

PSHE End Points- Davyhulme Primary School (updated 2024)

Year	Autumn 1 Being Me In My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Nursery	<p>To understand how it feels to belong and that we are similar and different</p> <p>To understand how feeling happy and sad can be expressed</p> <p>To be able to work together and consider other people's feelings</p> <p>To be able to use gentle hands and understand that it is good to be kind to people</p> <p>To be starting to understand children's rights and this means we should all be</p>	<p>To know how it feels to be proud of something I am good at.</p> <p>To have shared one way I am special and unique.</p> <p>To know that all families are different.</p> <p>To know there are lots of different houses and homes.</p> <p>To know how I could make new friends.</p> <p>To be starting to be able to use my</p>	<p>To understand what a challenge means</p> <p>To keep trying until I can do something</p> <p>To have set a goal and be working towards it</p> <p>To know some kind words to encourage people with</p> <p>To have started to think about the jobs I might like to do when I'm older</p>	<p>To know the names for some parts of my body and am starting to understand that I need to be active to be healthy</p> <p>To know some of the things I need to do to be healthy</p> <p>To know what the word 'healthy' means and that some foods are healthier than others</p> <p>To know how to help myself go to sleep and that sleep is good for me</p>	<p>To be able to talk about my family</p> <p>To understand how to make friends if I feel lonely</p> <p>To share some of the things I like about my friends</p> <p>To know what to say and do if somebody is mean to me</p> <p>To be able to use Calm Me time to manage my feelings</p> <p>To be able to together and enjoy being with my friends</p>	<p>To be able to name parts of my body and show respect for myself</p> <p>To know some things I can do and some food I can eat to be healthy</p> <p>To understand that we all start as babies and grow into children and then adults</p> <p>To know that I grow and change</p> <p>To be able to talk about how I feel moving to School from Nursery</p> <p>To reflect on some fun things about Nursery this year</p>

	<p>allowed to learn and play</p> <p>To be learning what being responsible means</p>	<p>words to stand up for myself.</p>	<p>To be able to feel proud when I achieve a goal</p>	<p>To be able to wash my hands and know it is important to do this before I eat and after I go to the toilet</p> <p>To know what to do if I get lost and how to say NO to strangers</p>		
Reception	<p>To understand how it feels to belong and that we are similar and different</p> <p>To have started to recognise and manage my feelings</p> <p>To enjoy working with others to make school a good place to be</p> <p>To understand why it is good to be kind and use gentle hands</p>	<p>To have identified something I am good at and understand everyone is good at different things</p> <p>To understand that being different makes us all special</p> <p>To know we are all different but the same in some ways</p>	<p>To understand that if I persevere I can tackle challenges</p> <p>To have reflected on a time I didn't give up until I achieved my goal</p> <p>To have set a goal and be working towards it</p> <p>To be able to use kind words to encourage people</p>	<p>To understand that I need to exercise to keep my body healthy</p> <p>To understand how moving and resting are good for my body</p> <p>To know which foods are healthy and not so healthy and can make healthy eating choices</p>	<p>To have identified some of the jobs I do in my family and how I feel like I belong</p> <p>To know how to make friends to stop myself from feeling lonely</p> <p>To be able to think of ways to solve problems and stay friends</p> <p>To start to understand the</p>	<p>To be able to name parts of the body</p> <p>To know some things I can do and foods I can eat to be healthy</p> <p>To understand that we all grow from babies to adults</p> <p>To have express how I feel about moving to Year 1</p> <p>To have talked about my worries and/or</p>

