



Year 1

Being Me In My World

Children will be able to explain why their class is a happy and safe place to learn. They will also give different examples of how they and others around them can make their class happy and safe.

Checking for understanding:

- Why is your class a happy and safe place to learn?
- How can you make your class a happy and safe place to learn?
- How can others make your class a happy and safe place to learn?

Celebrating Difference

Children will be able to tell you some ways that they are different or similar to other people in their class and understand why this makes us all special. They will also explain what bullying is and how it might make somebody feel.

Checking for understanding:

- How are you different from other people in your class?
- How are you similar to other people in your class?
- Why does this make us all special?
- What is bullying?
- How might being bullied make somebody feel?

Dreams and Goals

Children will explain how they feel when they are successful and how this can be celebrated positively. They will also say why their internal treasure chest is an important place to store positive feelings.

Checking for understanding:

- How do you feel when you are successful?
- How can we celebrate your success?
- Why is your internal treasure chest an important place to store positive feelings?



Healthy Me

Children will explain why they think their body is amazing and will identify a range of ways to keep it safe and healthy. They will also give examples of when being healthy can help them feel happy.

Checking for understanding:

- Why is your body amazing?
- How can you keep your body safe and healthy?
- When can being healthy help you feel happy?

Relationships

Children will explain why they have special relationships with some people and how these relationships help them feel safe and good about themselves. They will also explain how their qualities help these relationships. Examples of behaviour in other people that they appreciate and behaviours that they don't like will also be given.

Checking for understanding:

- Why do you have special relationships with some people?
- How do these relationships make you feel safe and good about yourself?
- How do these qualities help these relationships?
- Can you tell me about the behaviour of others that you appreciate?
- Can you tell me about behaviours you don't like?

Changing Me

Children will compare how they are now to how they were when they were a baby and explain the changes that will happen to them as they get older. All children will be able to use the correct names for penis, testicles, anus, vagina, vulva and give reasons to why these are private. Children will explain why some changes they might experience might feel better than others.

Checking for understanding:

- Can you compare yourself now to when you were a baby?
- What changes will happen to you as you get older?
- Can you use the correct name for: penis, testicles, anus, vagina, vulva?
- Why might some changes you experience feel better than others?

Learning at River View

PSHE end points



Year 2

Being Me In My World

Children will be able to understand the impact their behaviour has on others in their class. They will also compare choices that they and their friends have made and explain why some are better than others.

Checking for understanding:

- How does your behaviour impact others in the class?
- Do you and your friends make the same choices?
- Are some choices better than others? Can you think of an example?

Celebrating Difference

Children will explain that sometimes people get bullied because they are seen to be different, this may include people who do not conform to stereotypes. Children will also explain how it feels to have a friend and be a friend. They will also explain why it is okay to be different from my friends.

Checking for understanding:

- Why do some people get bullied?
- How does it feel to have a friend?
- How does it feel to be a friend?
- Why is it okay to be different from your friends?

Dreams and Goals

Children will explain how they played their part in a group and the parts other people played to create a product. They will also explain how their skills complemented each other. Children will explain how it felt to be part of a group and identify a range of feelings about group work.

Checking for understanding:

- How did you play your part in the group to create a product?
- How did others play part in the group to create a product?
- How did your skills complement each other?
- How did it feel to be part of a group?

Healthy Me

Children will explain why foods and medicines can be good for their body and will compare these ideas with less healthy/unsafe choices. They will also compare their own and their friends' choices and express how it feels to make healthy and safe choices.



Checking for understanding:

- Why are foods and medicines good for your body?
- Can you compare this with a less healthy/unsafe choice?
- Can you compare your choices with your friends?
- How does it feel to make healthy and safe choices?

Relationships

Children will explain why some things might make them feel uncomfortable in a relationship and compare this with relationships that make them feel safe and special. They will also give examples of some different problem solving techniques and explain how they might use them in certain situations in their relationships.

Checking for understanding:

- Why might some things make you feel uncomfortable in a relationship?
- Can you compare this to relationships that make you feel safe and special?
- Can you tell me any problem solving techniques?
- How could you use these problem solving techniques in your relationships?

Changing Me

Children will use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. They will also explain why some types of touches feel OK and some don't. All children will tell you what they like or dislike about being a boy/girl and getting older and recognise that people feel differently to me.

