



PSHE (26/27)						
	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
YR Rockpools	Understands how to be a positive, responsible member of the classroom community by respecting others, managing feelings, following rules, and helping everyone feel safe and included.	Understands and values uniqueness, friendships, emotions and the different ways people, families and communities can be different.	Understands the value of perseverance, goal-setting and hard work in achieving success.	Understands the basic needs for keeping healthy and safe, including hygiene, healthy eating, sleep, exercise and recognising unsafe situations.	Understands the importance of family, friendship and emotions, recognising how positive relationships help people feel safe, valued and supported.	Understands basic body awareness, growth and emotions, including naming body parts, recognising feelings, and knowing simple ways to keep healthy and seek help.
Y1/2 Lighthouse 	Understands their rights and responsibilities within the class, values others' contributions, and can make choices by considering consequences and the Learning Charter. Recognises personal goals and aspirations.	Begins to understand stereotypes and discrimination, recognises unfair treatment and appreciates similarities and differences between people.	Can set goals, embrace challenges, and work collaboratively to achieve positive outcomes.	Makes informed choices about health and safety, understands how medicines and germs affect the body, and applies strategies to stay safe in everyday situations.	Recognises different types of relationships and support networks, understands healthy boundaries, and values the people who help and care for them.	Recognises how bodies change and develop, understands privacy and personal differences, and can identify trusted people, life changes and future aspirations.
Y3/4 Hedgehogs 	Demonstrates growing self-awareness, resilience, and responsibility by setting goals, making informed choices, understanding rules, and considering the impact of actions on others. Recognise how individuals can contribute to decision-making and democracy.	Understands that differences should be respected, recognises the impact of bullying, and knows how words and actions affect others.	Demonstrates ambition, resilience and reflection by overcoming obstacles and evaluating progress towards goals.	Develops a deeper understanding of how the body works, recognises risks to health and wellbeing, and knows how to seek help and respond to emergencies.	Demonstrates a growing understanding of friendships, online safety and personal rights, while developing skills to manage relationships and seek support when needed.	Develops a deeper understanding of physical development and puberty, including body changes, hygiene, stereotypes, and increasing responsibility for personal health and wellbeing.

Y4/5 Otters 	Understands how actions affect themselves and others, values different perspectives, and recognises how collective decision-making benefits the school community. Shows confidence in facing challenges, understands rights and responsibilities as a citizen, and recognises how personal choices contribute to democracy and the wider community.	Recognises how assumptions and first impressions can influence behaviour, understands the impact of bullying, and values individuality and diversity.	Understands aspirations and dreams, manages setbacks positively, and plans practical steps towards success.	Understands the impact of relationships, peer influence, smoking, vaping and alcohol on wellbeing, and can make responsible choices while resisting pressure from others.	Understands how relationships can change over time, values belonging and identity, and can navigate both online and offline relationships responsibly and safely.	Understands the emotional and physical changes of puberty, recognises different family structures and support networks, and develops strategies for managing change and seeking help.
Y5/6 Robins 	Reflects on personal goals, rights, and responsibilities, understands the impact of actions locally and globally, and appreciates the role of democracy and individual contribution within a community.	Understands how prejudice, racism, culture, power and bullying can influence people's experiences and relationships, and appreciates diversity as both a challenge and a strength.	Recognises personal strengths, sets ambitious goals, and understands how their actions can make a positive difference locally and globally.	Demonstrates mature understanding of physical, emotional and mental health by evaluating health risks, recognising wider influences on behaviour, and taking responsibility for personal wellbeing and healthy decision-making.	Takes increasing responsibility for personal wellbeing, mental health and digital safety, understanding rights, risks, influence and healthy relationship choices in a wider social context.	Demonstrates a mature understanding of identity, body changes, relationships and personal responsibility, preparing confidently for adolescence and future transitions.

Statements taught in year groups only:

Y3

- Can identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up
- I understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and healthy

Y4

- I can describe how a girls' body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this

Y5

- I can explain how a girl's body changes during puberty and understand the importance of looking after ourselves physically and emotionally
- I can describe how boys' and girls' bodies change during puberty
- I understand that sexual intercourse can lead to conception and that is how babies are usually made
- I also understand that sometimes people need IVF to help them have a baby

Y6

- I can explain how girl's and boys' bodies changes during puberty and understand the importance of looking after myself physically and emotionally
- I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born
- I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend