

Subject specific skills: Age related expectations in PSHE

Year	Autumn 1	Autumn 1	Spring 1	Spring 2	Summer 1	Summer 2
	Growth Mindset	Relationships	Keeping Safe	Health and Well Being	Growing and Changing	Wider World
N	<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"> To know that the people in my family are special. To know that everyone is different in my class and that I can make friends with anyone. To learn to recognise what is fair and unfair, kind and unkind, what is right and wrong. The conventions of courtesy and manners. 	<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"> Pupils can describe what they can do now that they couldn't do when they started school/nursery, they can explain how they have changed. Make observations of animals and plants and explain why some things occur and talk about changes. 	<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.
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. 	<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. 	<ul style="list-style-type: none"> List some people who can help keep them 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"> Pupils can describe what they can do now that they couldn't do when they started school/nursery, they can explain how they have changed. Make observations of animals and plants and explain why some things occur and talk about changes. 	<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.

	<ul style="list-style-type: none"> To understand how to tackle difficulties; setting personal challenges; taking risks. 	<ul style="list-style-type: none"> 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 know the ways in which we are different and know how to make my class welcoming. To know that I live in the world and that the world is full of different people. 	<ul style="list-style-type: none"> The role of the police and how they keep people safe in the community. To understand how to keep safe around strangers. To understand what medicines are, their uses and dangers, how to store them and other household products safely. Explain when a situation at home is unsafe and know the dangers of household appliance, products and fireworks. 	<ul style="list-style-type: none"> Explain why I need to eat a healthy diet (Healthy eating). Explain the effect of germs and the importance of everyday routines (Personal hygiene). 	<ul style="list-style-type: none"> To learn that all living things reproduce and the females give birth. To understand the physical changes that they have already been through and that their bodies will continue to change throughout their lives. 	<ul style="list-style-type: none"> To learn to listen to other people and play and work co-operatively. To recognise when people are being unkind, either to them or others, how to respond, who to tell and what to say.
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. 	<ul style="list-style-type: none"> To know that everyone in my class is different and I can work with anyone. I know there are people different from me and know that I can get along with different people. 	<ul style="list-style-type: none"> Identify dangers in the outside world: staying safe outdoors (keeping safe in all weather conditions). Explain how the sun can be dangerous if I do not protect myself from it. Know that their body parts are private. Identify basic fire hazards: matches and lighters, electricity, candles, cooking smoking. Know the information they need to call 999. 	<ul style="list-style-type: none"> Explain the different tastes of foods that I eat and identify the groups the foods belong to. Say why we need to eat food and know the benefits of a healthy balanced diet To understand why our bodies, need to rest. 	<ul style="list-style-type: none"> To understand that all living things originate from other living things. To understand that all living things grow and change and have a natural life cycle. 	<ul style="list-style-type: none"> To know that people and other living things have rights and that everyone has responsibilities to protect those rights (including being able to take turns, share, and understand the need to return things that have been borrowed. To recognise that their behaviour can affect other people. To know how they can contribute to the life of

	<ul style="list-style-type: none"> Establish stages of effort. 					the classroom and school.
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"> I know the behaviour that makes someone feel like an outsider and I know how to make someone feel welcome. I understand where problems come from and I can find a solution to a problem. 	<ul style="list-style-type: none"> Recognise that my increasing independence brings increased responsibility to keep myself and others safe. Know the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others. Know how to make informed choices. Recognise bullying and abuse in all its forms. 	<ul style="list-style-type: none"> Identify how to maintain a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health Know how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'. 	<ul style="list-style-type: none"> To understand that all living things change as they get older. To understand that they will get more independent as they grow and change. To recognise how they will change as they get older and how their clothing will reflect this. 	<ul style="list-style-type: none"> To reflect on and celebrate their achievements, identify their strengths and areas for improvement, set high aspirations and goals. To think about the range of jobs carried out by people they know, and to understand how they can develop skills to make their own contributions in the future.
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. 	<ul style="list-style-type: none"> To know that people speak different languages and how language can be a barrier and find ways to overcome barriers. I know why people sometimes don't speak up and I know that everyone in my class should be proud of who they are. 	<ul style="list-style-type: none"> To critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. To be able to identify dangers by looking and listening, decide if an area is safe, make an area safe and be able to help someone without risk to themselves. 	<ul style="list-style-type: none"> Recognise opportunities to make my own choices about food, what might influence my choices and the benefits of eating a balanced diet. Say what positively and negatively affects my physical, mental and emotional health. 	<ul style="list-style-type: none"> To understand the concept of body changes through the life stages. To understand the need for personal hygiene and recognise what they will need to keep clean. 	<ul style="list-style-type: none"> To consider the lives of people living in other places and people with different values and customs. To research, discuss and debate topical issues, problems and events that are of concern to them and offer their recommendations to appropriate people. (e.g. climate change)

	<ul style="list-style-type: none"> To establish characteristics of an effective learner. 					
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 know that people have different life experiences and empathise with others. What a stereotype is, and how stereotypes can be unfair, negative or destructive. 	<ul style="list-style-type: none"> To understand the terms and conditions of social media and what consenting to them means. Basic first aid - To be able to keep themselves safe and give first aid in different situations. The responsible use of mobile phones: safe keeping(looking after it)and safe user habits (time limits, use of passcode, turning it off at night etc.) 	<ul style="list-style-type: none"> To understanding that they have the right to protect their body from inappropriate and unwanted contact; and develop the skills and strategies required to get support if they have fears for themselves or their peers. To recognise how images in the media do not always reflect reality and can affect how people feel about themselves. To understand the benefits of sleep. 	<ul style="list-style-type: none"> To recognise and correctly name the puberty-related male and female internal body parts and their function. To understand the importance of hygiene in a social context. To learn about the ways in which puberty can affect us emotionally. The facts and science relating to allergies, immunisation and vaccination. 	<ul style="list-style-type: none"> To understand that there are basic human rights shared by all peoples and societies. To understand what being part of a community means. To learn what democracy is and the basic institutions that support it locally and nationally. To realise the consequences of anti-social, aggressive and harmful behaviour, such as bullying and discrimination of individuals and communities.
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. 	<ul style="list-style-type: none"> Recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships. To know what prejudice is and how to challenge discriminatory behaviour. 	<ul style="list-style-type: none"> How to manage requests for images of themselves or others; what is and is not appropriate to ask for or share; who to talk to if they feel uncomfortable or are concerned by such a request. Basic first aid - To know when they need to get help and know what to do in an emergency. To understand the role money plays in their lives including how to 	<ul style="list-style-type: none"> To understand why some people, choose to use legal and illegal substances and the associated risks Which, why and how, commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health and safety; that some are restricted, and some are illegal to own, use and give to others 	<ul style="list-style-type: none"> To learn about how their body will change as they approach and go through puberty. To learn about the difference between sex, gender identity and sexual orientation. To understand what a sexual relationship is and who can have a sexual relationship. To learn about human reproduction. To learn about menstrual wellbeing 	<ul style="list-style-type: none"> To understand that forcing anyone to marry is a crime and that support is available to protect and prevent people from being forced into marriage. To explain the role and importance of human rights activists. To talk about and understand how to be a responsible global citizen.

	<ul style="list-style-type: none">Define learning; creating a learning pathway.		manage their money, keep it safe, choices about spending money and what influences those choices.	<ul style="list-style-type: none">What is meant by the term 'habit' and why habits can be hard to change.	including the key facts about the menstrual cycle.	
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