

PSHE Age Related Expectations

Year	Autumn 1 Growth Mindset	Autumn 2 Mental and Emotional Health	Spring 1 Keeping Safe	Spring 2 Healthy Lifestyles	Summer 1 Living in the Wider World	Summer 2 Relationships and Sex Education
EYFS (N & R)	<ul style="list-style-type: none"> To show different ways to do something tricky. To understand feelings about difficulties, encouraging themselves and others to try again. Identify challenging things; setting challenges. Identify characteristics of the mindset, setting challenges. To understand how to tackle difficulties; setting personal challenges; taking risks. 	<ul style="list-style-type: none"> Identify good and bad feelings and what makes them happy. Identify positive and negative behaviours. Explain how to show empathy and why we should. 	<ul style="list-style-type: none"> List some people who can help keep them stay safe. Identify their personal' trusted adult'. Show my understanding of road safety and discuss how my actions can have consequences. 	<ul style="list-style-type: none"> Join in discussions about exercise including what effect it has on their bodies. Explain the importance of dental hygiene. Join in discussions about managing our basic hygiene and personal needs. Manage my own basic hygiene and personal needs. 	<ul style="list-style-type: none"> Explain the similarities and differences I can see in relation to places, objects, materials and living things. Talk about the features of my own immediate environment and how other environments may vary from one another. Make observations of animals and plants and explain why some things occur and talk about changes. 	<ul style="list-style-type: none"> To understand that all families are different. To understand that my friends can like different things to me and know that we can still be friends. To learn to recognise what is fair and unfair, kind, and unkind, what is right and wrong. The conventions of courtesy and manners.
1	<ul style="list-style-type: none"> Identify characteristics of growth and fixed mindsets; helping to develop a growth mindset. Say how it feels to fail; how to learn. Describe the learning journey; what learning means. Identify the characteristics of growth and fixed mindsets; what happens in the brain when we learn. Identify personal challenges. Set personal challenges. 	<ul style="list-style-type: none"> To learn about the different feelings, where they come from and how to manage them. To learn the difference between good and bad secrets. To learn about a range of feelings and emotions and begin to realise how their actions can sometimes affect others. 	<ul style="list-style-type: none"> To learn about rules for keeping safe in different situations and who keeps me safe in my community. To learn about how household products, including medicines, can be harmful and dangerous if not used correctly. To learn about who helps keep them safe in their community, how to get help and skills to keep themselves safe. 	<ul style="list-style-type: none"> To learn how plants are grown for food and that fruit and vegetables help us to stay healthy. To learn how to look after our teeth. To learn about the importance of washing our hands, especially after using the toilet and before eating. 	<ul style="list-style-type: none"> To learn about class rules and how they embed British Values. To learn about coins and notes and where money comes from. To learn about the environment, at home and around the world. 	<ul style="list-style-type: none"> To learn about the people in my life that care for me and love me. To learn about the similarities and differences between themselves and other people. To learn about the similarities between boys and girls.
2	<ul style="list-style-type: none"> Identify strategies that would help a child with a fixed mindset engage in their learning. Reflect on how we feel when we make a mistake; strategies which help us learn. To understand how we should respond to a mistake. Identify characteristics of effort. Set learning challenges. Establish stages of effort. 	<ul style="list-style-type: none"> To learn the difference between small and big feelings and how to manage them. To learn ways to stay safe online. To learn how joking, teasing and bullying behaviours can make people feel. 	<ul style="list-style-type: none"> To learn about who helps us when we are unwell, and that medicine should be given by a trusted adult. To learn about risks and hazards around the home and how to keep safe. To learn about the shared responsibility for keeping myself and others safe in my local environment. 	<ul style="list-style-type: none"> To learn about some of the ways we can keep our bodies healthy, including by eating healthy foods and drinking water. To learn that being active in different ways every day helps us to have a healthy body. To learn that keeping clean can help to stop the spread of germs/bacteria. 	<ul style="list-style-type: none"> To learn about what groups and communities I belong to. To learn about how decisions are made over how we spend our money. To learn about how to look after our environment. 	<ul style="list-style-type: none"> To learn about what parts of our bodies are private. To learn about the body and the human life cycle. To learn about what we mean when use words such as fair, unfair, kind, and unkind.