	<p>To have started to understand children's rights and this means we should all be allowed to learn and play</p> <p>To be learning what being responsible means</p>	<p>To have reflected on why I think my home is special to me</p> <p>To know how to be a kind friend</p> <p>To know which words to use to stand up for myself when someone says or does something unkind</p>	<p>To understand the link between what I learn now and the job I might like to do when I'm older</p> <p>I have reflected on how I feel when I achieve a goal and know what it means to feel proud</p>	<p>To know how to help myself go to sleep and understand why sleep is good for me</p> <p>To be able to wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet</p> <p>To know what a stranger is and how to stay safe if a stranger approaches me</p>	<p>impact of unkind words</p> <p>To be able to use Calm Me time to manage my feelings</p> <p>To know how to be a good friend</p>	<p>the things I am looking forward to about being in Year 1</p> <p>To have shared my memories of the best bits of this year in Reception</p>
Year 1	<p>To know how to use my Jigsaw Journal</p> <p>To understand the rights and responsibilities as a member of my class</p> <p>To know my views are valued and can</p>	<p>To have identified similarities between people in my class</p> <p>To know what bullying is</p> <p>To know some people who I could</p>	<p>To have set simple goals</p> <p>To have set a goal and worked out how to achieve it</p>	<p>To understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy</p>	<p>To have identified the members of my family and understand that there are lots of different types of families</p>	<p>To have started to understand the life cycles of animals and humans</p> <p>To have identified things about me that have changed and some things about me</p>

	<p>contribute to the Learning Charter</p> <p>To recognise the choices I make and understand the consequences</p> <p>To understand my rights and responsibilities within our Learning Charter</p>	<p>talk to if I was feeling unhappy or being bullied</p> <p>To know how to make new friends</p> <p>To know some ways I am different from my friends</p>	<p>To understand how to work well with a partner</p> <p>To be able to tackle a new challenge and understand this might stretch my learning</p> <p>To be able to identify obstacles which make it more difficult to achieve my new challenge and to be able to work out how to overcome them</p> <p>To have reflected on how I felt when I succeeded in a new challenge and how I celebrated it</p>	<p>I know how to make healthy lifestyle choices</p> <p>I know how to keep myself clean and healthy, and understand how germs cause disease/illness</p> <p>To know that all household products including medicines can be harmful if not used properly</p> <p>To understand that medicines can help me if I feel poorly and I know how to use them safely</p> <p>To know how to keep safe when crossing the road, and about people who can help</p>	<p>To have identified what being a good friend means to me</p> <p>To know appropriate ways of physical contact to greet my friends and know which ways I prefer</p> <p>To know who can help me in my school community</p> <p>To have recognised my qualities as person and a friend</p> <p>To know why I appreciate someone who is special to me</p>	<p>that have stayed the same</p> <p>To know how my body has changed since I was a baby</p> <p>To be able to identify the parts of the body that make boys different to girls and to be able to use the correct names for these: penis, testicles, vagina, vulva, anus</p> <p>To know that every time I learn something new I change a little bit</p> <p>To know about changes that have happened in my life</p>
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				<p>me to stay safe</p> <p>To have reflected on why I think my body is amazing and can identify some ways to keep it safe and healthy</p>		
Year 2	<p>To have identified some of my hopes and fears for this year</p> <p>To know how to use my Jigsaw Journal</p> <p>To understand the rights and responsibilities for being a member of my class and school</p> <p>To be able to listen to other people and contribute my own ideas about rewards and consequences</p>	<p>To have started to understand that sometimes people make assumptions about boys and girls (stereotypes)</p> <p>To understand that bullying is sometimes about difference</p> <p>To be able to recognise what is right and wrong and know how to look after myself</p> <p>To understand that it is OK to be different from other</p>	<p>To have chosen a realistic goal and thought about how to achieve it</p> <p>To carry on trying (persevering) even when I find things difficult</p> <p>To be able to recognise who I work well with and who it is more difficult for me to work with</p>	<p>To know what I need to keep my body healthy</p> <p>To be able to show or tell you what relaxed means and to know some things that make me feel relaxed and some that make me feel stressed</p> <p>To understand how medicines work in my body and how important it is to use them safely</p>	<p>To have identified the different members of my family and understand my relationship with each of them and know why it is important to share and cooperate</p> <p>To understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not</p> <p>To be able to identify some of the things</p>	<p>To be able to recognise cycles of life in nature</p> <p>To know about the natural process of growing from young to old and understand that this is not in my control</p> <p>To know how my body has changed since I was a baby and where I am on the continuum from young to old</p> <p>To know about the physical differences</p>

