



**PSHE/RSE End of Year Expectations for Children in EYFS (Personal, social and emotional development)**

Children at the expected level of development will:

ELG: Self regulation	ELG: Managing self	ELG: Building relationships
Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly when appropriate	Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;	Work and play cooperatively and take turns with others
Set and work towards simple goals, being able to wait for what they want and control their immediate impulses	Explain the reasons for rules, know right from wrong and try to behave accordingly	Form positive attachments to adults and friendships with peers
Give focused attention to what the teacher says, responding appropriately even when engaged in an activity	Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choice	Show sensitivity to their own and to others' needs.
Show an ability to follow instructions involving several ideas or actions.		

## **PSHE/RSE End of Year Expectations for Children in Year 1**

Family and Relationships	Citizenship	Dreams and Goals	Economic Wellbeing	Safety	Health, Wellbeing and changing Body
I understand that families can include a range of people.	I understand the rules in the classroom and school and know why these are important.	I can explain how I feel when I am successful and how this can be celebrated positively.	I understand how children might get money.	I Know the number for the emergency services and my own address.	I can describe my bedtime routine and why sleep is important.
I understand what people like to do with friends and who their own friends are.	I understand that different animals need different types of care.		I understand different ways to keep money safe.	I Know that I should speak to an adult if I am ever worried or feel uncomfortable	I can explain how rest and relaxation affects our bodies,
I can describe what people might look like if they are feeling: angry, scared, upset, worried.	I understand some of the needs of babies and young children.		I understand the range of jobs that exist in school and that different skills are needed for these jobs.	I understand that some types of physical contact is never acceptable	I Know the three things that I need to do when out in the sun to keep safe.
I understand that friendships have problems and suggest ways that these problems can be overcome.	I can describe some similarities and differences between myself and others and understand that we all belong to different groups.			I understand that there are hazards in house and how these can be avoided	I Know people can be allergic to certain things and how to help with an allergic reaction.
				I understand that people do jobs which help keep us safe and what some of those jobs are.	I understand that there are a range of people who help to keep us healthy.
				I know what to do if I get lost.	

## **PSHE/RSE End of Year Expectations for Children in Year 2**

Family and Relationships	Citizenship	Dreams and Goals	Economic Wellbeing	Safety	Health, Wellbeing and changing Body
I understand that families care, love and support for each other and that there are different families made up of different people.	I understand that different rules apply in different situations.	I can explain how I played my part in a group and the parts other people played to create an end product.	I understand where money comes from.	I understand some of the ways that the Internet can be used to help us.	I understand how physical activity affects my body and knowing it helps to keep my mind healthy too.
I can describe what someone else might be thinking and feeling.	I understand what makes a good school environment and how everyone has a responsibility to maintain it.	I can explain how it felt to be part of a group and can identify a range of feelings about group work.	I understand that saving might be necessary to buy the things we want.	I understand what a secret is and what a surprise is.	I describe the positive effects of relaxation and knowing there are different ways to relax.
I can recognise that issues can arise in friendships and which are the more serious issues.	I understand some of the roles people have in the local community.		I understand that banks are a safe place to keep money and some of the things you should consider when choosing a bank account.	I can explain the PANTS rule.	I can explain that a healthy diet is when we eat a balance of the right foods and describing some of the consequences that may arise from poor diet choices.
I understand that we can have stereotypes about the jobs different genders might do.	I understand that everyone has similarities and differences and these should be respected.		I understand that different jobs need different skills.	I understand how to keep safe near roads.	I understand what helps to keep teeth healthy.
				I understand when we should take medicines and other things which can help us feel better when we're unwell.	

### **PSHE/RSE End of Year Expectations for Children in Year 3**

Family and Relationships	Citizenship	Dreams and Goals	Economic Wellbeing	Safety	Health, Wellbeing and changing Body
I understand that families love and support each other but sometimes problems can occur and help is available if needed.	I understand that children have rights and how these benefit them.	I can explain the different ways that help me learn and what I need to do to improve.	I understand the different ways to pay and that money is needed for all of them.	I understand it is most important to ensure the safety of myself and others when faced with an emergency situation.	I can use stretching to relax my muscles and I can describe how relaxation affects the body.
I understand that problems occur in friendships and that violence is never right.	I understand the responsibilities adults have for supporting children's rights.	I can be confident and positive when I share my success with others.	I can understand how to create a simple budget and understand how situations involving money can affect our feelings.	I can explain how to deal with unkind online behaviour and cyberbullying.	I can identify my own strengths and that they can help other people.
I understand what bullying is and what to do if it happens.	I understand the benefits of recycling.		I understand that a wide range of jobs are available and that skills and interest lead people to certain jobs.	I can describe some of the ways to avoid being tricked by fake emails.	I can describe how I would break a problem down into small, achievable goals.
I understand who I trust and why.	I understand how charities support the local community and how people can help.		I understand that stereotypes sometimes exist about the jobs people do but these should not limit anyone.	I can explain rules for keeping safe near roads.	I can describe what is meant by a healthy, balanced diet and naming the different food groups.
I understand the similarities and differences that can exist between people and how to show respect for those who are different.	I understand how democracy works locally and how this affects our lives.				I can explain how to take care of my teeth.
I understand how toys can reinforce gender stereotypes.					