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3	<ul style="list-style-type: none"> Identify how someone feels when he or she fails; ways of encouraging someone to try. Establish what happens inside the brain of a growth/fixed mindset. Identify the characteristics of a growth and fixed mindset. Reflect on the importance of making mistakes as part of the learning process. Develop ways to overcome barriers to learning. Say how we can overcome failure in different contexts. 	<ul style="list-style-type: none"> To learn about how my emotions affect my behaviour and some strategies to manage feelings including stress, anger sadness. To learn about the safest ways of communicating online. To learn about my own qualities and celebrate differences. 	<ul style="list-style-type: none"> To learn how second-hand smoke can make it more difficult for us to breathe. To learn about managing risk in different situations and how to keep safe. To learn how to respond in an emergency and where I can find help. 	<ul style="list-style-type: none"> To learn about how the Eatwell Guide shows us foods we can eat to stay healthy. To learn ways of keeping safe in the sun and understand the consequences of not staying safe in the sun. To learn about how simple hygiene routines can prevent the spread of bacteria and viruses. 	<ul style="list-style-type: none"> To learn about why rules are made and how they keep us safe. To learn about the similarities and differences between my local and global communities. To learn about the connection between earning money and jobs. 	<ul style="list-style-type: none"> To learn about what is meant by personal space. To learn about what a healthy relationship looks like and what skills are required to maintain a relationship. To learn about the importance of equality.
4	<ul style="list-style-type: none"> To recognise failure as an important part of the learning process, defining the term successful. Identify strategies for persevering and learning when we make a mistake. Show awareness of words that can restrict us as learners. Identify the characteristic of a growth and fixed mindset. To establish characteristics of an effective learner. 	<ul style="list-style-type: none"> To learn that problems are a part of everyday life, how they can affect us and how to overcome them using problem-solving skills. To learn that they are responsible for their own actions both online and offline. To learn about behaviours and consequences of discrimination, teasing, bullying and aggressive behaviours. 	<ul style="list-style-type: none"> To learn about identifying, assessing, and managing risk in a range of situations. To learn about how self-control is a skill that can help us in life and how to apply self-control. To learn about how some drugs help us, some are age-restricted, and some are illegal and can be harmful. 	<ul style="list-style-type: none"> To learn about the importance of good sleep. To learn that food is needed to provide energy for the body. To about the signs and symptoms of illness. 	<ul style="list-style-type: none"> To learn that everyone has human rights and that children have their own set, the UN Convention on the Rights of the Child. To learn about how people look after their money, from spending to saving. To learn about what it means to live in a sustainable environment. 	<ul style="list-style-type: none"> To learn about the importance of diversity and celebrating difference. To learn about the roles played by boys and girls. To learn about the changes that happen to my body when I become an adult and how to maintain my personal hygiene.
5	<ul style="list-style-type: none"> To reflect on the different mindsets; how we use them and what are strengths are. To suggest ways to help someone to learn. Identify the characteristics of a successful teacher. Explain how the brain works. Debate what it means to be a failure; reflecting on how the characteristics of the mindsets affects being successful or being a failure. Explain what happens when we are learning, illustrating the learning process. 	<ul style="list-style-type: none"> To learn about mental health; what it means, and how we can take care of it. To learn about how conflict is part of everyday life and develop strategies to resolve disputes and conflict. To learn the different ways to keep myself safe when using electrical devices. To learn about the importance of recognising my personal qualities. 	<ul style="list-style-type: none"> To learn how actions (such as dares) lead to consequences and how to confidently respond to dares. To know what is meant by the term 'habit' and why habits can be hard to change. To recognise that there are many different influences that can be both positive and negative. 	<ul style="list-style-type: none"> To learn about how vaccines help to prevent a range of infections, including the flu. To learn about the benefits of a balanced diet and how to make their own choices about food. 	<ul style="list-style-type: none"> To learn how we make rules and laws and how we may change them. To learn about the need for Fair Trade due to how resources are allocated and the effect this has on individuals, communities, and the environment. To develop my enterprise skills by creating and selling a sustainable product that uses the principles of Fair Trade. 	<ul style="list-style-type: none"> To learn about puberty and what it means for me. To learn about the different relationships in my life. To learn about unwanted touch and where to find support if I need it.

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6	<ul style="list-style-type: none"> Recognise the impact of words and phrases on mindsets, creating effective phrases for learning feedback. Establish what is important to individual learners; identifying barriers to their own learning and how they might overcome them. Describe how mistakes can help us learn; identifying how we should respond to them. Define learning, creating a learning pathway. 	<ul style="list-style-type: none"> To learn how we can challenge negative thoughts and feelings. To learn about stereotypes and the importance of challenging them. To learn how the internet can positively and negatively affect our mental health. 	<ul style="list-style-type: none"> To learn about how commonly available drugs can damage health and safety and the law relating to these. To learn about peer pressure and responding to it assertively. To learn about what to do in an emergency, including using basic first aid. 	<ul style="list-style-type: none"> To learn about how the choices, we make can influence our physical and mental health and wellbeing. To learn how to make informed choices that contribute to a balanced lifestyle. To learn about the benefits of a balanced diet and what factors might influence people's choices in relation to what they choose to eat and drink. 	<ul style="list-style-type: none"> To learn how to be critical of what they see in the media. To learn what is meant by the terms 'tax', 'loan', 'interest' and 'debt'. To learn about what it means to have a 'career' and to consider what I am interested in as a career. 	<ul style="list-style-type: none"> To learn about how responsibilities, rights and duties are part of our lives now and how they will change in the future. To learn about how a loving relationship might result in marriage To learn about reproduction.
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