	<p>To understand how following the Learning Charter will help me and others learn</p> <p>To be able to recognise the choices I make and understand the consequences</p>	<p>people and to be friends with them</p> <p>To have reflected on some ways I am different from my friends</p>	<p>To be able to work well in a group</p> <p>To have reflected on some ways I worked well with my group</p> <p>To know how to share success with other people</p>	<p>To be able to sort foods into the correct food groups and know which foods my body needs every day to keep me healthy</p> <p>To know how to make some healthy snacks and explain why they are good for my body</p> <p>To know which foods to eat to give my body energy</p>	<p>that cause conflict with my friends</p> <p>To understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</p> <p>To recognise and appreciate people who can help me in my family, my school and my community</p> <p>To be able to express my appreciation for the people in my special relationships</p>	<p>between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private</p> <p>To understand there are different types of touch and can tell you which ones I like and don't like</p> <p>To have identified what I am looking forward to when I move to my next class</p>
Year 3	<p>To be able to recognise my worth and can identify positive things about myself and my achievements.</p> <p>To have set personal goals</p>	<p>To understand that everybody's family is different</p> <p>To understand that differences and conflicts sometimes happen among family</p>	<p>To be able to tell you about a person who has faced difficult challenges and achieved success</p>	<p>To understand how exercise affects my body and know why my heart and lungs are such important organs</p>	<p>To be able to identify the roles and responsibilities of each member of my family and to be able to reflect on the expectations for males and females</p>	<p>To understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby</p>

	<p>To know how to use my Jigsaw Journal</p> <p>To be able to face new challenges positively, make responsible choices and ask for help when I need it</p> <p>To understand why rules are needed and how they relate to rights and responsibilities</p> <p>To understand that my actions affect myself and others and I care about other people's feelings</p> <p>To be able to make responsible choices and take action</p>	<p>members</p> <p>To know what it means to be a witness to bullying</p> <p>To know that witnesses can make the situation better or worse by what they do.</p> <p>To recognise that some words are used in hurtful ways</p> <p>To have thought about a time when my words affected someone's feelings and what the consequences were</p>	<p>To have identified a dream/ambition that is important to me</p> <p>To be able to enjoy facing new learning challenges and working out the best ways for me to achieve them</p> <p>To be able to feel motivated and enthusiastic about achieving our new challenge</p> <p>To recognise obstacles which might hinder my achievement and to be able to take steps to overcome them</p> <p>To have evaluated my own learning</p>	<p>To know that the amount of calories, fat and sugar I put into my body will affect my health</p> <p>To be able to identify things, people and places that I need to keep safe from</p> <p>To know some strategies for keeping myself safe, who to go to for help and how to call emergency services</p> <p>To be able to identify when something feels safe or unsafe</p> <p>To understand how complex my body is and</p>	<p>To have identified and put into practice some of the skills of friendship eg. taking turns, being a good listener</p> <p>To know and can use some strategies for keeping myself safe online</p> <p>To be able to explain how some of the actions and work of people around the world help and influence my life</p> <p>To understand how my needs and rights are shared by children around the world and to be able to identify how our lives may be different.</p>	<p>To understand how babies grow and develop in the mother's uterus</p> <p>To understand what a baby needs to live and grow</p> <p>To start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>To identify what I am looking forward to when I move to my next class</p>
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	To understand my actions affect others and try to see things from their points of view		process and identified how it can be better next time	how important it is to take care of it	To know how to express my appreciation to my friends and family	
Year 4	<p>To know my attitudes and actions make a difference to the class team I know how to use my Jigsaw Journal</p> <p>To understand who is in my school community, the roles they play and how I fit in</p> <p>To understand how democracy works through the School Council</p> <p>To understand that my actions affect myself and others; I care about other people's feelings and try to</p>	<p>To understand that, sometimes, we make assumptions based on what people look like</p> <p>To understand what influences me to make assumptions based on how people look</p> <p>To know that sometimes bullying is hard to spot and to know what to do if I think it is going on but I'm not sure</p> <p>To be able to tell you why witnesses sometimes join in with bullying and sometimes don't</p>	<p>To be able to tell you about some of my hopes and dreams</p> <p>To understand that sometimes hopes and dreams do not come true and that this can hurt</p> <p>To know that reflecting on positive and happy experiences can help me to counteract disappointment</p> <p>To know how to make a new plan and set new goals</p>	<p>To recognise how different friendship groups are formed, how I fit into them and the friends I value the most</p> <p>To understand there are people who take on the roles of leaders or followers in a group, and to know the role I take on in different situations</p> <p>To understand the facts about smoking and</p>	<p>To be able to recognise situations which can cause jealousy in relationships</p> <p>To identify someone I love and can express why they are special to me</p> <p>To tell you about someone I know that I no longer see</p> <p>To recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</p> <p>To know how to show love and appreciation to the</p>	<p>To understand that some of my personal characteristics have come from my birth parents.</p> <p>To know how the circle of change works and can apply it to changes I want to make in my life</p> <p>To identify changes that have been and may continue to be outside of my control that I learnt to accept</p> <p>To identify what I am looking forward to when I move to a new class</p>

