe in familiar situations

To make choices about how to develop healthy lifestyles. PSE

To identify some factors that affect emotional health and well-being. PSE

To make judgements and decisions and list some ways of resisting negative peer pressure around issues affecting their health and well-being. PSE

To list the commonly available substances and drugs that are legal and illegal, and can describe some of the effects and risks of these.

To identify and explain how to manage the risks in different familiar

To explain how to stay physically and mentally healthy. O PSE

To make informed choices to maintain their health and well-being, and can explain reasons for these choices. MC PSE

To demonstrate effective ways of resisting negative pressure, including from their peers. MC

To assess the element of risk attached to making choices about healthy lifestyles, travel, personal safety and personal finances. To state the basic facts and laws about alcohol, tobacco and legal and illegal drugs. PSE

c) Developing good relationships and respecting the differences between people	<p>To be aware of own feelings, and know that some actions and words can hurt others' feelings. PSE</p> <p>To begin to be able to negotiate and solve problems without aggression.</p> <p>To know that other children don't always enjoy the same things, and are sensitive to this.</p> <p>To know about similarities and differences between themselves and others, and among families, communities and traditions.</p>	<p>To show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.</p> <p>To understand that different people have different beliefs, attitudes, customs and traditions and why it is important to treat them with respect. O</p> <p>To understand someone else's point of view can be different from theirs. O</p>	<p>To explain different ways that family and friends should care for one another.</p> <p>To begin to solve friendship issues independently. O</p>	<p>To recognise that bullying is wrong and can list some ways to get help in dealing with it. PSE</p> <p>To recognise the effect of their behaviour on other people and can cooperate with others. . PSE</p> <p>To identify and respect differences and similarities between people.</p>	<p>To explain how their actions have consequences for themselves and others. O</p> <p>To describe the nature and consequences of bullying, and can express ways of responding to it. O</p> <p>To identify different types of relationship. O</p> <p>To develop ways to maintain good relationships. PSE.</p>	<p>To respond to, or challenge, negative behaviours such as stereotyping and aggression. PSE</p> <p>To describe some of the different beliefs and values in society, and demonstrate respect and tolerance towards people different from themselves. PSE.</p>	<p>To recognise difference and demonstrate understanding and empathy towards others who live their lives in different ways. T. PSE</p> <p>To recognise and discuss the importance of relationships including marriage, parenthood and family life. PSE. O</p>	<p>To assertively challenge prejudice and discrimination. O PSE</p> <p>To discuss ways that relationships change over time, and how to negotiate within relationships. O</p>
d) Knowledge and understanding about becoming informed citizens	<p>To be aware of the boundaries set, and of behavioural expectations in the setting.</p> <p>To show care and concern for living things and the environment. PSE</p>	<p>To resolve minor disagreements through listening to each other to come up with a fair solution. PSE</p> <p>To describe some actions which people in their own community do that help to maintain the area they live in. O.</p>	<p>To begin to show understanding of simple citizenship concepts, for example right and wrong, fairness and rules. PSE</p>	<p>To begin to show understanding of values, for example honesty, tolerance, respect and concern for others. PSE</p> <p>To talk about and consider topics and issues, including moral and social dilemmas with others. O.</p>	<p>To investigate topical issues and problems using a range of sources, including the media, to find answers to simple questions or information and advice.</p> <p>To show understanding of values, for example honesty, tolerance, respect and concern for others. PSE</p>	<p>To show understanding of some citizenship concepts, for example rights, responsibilities, rules, right and wrong and fairness.</p> <p>To demonstrate a broad knowledge and understanding of the topics and issues they have explored.</p>	<p>To understand the role of the media in presenting information to the public and appreciate that information can be interpreted in different ways.</p>	<p>To demonstrate understanding of key citizenship concepts, for example rights and responsibilities, democracy, government, fairness, justice, rules, laws, diversity, identities and communities, power and authority, sustainable development and so on, and values, for example honesty, tolerance, respect and concern for others. PSE</p>

<p>e) Skills of enquiry and communication</p>	<p>To express themselves effectively, showing awareness of listeners' needs. O</p> <p>To speak confidently in a familiar group and talk about their ideas. O</p>	<p>To speak to a class group. To talk about the things they enjoy, and are good at, and about the things they don't find easy. PSE. O</p>	<p>To respond to simple questions and explain their own views and ideas in pairs and to the class. O</p> <p>To listen to the views of others. PSE & O</p>	<p>To take part in simple discussions and debates on topical issues that affect themselves and others. O & MC</p> <p>To understand that people may have different views on issues and use imagination to understand other people's experiences.</p>	<p>To talk and write about their opinions explaining their views. O</p> <p>To ask and respond to questions and listen to the view of others. O</p>	<p>To Identify questions, consider and discuss different issues, drawing simple conclusions and justifying personal views and opinions. O</p> <p>To listen to and consider the views and experiences of others and can express views that are not necessarily their own. O</p>	<p>To analyse and evaluate a range of sources of information, including ICT and the media, through investigation of topical issues, problems and events. MC</p>	<p>To present and develop ideas and views through group and class discussion and debate. MC & O</p> <p>To negotiate, decide and take part in responsible actions, both in the school and in the wider community, and reflect on their participation. To negotiate, decide and take part in responsible actions, both in the school and in the wider community, and reflect on their participation.</p>
<p>f) Skills of participation and responsible action</p>	<p>To play in a group, extending and elaborating play ideas, e.g. building up a role-play activity with other children. PSE. O</p>	<p>To play co-operatively, taking turns with others. O. PSE</p> <p>To know when and how to stand up for themselves appropriately. PSE.</p> <p>To stop and think before acting and they can wait for things they want. O. PSE</p>	<p>To make real choices and know how to ask for help. PSE. MC</p> <p>To listen to each other's suggestions and plan how to achieve an outcome without adult help.</p>	<p>To take part responsibly in group, class and school citizenship activities such as resolving differences by exploring alternatives and making choices. O</p> <p>To meet and talk with different adults from the community, for example nurse, police officer, councillor. O</p> <p>To take part in class and school citizenship activities, demonstrating they can play and work cooperatively and take and share responsibility. PSE</p>	<p>To begin to recognise that their actions affect themselves and others around them. MC</p>	<p>To take part in group and decision-making activities. MC</p> <p>To reflect on their participation in citizenship activities. MC</p>	<p>To negotiate, decide and take part in responsible actions, both in the school and in the wider community, and reflect on their participation.</p> <p>To communicate their findings and experiences with others and make suggestions for improvements or changes. O</p>	<p>To negotiate, decide and take part in responsible actions, both in the school and in the wider community, and reflect on their participation.</p> <p>To communicate their findings and experiences with others and make suggestions for improvements or changes. O</p>

KEY VOCABULARY