



PSHE & RSE End of Year Expectations



By the end of Reception children can:

- Identify and describe how they and their friends are feeling using a developing vocabulary
- Place the feeling in the correct 'Zone'
- Talk about expected and unexpected behaviours associated with the different feelings
- Start to see things from someone else's point of view and begin to reach compromises and solutions (still with adult support).
- Know ways to help themselves and others.
- Be able to wait for what they want and control their immediate impulses when appropriate
- Follow the wishes and requests of others (such as a teacher)
- Be confident to try new activities and to go outside our comfort zones
- Show resilience and perseverance when a situation is challenging
- Understand road and river safety
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices
- Understand the importance of good oral health
- Select the resources they want or need to complete self-chosen activity. Be confident to ask for resource if what they need isn't provided.
- Tidy-away resources they have been using, using labels etc to support organisation
- Work and play cooperatively and take turns with others
- Form positive attachments to adult and friendships with peers
- Show sensitivity to their own and to others' needs
-Have respect for others, including our service workers (police, fire, ambulance)



By the end of Year 1 children can:

- Recognise and describe feelings in themselves and others using a widening vocabulary and use simple strategies (with adult support) to manage those feelings
- Recognise similarities and different between themselves and others.
- Identify what makes them special and unique
- Recognise different types of families
- Identify the qualities of a good friendship
- Understand that choices can have good and no so good consequences
- How to look after ourselves and keep safe in different situations.
- How to sort healthy and unhealthy foods.
- Different types of exercise to keep themselves healthy.
- Show respect for difference and diversity.
- Recognise different rules and show how they should be followed
- How to care for their immediate environment



By the end of Year 2 children can:

- Confidently explain how they are feeling and which zone they are in. They can select a strategy from the Zones 'toolkit' to try (with adult support) to manage those feelings
- Recognise unkind behaviour and bullying, including online, and (with adult support) and know who to tell if they are worried
- Show an understanding of why happy relationships are important
- Identify a range of ways to keep healthy & safe, including online
- Understand the difference between secrets and surprises
- Explain how to seek help and advice when needed
- Identify and explain the different parts of a human body including external genitalia
- Explain what democracy is