Checking for understanding:

- Can you use the correct names for: penis, testicles, anus, vagina, vulva
- Why are they private?
- Why do some types of touches feel OK and some don't?
- What do you like/dislike about being a boy/girl?
- What do you like/dislike about getting older?
- Do people feel differently about being a boy/girl?
- Do people feel differently about getting older?



Year 3

Being Me In My World

Children will explain how their behaviour can affect how others feel and behave. They will also explain why it is important to have rules and how this helps them and others learn. All children will also explain why it is important to feel valued.

Checking for understanding:

- How does your behaviour affect how others feel and behave?
- Why is it important to have rules in your classroom?
- Why is it important to feel valued?

Celebrating Difference

Children will describe different conflicts that might happen in family or friendship groups and how words will be used in hurtful or kind ways when conflicts happen. Children will also tell you how they feel being involved in a conflict and offer strategies to help the situation.

Checking for understanding:

- Can you tell me a conflict that might happen in family or friendship groups?
- Can words be used in hurtful ways in a conflict?
- Can words be used in kind ways in a conflict?
- How would you feel being involved in a conflict?
- What strategies are there to help?

Dreams and Goals

Children will explain the different ways that help me learn and what they need to do to improve. They are confident and positive when they share their successes with others. All will explain how these feelings can be stored in their internal treasure chest and why this is important.

Checking for understanding:

- Can you tell me a way that helps you learn?
- What do you need to do to improve?
- Are you confident and positive when you share your success with others?
- How can feelings be stored in your internal treasure chest?
- Why is it important to store feelings in your internal treasure chest?



Healthy Me

Children will identify things, people and places that they need to keep safe from. They will also name some strategies to keep themselves safe and healthy including who to get help from. Children will also express how being anxious/scared and unwell feels.

Checking for understanding:

- Can you tell me something that you need to keep safe from?
- How can you keep yourself safe and healthy?
- Who could you get help from?
- How does it feel to be anxious/scared and unwell?

Relationships

Children will explain how their life is influenced positively by people I know and also by people from other countries. They will explain why their choices might affect their family, friendships and people around the world who they don't know.

Checking for understanding:

- How is your life influenced positively by people you know?
- How is your life influenced positively by people in other countries?
- Can you explain why your choices may affect your family and friends?
- Can you explain why your choices may affect people around the world you don't know?

Changing Me

Children will explain how boys' and girls' bodies change on the inside/outside during the growing up process and will tell you why these changes are necessary so that their bodies can make babies when they grow up. All will recognise how they feel about these changes happening to them and suggest ways to cope with these feelings.

Checking for understanding:

- How do boys' and girls' bodies change on the inside/outside during the growing up process?
- Why are these changes necessary?
- How do you feel about these changes?
- Can you suggest ways to cope with these feelings?



Year 4

Being Me In My World

Children will be able to explain why being listened to and listening to others is important in their school community. They will understand and explain why it is important to be democratic and how it can help them and others to feel valued.

Checking for understanding:

- Why is being listened to important in your school community?
- Why is listening to others important in your school community?
- Can you explain why it is important to be democratic?
- How can being democratic help others feel valued?

Celebrating Difference

Children will be able to explain what a first impression is and how these change when you get to know someone. They will have a secure understanding of why bullying might be difficult to spot and what to do and who to speak to if they are not sure what to do. Children will be able to clearly explain why it is important to accept themselves and others for who they are and how differences make them unique.

Checking for understanding:

- What is a first impression?
- How can first impressions change when you get to know someone?
- Why is bullying difficult to spot?
- What can you do if you see bullying?
- Who can you speak to if you are unsure on what to do?
- Why is it important to accept themselves and others for who they are?
- How do differences make them unique?

Dreams and Goals

Children will be able to clearly explain the importance of hopes and dreams and setting realistic goals. They will be able to discuss how to overcome disappointment and explain what it means to be resilient and to have a positive attitude.

Checking for understanding:

- Why are hopes and dreams important?
- Why is it important to set realistic goals?
- How can you overcome disappointment?
- Can you explain what it means to be resilient?



- Why is it good to have a positive attitude?

