



PSHE & RSE End of Year Expectations



By the end of Year 3 children can:

- Recognise and describe feelings in themselves and others using a widening vocabulary and develop their strategies (with adult support) to manage those feelings
- Explain the importance of healthy and positive friendships including online
- Recognise cyber bullying and how to respond to it, including seeking help from others
- Listen to & respect someone else's point of view
- Demonstrate that they can compromise (sometimes with adult support) to help resolve a dispute
- Understand that similarities and difference arise from a number of different factors
- Set personal goals and manage setbacks
- Explain how and when to ask for help and to understand they need to keep trying until they are heard
- Explain how to respond safely and appropriately to people who make them feel uncomfortable
- Explain the importance of being part of a community and recognise other people's roles
- Recognise different rules and laws, including how they should be followed



By the end of Year 4 children can:

- Recognise the characteristics of healthy and unhealthy relationships and friendships
- Understand the importance of confidentiality and when to break confidence
- Draw on a range of strategies (with little adult support) to help resolve disputes and conflicts, including those online
- Understand the importance of self-respect and requirements for respecting others
- Understand the key facts about the changing body
- Understand the key facts about puberty, including both physical and emotional changes
- Use basic techniques for resisting pressure to do something risky
- Identify a healthy lifestyle, including how to make lifestyle choices
- Recognise and respect difference and diversity cross the UK
- Explain why we need money



By the end of Year 5 children can:

- Resolve differences by being empathetic towards others
- Explain the importance of trust and identify people they do and don't trust
- Respect others, and understand the same principles apply on-line as well as face-to-face
- Explain how to manage personal safety, including where to get help in a range of situations and how to report abuse
- Understand what to do in an emergency
- Show an understanding of the importance of community, understand that different communities have different values and show respect for these
- Explain how their body will change physically and emotionally during puberty
- Understand that their body belongs to them and explain the difference between appropriate and inappropriate contact



By the end of Year 6 children can:

- Use a range of strategies from their toolkit to help them self-regulate
- Explain practical steps they could take to improve or support respectful relationships
- Recognise prejudice, bullying and discrimination, including how to challenge them and raise concerns
- Use a range of strategies to keep themselves safe in real-life and online, including critically analysing their online friendships
- Demonstrate a firm understanding of risk, habits and dares and the pressures connected to them
- Explain how they can keep themselves physically and emotionally healthy. This includes having a realistic body image that is not influenced by online images
- Explain the importance of permission-seeking
- Demonstrate how to manage different transitions in life
- Explain how to look after money, including money management