## **PSHE/RSE End of Year Expectations for Children in Year 4**

Family and Relationships	Citizenship	Dreams and Goals	Economic Wellbeing	Safety	Health, Wellbeing and changing Body
I understand that manners vary in different situations.	I understand what human rights are and why they are important.	I can plan and set new goals even after a disappointment.	I understand the factors which can make something good value for money, as well as other factors which affect purchasing decisions.	I understand the reasons for legal age restrictions.	I can identify and share key facts about dental health.
I understand some boundaries in friendships.	I understand how reusing items benefits the environment.	I can explain what it means to be resilient and to have a positive attitude.	I understand how to keep track of money and why this is important.	I understand how quickly information can spread on the internet and some of the risks associated with that.	I can describe a calm place that helps me to feel relaxed.
I understand the impact of bullying and the role bystanders can take.	I understand the range of groups which exist in the wider community and I understand how community groups can focus on different areas of interest.		I understand ways in which we can lose money and the range of feelings associated with losing money.	I can identify a casualty who is having an asthma attack.	I can describe how I feel when I make a mistake and explain what can be learned from making mistakes.
I can recognise male and female stereotyped characters and I understand that stereotypes about disabilities are usually untrue.	I understand that diversity supports a community to work effectively.		I understand that there are a range of influences on job choices and that these can be positive or negative.	I understand the difference between private and public, and secrets and surprises.	I can describe what things make me happy and suggest ways I could help work towards this as a goal.
I understand what a bereavement is and how they can help someone.	I understand the role of local councillors.		I understand that people can change their job.	I understand some of the risks of smoking and some of the benefits of being a non-smoker.	I understand what mental health is and that sometimes people might need help.

## **PSHE/RSE End of Year Expectations for Children in Year 5**

Family and Relationships	Citizenship	Dreams and Goals	Economic Wellbeing	Safety	Health, Wellbeing and changing Body
I can describe what qualities a good friend should have and recognising which of these they have and which they could develop.	I understand what happens when someone breaks the law.	I can compare my hopes and dreams with those of young people from different cultures.	I understand that borrowing money is a way to pay for something but this has to be repaid.	I understand what is safe to share online and what I should do before sending a message.	I can accurately name all the relevant parts of the body.
I understand that sometimes families can make children feel unhappy or unsafe.	I understand what rights are and that freedom of expression is one of these rights.	I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.	I understand what income and expenditure are and how these can be recorded.	I can identify possible dangers online, suggesting ways to stay safe, using the web to research relevant information.	I understand the changes their own gender will go through during puberty and I can list the range of changes I will go through during puberty.
I understand what marriage is and that it is a choice people make.	I understand how reducing the use of materials and energy helps the environment, and what individuals can do to support this.		I understand that there are risks associated with money and what some of these are.	I understand that other people can influence our decisions but we have the right to make our own choices.	I can perform some yoga poses and describe how yoga makes me feel.
I understand that we all have a range of attributes that make us who we are and we should be proud of these.	I understand the role of pressure groups.		I understand how to create a weekly budget, including prioritising needs over wants.		Can describe why you should embrace failure. Can describe a strategy to help manage their feelings of failure and to help them to persevere
I understand that attitudes and laws around gender equality have changed over time and I understand that stereotypes exist and these can lead to discrimination.	I understand the basics of how parliament works including the parts of parliament.		I understand that stereotypes can exist in the workplace and how these can affect people.		I can demonstrate an understanding of what calories are and how to use them to help plan healthy meals and I can acknowledge that having a variety of food in my dishes is important to achieving a balanced and healthy diet.
I understand why someone might bully others.					I understand how to keep safe in the sun and some of the risks now and in the future if I don't

## **PSHE/RSE End of Year Expectations for Children in Year 6**

Family and Relationships	Citizenship	Dreams and Goals	Economic Wellbeing	Safety	Health, Wellbeing and changing Body
I understand everyone can expect a level of respect but this can be lost and I understand what respect is and how I should be respected.	I understand that education is a human right and why education is important.	I can explain different ways to work with others to help make the world a better place.	I understand that there can be a range of feelings related to money and the desire to spend and save and I understand responsibilities in keeping money safe in the bank.	I understand some of the reasons adults decide to drink or not drink alcohol.	I understand the menstrual cycle and that a male and female are needed to conceive a baby.
I understand how stereotypes influence our opinions and I understand a range of stereotypes and sharing this information effectively.	I understand some environmental issues relating to food and food production.	I can explain what motivates me to make the world a better place.	I understand what gambling is and some risks associated with it.	I understand how I should behave online and the impact negativity can have.	I understand that a baby changes in the womb and some requirements during the first months of life.
I understand the term grief and ability to explain some of the associated emotions	I understand what prejudice and discrimination are and why and how they should be challenged.		I understand that there are a range of jobs that people can do, what some of these jobs are and what is required for some jobs.	I can recognise when someone is choking	I can describe how to look after my physical wellbeing and suggesting what else I can do to improve how to look after myself.
	I understand the value of diversity in society, including significant individuals.		I understand that there are different routes into careers.		I can describe what resilience is, why it's important and some useful resilience strategies.
	I understand the roles and responsibilities of people in government.				I understand how vaccination works and why it is important to individuals.
					I understand that changes in my body could mean I am unwell and what I can do if I notice them.

