



PSHE end points



Note: red text indicates consolidation of a key knowledge from a previous year

Year 1

Growth mindset	Emotional wellbeing	Keeping safe	Drugs and alcohol	Caring for the environment	Friendships
Explain how we can get better at things we find difficult	How to handle difficult emotions	Know about the pants rules and recall them with support (e.g. classroom display)	Be able to identify harmful household products	Know how to conserve energy	How their own behaviour affects others, e.g. the words they use

Year 2

Growth mindset	Emotional wellbeing	Inclusion, belonging, addressing extremism	Keeping safe	Families
<p>Year 1: Explain how we can get better at things we find difficult</p> <p>Identify character strengths and how we can make them grow</p>	<p>Year 1: How to handle difficult emotions</p> <p>Recognise and describe feelings in themselves and others</p>	Know that everybody is equal, regardless of their similarities and differences	<p>Year 1 Pants rules: recall the rules with the help of a classroom display (of the rules)</p> <p>Know how to keep safe in the following situations:</p> <ul style="list-style-type: none">- Crossing a road- Near railway lines- Online, including finding help if see something upsetting- In the sun	Know there are different family structures

Year 3

Growth mindset	Emotional wellbeing	Keeping safe	Money and jobs	Keeping safe	Friendships
<p>How your mindset can affect your approach to challenges</p> <p>How to spot character strengths and make them grow</p>	<p>How we can calm our brains (amygdala)</p>	<p>Be able to explain the meaning behind each of the PANTS rules</p>	<p>Explain some of the ways in which we can use money wisely</p>	<p>Year 2: Know how to keep safe online, including finding help if see something upsetting</p> <p>Know how to keep safe in the following situations:</p> <ul style="list-style-type: none"> - Near water, e.g. a canal, river, reservoir - Crossing a road - Near a railway line - In the sun 	<p>Year 1: How their own behaviour affects others, e.g. the words they use</p> <p>How to maintain good friendships and how to respond to hurtful behaviour</p>

Year 4

Growth mindset	Emotional wellbeing	Keeping safe online	Staying healthy	Growing and changing	Families
<p>Year 3: How to spot character strengths and make them grow</p> <p>How to think positively about mistakes</p>	<p>Year 3: How we can calm our brains (amygdala)</p> <p>How feelings and emotions change and what makes people feel good</p>	<p>Year 2: Know how to keep safe online, including finding help if see something upsetting</p> <p>Know what is appropriate to share online and how to be kind online</p>	<p>Know how to what makes for:</p> <ul style="list-style-type: none"> - Healthy sleep - A healthy diet - Good dental health - Good physical health (by keeping active) 	<p>Begin to know some of the changes that happen during puberty</p>	<p>That stable, caring relationships, which may be of different types, are at the heart of happy families</p>

Year 5

Growth mindset	Emotional wellbeing	Caring for the environment	Growing and changing	Migrants, refugees, inclusion, belonging, addressing extremism	Understanding medical needs and giving basic 1 st aid
<p>Year 4: How to think positively about mistakes</p> <p>How using strengths regularly can make them become habits</p>	<p>Year 2 - Keeping safe online: Know how to keep safe online, including finding help if see something upsetting</p> <p>Year 4: How feelings and emotions change and what makes people feel good</p> <p>How gratitude can make us feel good and how it can become a habit</p>	<p>Know the small things I can do to help with climate change</p>	<p>Know about the changes that happen during puberty</p>	<p>How stereotypes can influence behaviours and attitudes towards different groups of people</p>	<p>Be able to talk about some common medical needs and the difficulties people face</p>

Year 6

Growth mindset	Emotional wellbeing	Keeping safe online	Money and jobs	Drugs and alcohol	Friendships	Transition to secondary school
<p>Year 5: How using strengths regularly can make them become habits</p> <p>The importance of setting goals and how our mindset can affect our approach to challenges</p>	<p>Year 5: How gratitude can make us feel good and how it can become a habit</p> <p>How feelings and emotions are affected and can be managed at changing, challenging or difficult times</p>	<p>Year 4: Know what is appropriate to share online and how to be kind online</p> <p>Know how to protect yourself online</p>	<p>Identify jobs they might like to do in the future</p>	<p>Know some of the risks and effects of legal and illegal drug use</p>	<p>Year 3: How to maintain good friendships and how to respond to hurtful behaviour</p> <p>Know what makes for positive friendships</p>	<p>Ways of managing common feelings when moving to secondary school</p>