End Points for the Primary PSHE Curriculum

The children will need to know the precise vocabulary used in these end points.

Unit Titles	**End Points**	**Substantive Strands** Families and the People Who Care for Me Caring Friendships Respectful Relationships Being Safe Online Relationships Mental Wellbeing Internet Safety and Harms Physical Health and Fitness Healthy Eating Drugs and Alcohol Health and Prevention Basic First Aid Changing Adolescent Body	**Disciplinary Strands** Reflection Discussion Decision making Empathy Communication Collaboration
Reception			
Being Me	To know they have the right to learn and play safely To know some people are different from themselves To know that hands can be used kindly and unkindly	Caring Friendships Respectful Relationships	Reflection Discussion
Celebrating difference	To know the names of some emotions	Caring Friendships Respectful Relationships	Reflection Discussion Empathy Communication

	To know that they don't have to be the same as someone to be friends		
Dreams and Goals	To know what a goal is To know which words are kind	Families and the People Who Care for Me Caring Friendships Respectful Relationships	Reflection Discussion Decision making Empathy
Healthy Me	To know how to say 'no' to strangers To know what to do if they get lost To know when and how to wash their hands properly	Families and the People Who Care for Me Caring Friendships Respectful Relationships Being Safe Physical Health and Fitness	Reflection Discussion Decision making Communication
Relationships	To know some of the characteristics of healthy and safe friendships To know that friends sometimes fall out and how to mend a friendship	Caring Friendships Respectful Relationships Being Safe Mental Wellbeing	Reflection Discussion Decision making Communication
Changing Me	To know the names and functions of some body parts To know we grow from baby to adult To know who their trusted adults are to talk to	Being Safe Physical Health Mental Wellbeing	Reflection Discussion Decision making Communication Collaboration
Year 1			
Being Me	To know they have choices.	Respectful Relationships Mental Wellbeing	Reflection Discussion

	To know their views are important. To know they are safe in their class.		Communication
Celebrating Difference	To know who to tell if someone is feeling bullied or unhappy. To know that people have differences and similarities. To know skills to make friends.	Caring Friendships Being Safe Mental Wellbeing	Reflection Discussion Empathy Communication Collaboration
Dreams and Goals	To know how to set a simple goal To know how to overcome an obstacle	Mental Wellbeing	Reflection Discussion Decision making Communication Collaboration
Healthy Me	To know about people who can keep them safe To know how to keep safe when crossing the road	Being Safe Mental Wellbeing Health and Prevention	Reflection Discussion Decision making
Relationships	To know that families are founded on belonging, love and care To know there are lots of different types of families To know who to ask for help in the school community	Families and the People Who Care for Me Caring Friendships Respectful Relationships Being Safe	Reflection Discussion Decision making Empathy Communication Collaboration
Changing Me	To know there are correct names for private body parts	Respectful Relationships Being Safe Mental Wellbeing	Reflection Discussion Decision making

	To know which parts of the body are private and that they belong to that person and nobody has the right to hurt these To know who to ask for help if they are worried or frightened		Communication
Year 2			
Being Me	To know that rewards and consequences stem from choices To know that it is important to listen to other people. To know how they can make their class a safe and fair place	Caring Friendships Respectful Relationships	Reflection Discussion Decision making Empathy Communication Collaboration
Celebrating Difference	To know that it is okay not to conform to gender stereotypes. To know the difference between a one-off incident and bullying.	Respectful Relationships Being Safe Mental Wellbeing	Reflection Discussion Empathy Communication Collaboration
Dreams and Goals	To know why it is important to persevere To know how to recognise what working together well looks like	Respectful Relationships Mental Wellbeing	Reflection Discussion Decision making Communication Collaboration
Healthy Me	To know why healthy snacks are good for their body	Mental Wellbeing	Reflection Discussion

	To know that it is important to use medicines safely	Healthy Eating Drugs and Alcohol	Decision making
Relationships	To know families function well when there is trust, respect, care, love and cooperation To know how to say 'stop' if someone is hurting them To know why it is important to share worry secrets	Families and the People Who Care for Me Caring Friendships Respectful Relationships Being Safe Mental Wellbeing	Reflection Discussion Decision making Empathy Communication
Changing Me	To know there are different types of touch and that some are acceptable and some are unacceptable To know that aging is a natural process including old age	Respectful Relationships Being Safe Mental Wellbeing	Reflection Discussion Decision making Empathy Communication
Year 3			
Being Me	To know that rules are needed To know that actions can affect others' feelings To know how to work collaboratively	Respectful Relationships Mental Wellbeing	Reflection Discussion Decision making Empathy Communication Collaboration
Celebrating Difference	To know that some words can be used in hurtful ways and can have consequences To know that conflict is a normal part of relationships	Families and the People Who Care for Me Being Safe Online Relationships Mental Wellbeing	Reflection Discussion Decision making Empathy Communication