	<p>empathise with them</p> <p>To understand how groups come together to make decisions</p> <p>To understand how democracy and having a voice benefits the school community</p>	<p>tell</p> <p>To be able to identify what is special about me and value the ways in which I am unique</p> <p>To be able to tell you a time when my first impression of someone changed when I got to know them</p>	<p>even if I have been disappointed</p> <p>To know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group</p> <p>To be able to identify the contributions made by myself and others to the group's achievement</p>	<p>its effects on health, and also some of the reasons some people start to smoke</p> <p>To understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol</p> <p>To be able to recognise when people are putting me under pressure and can explain ways to resist this when I want</p> <p>To know myself well enough to have a clear</p>	<p>people and animals who are special to me</p>	
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				picture of what I believe is right and wrong		
Year 5	<p>To be able to face new challenges positively and know how to set personal goals</p> <p>To know how to use my Jigsaw Journal</p> <p>To understand my rights and responsibilities as a citizen of my country</p> <p>To understand my rights and responsibilities as a citizen of my country and as a member of my school</p> <p>To be able to make choices about my own behaviour because I understand how rewards and consequences feel</p>	<p>To understand that cultural differences sometimes cause conflict</p> <p>To understand what racism is</p> <p>To understand how rumour-spreading and name-calling can be bullying behaviours</p> <p>To be able to explain the difference between direct and indirect types of bullying</p> <p>To be able to compare my life with people in the developing world</p> <p>To understand a different culture from my own</p>	<p>To understand that I will need money to help me achieve some of my dreams</p> <p>To know about a range of jobs carried out by people I know and have explored how much people earn in different jobs</p> <p>To be able to identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it</p> <p>To be able to describe the</p>	<p>To know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>To know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p> <p>To know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</p>	<p>To have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</p> <p>To understand that belonging to an online community can have positive and negative consequences</p> <p>To understand there are rights and responsibilities in an online community or social network</p> <p>To know there are rights and responsibilities when playing a game online</p>	<p>To be aware of my own self-image and how my body image fits into that</p> <p>To identify what I am looking forward to when I move to my next class.</p>