Healthy Me

Children will be able to identify what a healthy friendship looks like and will understand and recognise peer pressure. They will be able to explain ways to resist peer pressure if it happens and what actions to take to stop it. Children will be able to confidently talk about the feelings or fear and anxiety that are associated with peer pressure. Children will also begin to develop an understanding of how smoking and alcohol are bad .

Checking for understanding:

- What does a healthy relationship look like?
- What is peer pressure?
- How can you recognise peer pressure?
- How can you resist peer pressure?
- How can you stop peer pressure?
- What feelings are associated with peer pressure?
- Why are alcohol and smoking bad?

Relationships

Children will be able to explain the feelings of love and loss and will recognise how people may feel when they miss a special person or animal. They will be able to explain ways that might help them manage their feelings when missing a special someone or animal. Children will also begin to understand what a healthy relationship is between a boyfriend and girlfriend and will recognise that people can fall out and make friends again.

Checking for understanding:

- Can you explain what love and loss feel like?
- How can people feel when they miss a special person or animal?
- What is a healthy relationship between a girlfriend and boyfriend?
- Can people fall out and make friends again?

Changing Me

Children will have an understanding of the changes to the bodies of boys and girls and how to accept these changes. They will be able to clearly identify and explain some of these changes and how they prepare them for making a baby when they are older. Children will be able to recognise the choices that they will be able to make when they are older and the choices they have no control over. They will be able to suggest ways that they can manage their feelings when these changes occur.



Checking for understanding:

- How do boys and girls' bodies change?
- How can you accept these changes?
- Can you identify some of these changes?
- Why do we go through these changes?
- How can you manage your feelings when these changes occur?

Year 5

Being Me In My World

Children will be able to compare and discuss their life with other people in the country. They will be able to explain why we have rules, rights and responsibilities to try and make the school and wider community a fair place. Children will have an understanding of how the actions of one person can affect another and will give examples of this from school and a wider community setting.

Checking for understanding:

- Can you compare your life with other people in the country?
- Why do we have rules, rights and responsibilities to make school and the wider community a fair place?
- How can the actions of one person affect another?
- Can you give examples of this from the school and the wider community?

Celebrating Difference

Children will have a secure understanding and will explain the differences between direct and indirect bullying. They will be able to offer a range of strategies to help themselves and others if they become involved in a bullying situation. Children will be able to confidently explain racism and other forms of discrimination are unkind. They will be able to confidently express their feelings towards discriminatory behaviour.

Checking for understanding:

- What are the differences between direct and indirect bullying?
- What strategies can help themselves and others if they become involved in a bullying situation?
- Why are racism and other forms of discrimination are unkind?
- How do you feel about discriminatory behaviour?



Dreams and Goals

Children will be able to compare and discuss their hopes and dreams with children from different cultures and reflect on how these make them feel. They will be able to confidently discuss what their dream job they may want and what steps they need to take in order to get there. Children will have an understanding of the importance of money and why they will need this in the future.

Checking for understanding:

- How do your hopes and dreams make you feel?
- How could your hopes and dreams be different to somebody from another culture?
- What is your dream job?
- What steps do you need to take to get your dream job?
- Why is money important?
- Why will you need money in the future?

Healthy Me

Children will be able to explain the different roles of food and substances in people's lives. They will begin to develop an understanding of the importance of body image and explain how people can develop eating disorders relating to body image pressures. Children will have a clear understanding of how smoking, vaping and alcohol misuse is unhealthy and will be able to explain ways they can respect and value their bodies.

Checking for understanding:

- Can you explain the different roles of food and substances in people's lives?
- Why is body image important?
- How can people develop eating disorders relating to body image pressures?
- How are smoking, vaping and alcohol misuse unhealthy?
- Can you explain ways they can respect and value your body?

Relationships

Children will compare different types of friendships and the feelings associated with them. They will have a clear understanding of self-recognition and self-worth and how to build their self-esteem. Children will be able to confidently explain how to stay safe when using technology to communicate with friends. They will begin to understand the dangers of online grooming and what to do if they think this is happening.

Checking for understanding:

- Can you compare different types of friendships?
- What feelings are associated with these friendships?
- How can you build your self-esteem?
- How can you stay safe when using technology to communicate with friends?
- What are the dangers of online grooming?



- What can you do if you think it is happening?