	To know that everybody's family is different	Internet Safety and Harms	Collaboration
Dreams and Goals	To know which dreams and ambitions are important to them To be able to evaluate and reflect on their own progress, identifying how it can be better next time	Mental Wellbeing	Reflection Discussion Decision making Communication Collaboration
Healthy Me	To know there are things, people and places that can be dangerous To know when something feels safe or unsafe To know a range of strategies to keep themselves safe	Being Safe Physical Health and Fitness Healthy Eating Drugs and Alcohol	Reflection Discussion Decision making Communication
Relationships	To know strategies for keeping themselves safe online To know they and all children have rights (UNCRC) To know gender stereotypes are unfair and inaccurate	Families and the People Who Care for Me Respectful Relationships Being Safe Online Relationships Internet Safety and Harms	Reflection Discussion Decision making Communication
Changing Me	To know some of the outside body changes that happen during puberty To know that in humans a mother carries a baby in her	Families and the People Who Care for Me Being Safe Changing Adolescent Body	Reflection Discussion

	uterus (womb) and this is where it develops To know that babies need love and care from their parents/carers		
Year 4			
Being Me	To know what democracy is To know how to take a role in a group discussion To know how to help friends to make positive choices	Caring Friendships Respectful Relationships Mental Wellbeing	Reflection Discussion Decision making Empathy Communication Collaboration
Celebrating Difference	To know that cyber-bullying and tactical ignoring are also forms of bullying To know that sometimes people make assumptions about a person because of the way they look or act	Being Safe Mental Wellbeing Internet Safety and Harms	Reflection Discussion Decision making Empathy Communication Collaboration
Dreams and Goals	To know how to share the success of a group To know how to make a new plan with new goals even if they have been disappointed	Respectful Relationships Being Safe Mental Wellbeing	Reflection Discussion Decision making Empathy Communication Collaboration
Healthy Me	To know that there are leaders and followers in groups	Caring Friendships Respectful Relationships Being Safe	Reflection Discussion Communication

	To know that smoking and alcohol affects health To know ways to resist when people are putting pressure on them	Online Relationships Drugs and Alcohol	Collaboration
Relationships	To know that loss is a normal part of relationships To know that memories can support us when we lose a special person or animal To know that sometimes it is better for a friendship to end if it is causing negative feelings or it is unsafe	Caring Friendships Respectful Relationships Being Safe Mental Wellbeing	Reflection Discussion Decision making Empathy Communication Collaboration
Changing Me	To know that sperm is made in boys' testes To know that eggs are normally stored in girls' ovaries from birth and one is released each month from the onset of puberty To know that girls menstruate if the egg is not fertilised and what some sanitary products are	Respectful Relationships Mental Wellbeing Changing Adolescent Body	Reflection Discussion Empathy
Year 5			
Being Me	To know that there are rights and responsibility associated with being a citizen of the community and country.	Caring Friendships Respectful Relationships	Reflection Discussion Decision making Empathy

	To know that an individual's behaviour can affect a group. To know how to listen and contribute effectively within a group.		Communication Collaboration
Celebrating Difference	To know external forms of supports in regard to bullying eg Childline To know what racism is and why it is unacceptable	Respectful Relationships Being Safe Online Relationships Mental Wellbeing Internet Safety and Harms	Reflection Discussion Decision making Empathy Communication
Dreams and Goals	To know the types of job they might like to do when they are older To know that different people around the world may have different dreams and goals	Respectful Relationships	Reflection Discussion Decision making Empathy Communication
Healthy Me	To know that smoking tobacco affects the lungs, liver and heart To know that the media, celebrity culture and social media promote certain body types To know how to get help in emergency situations	Being Safe Mental Wellbeing Internet Safety and Harms Healthy Eating Drugs and Alcohol Health and Prevention Basic First Aid	Reflection Discussion Decision making Communication
Relationships	To know there are rights and responsibilities in an online community or social network	Online Relationships Mental Wellbeing Internet Safety and Harms Physical Health and Fitness	Reflection Discussion Decision making Empathy

	To know how to stay safe when using technology to communicate with friends To know that belonging to an online community can have positive and negative consequences		Communication Collaboration
Changing Me	To know life processes of reproduction in some plants and animals To know why boys sometimes have wet dreams To know how to maintain personal and sanitary hygiene	Caring Friendships Respectful Relationships Mental Wellbeing Changing Adolescent Body	Reflection Discussion Empathy Communication
Year 6			
Being Me	To know about children's universal rights. To know that personal choices can affect others locally and globally To know how to demonstrate attributes of a positive role model	Caring Friendships Respectful Relationships Mental Wellbeing	Reflection Discussion Decision making Empathy Communication Collaboration
Celebrating Difference	To know that difference can be a source of celebration as well as conflict To know that people can hold power over others individually or in a group	Caring Friendships Respectful Relationships Being Safe Online Relationships Mental Wellbeing Internet Safety and Harms	Reflection Discussion Decision making Empathy Communication Collaboration

Dreams and Goals	To know their own learning strengths To know a variety of problems the world is facing To know some ways in which they could work with others to make the world a better place	Respectful Relationships Being Safe Mental Wellbeing	Reflection Discussion Decision making Empathy Communication Collaboration
Healthy Me	To know how to make choices that benefit their own health and well-being To know that some people can be exploited and made to do things against the law and where to find help To know why some people join gangs and the risk this can involve and where to find help	Caring Friendships Respectful Relationships Mental Wellbeing Physical Health and Fitness Drugs and Alcohol	Reflection Discussion Decision making Empathy Communication Collaboration
Relationships	To know that sometimes people can try to gain power or control over them and how to seek help To know some of the dangers of being online To know how to communicate positively online To know ways they can take care of their own mental health	Families and the People Who Care for Me Being Safe Online Relationships Mental Wellbeing Internet Safety and Harms	Reflection Discussion Decision making Empathy Communication
Changing Me	To know that fluctuating hormones can impact moods To know that the age of sexual consent is 16	Caring Friendships Respectful Relationships Mental Wellbeing Changing Adolescent Body	Reflection Discussion Empathy Communication

	To know conception facts To know that sexual attraction is a normal part of puberty and can be toward the same or opposite gender		