

## PSHE Assessment Statements

### Reception

<p>Relationships</p> <ul style="list-style-type: none"><li>• Know who is in their family and how they look after them.</li><li>• Develop understanding of what makes a good friend.</li><li>• Can express their feelings and consider the feelings of others.</li><li>• Understand what is acceptable in friendships.</li></ul>	
<p>Health and Wellbeing</p> <ul style="list-style-type: none"><li>• Understand how to keep safe when crossing the road.</li><li>• Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'</li><li>• Know and talk about the different factors that support their overall health and wellbeing e.g. regular physical activity, healthy eating, tooth brushing, having a good sleep routine.</li><li>• Develop understanding of being healthy through a balanced diet including eating fruit and vegetables.</li><li>• Know and talk about the importance of tooth brushing and visiting the dentist alongside drinking water and staying safe in the sun</li><li>• Know 999 is the number to call for an emergency and who to tell if they have hurt themselves.</li></ul>	
<p>Wider World</p> <p>British Values</p> <ul style="list-style-type: none"><li>• Be able to follow rules and routines</li><li>• Know the features of Diwali, Christmas, the Chinese New Year and Easter</li><li>• Show mutual respect by sharing and taking turns</li><li>• Develop self-confidence through taking risks in PE/Forest School</li><li>• Understand how to vote e.g. person who has been helpful, favourite stories etc.</li><li>• Be able to discuss why people have different opinions.</li></ul>	

## Year 1

<p>Relationships</p> <ul style="list-style-type: none"><li>• Know that families are important for children growing up.</li><li>• Know how important friendships are and how people choose and make friends.</li><li>• Know the importance of respecting others, even when they are very different from them or make different choices or have different preferences or beliefs.</li><li>• Know that people sometimes behave differently online.</li><li>• Know which boundaries are appropriate in friendships with peers and others.</li></ul>	
<p>Health and Wellbeing</p> <ul style="list-style-type: none"><li>• Know that mental wellbeing is a normal part of daily life, in the same way as physical health.</li><li>• Know that there is a normal range of emotions that all humans experience in relation to different experiences and situations.</li><li>• Know that for most people the internet is an important part of life and has many benefits and know basic safety principles when working online.</li><li>• Know the characteristics and mental and physical benefits of an active lifestyle.</li><li>• Know what constitutes a healthy diet and how to make healthy choices.</li><li>• Know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage.</li><li>• Know to make a clear call to emergency services if necessary.</li></ul>	
<p>Wider World</p> <p>British Values</p> <ul style="list-style-type: none"><li>• Understand what is fair/unfair, right/wrong</li><li>• Know how to vote on class rules and elect School Councillors</li><li>• Understand and respect that people have different beliefs (Islam)</li></ul> <p>Economic Awareness</p> <ul style="list-style-type: none"><li>• Understand why do I need money</li></ul>	

Year 2

<p>Relationships</p> <ul style="list-style-type: none"><li>• Know practical steps they can take in a range of different contexts to improve or support respectful relationships.</li><li>• Know that the same principles apply to online relationships as to face to face relationships.</li><li>• Know about the concept of privacy; including that it is not always right to keep secrets.</li><li>• Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</li></ul>	
<p>Health and Wellbeing</p> <ul style="list-style-type: none"><li>• Know how to recognise and talk about their emotions and know to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</li><li>• Know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and other's mental and physical wellbeing.</li><li>• Explain the benefits of an active lifestyle on their own mental and physical health.</li><li>• Explain how they have a healthy diet.</li><li>• Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</li><li>• Know to make a clear and efficient call to emergency services if necessary.</li></ul>	
<p>Wider World</p> <p>British Values</p> <ul style="list-style-type: none"><li>• Understand about democracy through the election of School Councillors.</li><li>• Show tolerance and respect when learning about different religions (christianity and Islam)</li><li>• Know that bullying breaks the rules.</li></ul> <p>Global Citizenship</p> <ul style="list-style-type: none"><li>• Understand how to care for the environment.</li></ul> <p>Economic Awareness</p> <ul style="list-style-type: none"><li>• Be able to discuss career aspirations.</li></ul>	

### Year 3

<p>Relationships</p> <ul style="list-style-type: none"><li>• Know that other families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences.</li><li>• Know that healthy friendships are positive and do not make others feel lonely or excluded.</li><li>• Know the conventions of courtesy and manners and know the importance of self-respect.</li><li>• Know that people sometimes pretend to be someone they are not online.</li><li>• Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</li></ul>	
<p>Health and Wellbeing</p> <ul style="list-style-type: none"><li>• Know simple self-care techniques, including the importance of exercise, being outdoors, rest, time spent with friends and family and the benefits of hobbies and interests.</li><li>• Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.</li><li>• Know the importance of building regular exercise into daily and weekly routines and how to achieve this.</li><li>• Know what constitutes a healthy diet (including understanding calories and other nutritional content).</li><li>• Know the risks associated with an inactive lifestyle (including obesity).</li><li>• Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</li><li>• Know concepts of basic first-aid, for example dealing with common injuries, including head injuries.</li></ul>	
<p>Wider World</p> <p>British Values</p> <ul style="list-style-type: none"><li>• Understand how and why rules/laws are made and enforced.</li><li>• Understand about democracy through the election of School Councillors.</li><li>• Show tolerance and respect when learning about different religions (Christianity and Judaism)</li></ul> <p>Economic Awareness</p> <ul style="list-style-type: none"><li>• Understand where money comes from, including borrowing and lending.</li></ul>	