Changing Me

Children will have a clear understanding how boys and girls change during puberty and explain why looking after themselves physically and emotionally is important. They will be to summarise the process of conception. Children will have a clear understanding of how media and online will have an influence on their body image and be able to explain how everybody is different and express how they feel about themselves.

Checking for understanding:

- How do boys and girl's bodies change during puberty?
- Why is looking after yourself physically and emotionally important?
- Can you summarise the process of conception?
- How can media and online have an influence on body image?
- How is everybody different?
- How do you feel about yourself?

Year 6

Being Me In My World

Children will have a clear understanding of what it is to be a global citizen and explain how their choices can have an impact on people in their immediate community and globally. Children will be able to discuss the importance of feeling welcomed and valued in the communities they belong to. They will understand the importance of democracy and having a voice and what their universal rights are. Children will be able to confidently explain what anti-social behaviour is and how this can have an impact on people.

Checking for understanding:

- What is it to be a global citizen?
- Can you explain how your choices have an impact on people in your immediate community and globally?
- Why is it important to feel welcomed and valued in the communities you belong to?
- Why is democracy important?
- Why is it important to have a voice?
- What are your universal rights?
- What is anti-social behaviour?



- How can this impact people?

Celebrating Difference

Children will have a secure understanding of the perception of normality and explain ways in which differences can either be a source of conflict or celebration. They will have a clear understanding of the protected characteristics and what this means. Children will be able to confidently and clearly explain what bullying is and the difference between inclusion and exclusion.

Checking for understanding:

- What is normality?
- Can you explain ways in which differences can be a source of conflict or celebration?
- What are protected characteristics?
- What does this mean?
- What is bullying?
- What is the difference between inclusion and exclusion?

Dreams and Goals

Children will be able to confidently discuss their own dreams and goals and what steps to success they need to take. They will be able to clearly identify strategies they can use when things do not go to plan. Children will have an understanding of different ways to work with others to help make the world a better place.

Checking for understanding:

- What are your own dreams and goals?
- What steps to success will you need to take?
- Can you identify strategies they can use when things do not go to plan?
- How can you work with others to help make the world a better place?

Healthy Me

Children will understand how it is important to look after themselves both physically and mentally and how they have a personal responsibility for this. They will be able to explain when substances including alcohol are being used anti-socially or being misused and what the impact this could have on people. Children will be able to identify ways to keep safe online and understand how they can take responsibility with technology use. They will be able to identify signs of exploitation and have an understanding of gang culture and the steps to take if they think this is happening.

Checking for understanding:



- Why is it important to look after themselves both physically and mentally?
- How can you be responsible for this?
- When can substances including alcohol be used anti-socially or misused?
- What impact could this have on people?
- What ways can you stay safe online?
- How can you be responsible with your technology use?
- Can you tell me the signs of exploitation?
- What is gang culture?
- What steps can you take if you think there is a gang culture?

Relationships

Children will be able to discuss what mental health means and identify any mental health worries and sources of support. They will be able to identify a range of feelings including love and loss and when people may be experiencing these feelings and recognise when people are trying to gain control or power. Children will be able to confidently offer strategies to manage these feelings and situations.

Checking for understanding:

- What does mental health mean?
- What mental health worries could people have?
- How could people with worries get support?
- When may people experience love and loss?
- Can you recognise when people are trying to gain control or power?
- What strategies can you use to manage these feelings and situations?

Changing Me

Children will have a secure understanding of what a healthy relationship between a boyfriend/girlfriend looks like. They will be able to clearly explain the importance of respect and consent and what these terms mean. Children will understand the term 'sexting' and the implications this can have. They will be able to clearly explain how a baby develops from conception through the nine months of pregnancy and how it is born. Children will be able to recognise and reflect on how they feel about becoming a teenager and the transition into highschool.

Checking for understanding:

- What does a healthy relationship between a boyfriend/girlfriend look like?
- Why is respect important?
- Why is consent important?
- What do respect and consent mean?



- What does 'sexting' mean?
- What implications can 'sexting' have?
- Can you explain how a baby develops from conception through the nine months of pregnancy?
- How is a baby born?
- Are you becoming a teenager?
- How do you feel about becoming a teenager?
- How do you feel about going to high school?