	<p>To understand how an individual's behaviour can impact on a group</p> <p>To understand how democracy and having a voice benefits the school community and know how to participate in this</p>		<p>dreams and goals of young people in a culture different to mine</p> <p>To understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other</p> <p>To be able to encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship</p>	<p>To understand how the media, social media and celebrity culture promotes certain body types</p> <p>To be able to describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p> <p>To know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p>	<p>To be able to recognise when I am spending too much time using devices (screen time)</p> <p>To be able to explain how to stay safe when using technology to communicate with my friends</p>	
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Year 6	<p>To have identified goals for this year, to understand my fears and worries about the future and know how to express them</p> <p>To know how to use my Jigsaw Journal</p> <p>To know that there are universal rights for all children but for many children these rights are not met</p> <p>To understand that my actions affect other people locally and globally</p> <p>To be able to make choices about my own behaviour because I understand how rewards and consequences feel and to be able to understand how these</p>	<p>*Additional Lesson-Reinforcing learning from Year 5 (Puberty and Changes)</p> <p>- To be able to explain how a girl's/boy's body changes during puberty</p> <p>- To understand the importance of looking after yourself physically and emotionally. (Y6CM L2)</p> <p><u>Celebrating differences:</u></p> <p>To understand there are different perceptions about what normal means</p> <p>To be able to explain some of the ways in which one person or a group</p>	<p>To know my learning strengths and to be able to set challenging but realistic goals for myself (e.g. one in-school goal and one out-ofschool goal)</p> <p>To be able to work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these</p> <p>To be able to identify problems in the world that concern me and talk to other people about them</p> <p>To be able to work with other</p>	<p>To be able to take responsibility for my health and make choices that benefit my health and well-being</p> <p>To know about different types of drugs and their uses and their effects on the body particularly the liver and heart</p> <p>To understand that some people can be exploited and made to do things that are against the law</p> <p>To know why some people join gangs and the risks this involves</p> <p>To understand what it means to be emotionally</p>	<p>To know that it is important to take care of my mental health</p> <p>To know how to take care of my mental health</p> <p>To understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p> <p>To be able to recognise when people are trying to gain power or control</p> <p>To be able to judge whether something online is safe and helpful for me</p> <p>To be able to use technology positively and safely to</p>	<p>*Parents have a right to withdraw</p> <p>To understand how a boy's/girl's body changes during puberty. (recap)</p> <p>To understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometime people need IVF to help them have a baby (Y5CM L4)</p> <p>To understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend (Y6CM L4 and 4a)</p>
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	<p>relate to my rights and responsibilities</p> <p>To understand how an individual's behaviour can impact on a group</p> <p>To understand how democracy and having a voice benefits the school community</p>	<p>can have power over another</p> <p>To know some of the reasons why people use bullying behaviours</p>	<p>people to help make the world a better place</p> <p>To be able to describe some ways in which I can work with other people to help make the world a better place</p> <p>To know what some people in my class like or admire about me and to be able to accept their praise</p>	<p>well and can explore people's attitudes towards mental health/illness</p> <p>To be able to recognise stress and the triggers that cause this and to understand how stress can cause drug and alcohol misuse.</p>	<p>communicate with my friends and family</p>	<p>To be aware of the importance of a positive self-esteem and what I can do to develop it</p> <p>To be able to identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.</p>
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National Curriculum for PSHE

Personal, social, health and economic education

Updated statutory guidance will come into effect from September 2020.

The revised curriculum subjects will be:

- relationships education (primary)

- relationships and sex education (RSE) (secondary)
- health education (state-funded primary and secondary)

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. All schools should teach PSHE, drawing on good practice, and this expectation is outlined in the introduction to the proposed new national curriculum.

PSHE is a non-statutory subject. To allow teachers the flexibility to deliver high-quality PSHE we consider it unnecessary to provide new standardised frameworks or programmes of study. PSHE can encompass many areas of study. Teachers are best placed to understand the needs of their pupils and do not need additional central prescription.

However, while we believe that it is for schools to tailor their local PSHE programme to reflect the needs of their pupils, we expect schools to use their PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.

Relationships and sex education

Relationships and sex education (RSE) is an important part of PSHE education. Relationships education is compulsory for all primary school pupils, and relationships and sex education (RSE) is compulsory for all secondary school pupils.

When any school provides RSE they must have regard to the [Secretary of State's guidance](#), this is a statutory duty.