## Year 4

<p>Relationships</p> <ul style="list-style-type: none"><li>• Know that most friendships have ups and downs.</li><li>• Know that they can expect to be treated with respect by others, and that in turn they should show respect to others, including those in positions of authority.</li><li>• Know the importance of respect for others online including when we are anonymous.</li><li>• Know how to recognise and report feelings of being unsafe or feeling bad about any adult.</li></ul>	
<p>Health and Wellbeing</p> <ul style="list-style-type: none"><li>• Know isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</li><li>• Know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</li><li>• Know concepts of basic first-aid, for example dealing with common injuries, including head injuries.</li><li>• Know how to keep safe in the wider world including near trams/railways, road, fire and water.</li></ul>	
<p>Wider World</p> <p>British Values</p> <ul style="list-style-type: none"><li>• Understand about democracy through the election of School Councillors.</li><li>• Show tolerance and respect when learning about different religions (Christianity and Hinduism)</li><li>• Understand why we have Health and Safety rules</li></ul> <p>Global Citizenship</p> <ul style="list-style-type: none"><li>• Understand and be able to debate about climate change and urban and rural inequality.</li></ul>	

## Year 5

<p>Relationships</p> <ul style="list-style-type: none"><li>• Know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</li><li>• Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help.</li><li>• Know how to judge when a friendship is making them feel unhappy or uncomfortable, and how to manage these situations.</li><li>• Know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders and how to get help.</li><li>• Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</li></ul>	
<p>Health and Wellbeing</p> <ul style="list-style-type: none"><li>• Know how to ask for advice or help for themselves or others, and to keep trying until they are heard and how to report concerns or abuse.</li><li>• Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing and know where and how to seek support.</li><li>• Know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.</li><li>• Know how and when to seek support including which adults to speak to in school if they are worried about their health.</li><li>• Know how to identify hazards and risks in the wider world.</li><li>• Know concepts of basic first-aid, for example dealing with common injuries, including head injuries.</li><li>• Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</li></ul>	
<p>Wider World</p> <p>British Values</p> <ul style="list-style-type: none"><li>• Understand about democracy through the election of School Councillors.</li><li>• Understand how to keep safe when taking risks during the residential visit.</li><li>• Show tolerance and respect when learning about different religions (Christianity, Islam and Humanism)</li></ul> <p>Economic Awareness</p> <ul style="list-style-type: none"><li>• Understand the value of money</li></ul>	

Year 6

<p>Relationships</p> <ul style="list-style-type: none"><li>• Know how to recognise who to trust and who not to trust, and to manage conflict.</li><li>• Know what a stereotype is, and how stereotypes can be unfair, negative or destructive.</li><li>• Know the importance of permission-seeking and giving in relationships with friends, peers and adults.</li><li>• Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met and know how information and data is shared and used online.</li></ul>	
<p>Health and Wellbeing</p> <ul style="list-style-type: none"><li>• Know how to ask for advice or help for themselves or others, and to keep trying until they are heard. (R5.6) Know how to report concerns or abuse, and the vocabulary and confidence needed to do so.</li><li>• Know where and how to seek support if they are worried about their own or someone else's mental wellbeing or ability to control their emotions</li><li>• Know where and how to report concerns and get support with issues online.</li><li>• Know where to seek support if they are worried about their own or others' health.</li><li>• Know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay).</li><li>• Know the facts about legal and illegal harmful substances.</li><li>• Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</li><li>• Know the characteristics of a poor diet and risks associated with other behaviours (e.g. the impact of alcohol on diet or health).</li><li>• Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking.</li><li>• Know the facts and science relating to allergies, immunisation and vaccination.</li><li>• Know concepts of basic first-aid, for example dealing with common injuries.</li><li>• Know about menstrual wellbeing including the key facts about the menstrual cycle (visit by school nurse).</li></ul>	
<p>Wider World British Values</p> <ul style="list-style-type: none"><li>• Understand about democracy through the election of House Captains and School Councillors.</li></ul>	

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| <ul style="list-style-type: none"><li>• Understand how to keep safe when taking risks during the orienteering visit to Castleshaw and Dove Stones.</li><li>• Show tolerance and respect when learning about different religions (Christianity, Islam and Humanism)</li></ul> |  |
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Global Citizenship

- Understand how global warming is affecting our world.