



PSHE Endpoints Nursery - Y6

PSHE - End Points			
Nursery	Relationships	Living in the Wider World	Health and Wellbeing
	<ul style="list-style-type: none"> Know who is in my family. Know that friends can make you happy. Know that I can be a good friend to others by being kind. Know that my family should care for me. Know that I might not be the same as my friends. Know that there are things I like and dislike. 	<p>Road Safety</p> <ul style="list-style-type: none"> Know that I should always cross the road with an adult. Know that I should always wear a seatbelt in a car. <p>Online Safety</p> <ul style="list-style-type: none"> Know the names of devices that require online usage. Know that the internet helps us learn information/have fun. <p>Future Me</p> <ul style="list-style-type: none"> Know there are different roles within the community. Know what a rule is and understand that we follow rules in school. Know there are things I am good at. 	<p>Zones of Regulation</p> <ul style="list-style-type: none"> Know that there are 4 main emotions (sad, happy, worried, angry). <p>Oral Hygiene</p> <ul style="list-style-type: none"> Know I need to brush my teeth twice a day. <p>Fitness</p> <ul style="list-style-type: none"> Know that exercise is good for my body. <p>Being Safe</p> <ul style="list-style-type: none"> Know how to take care of themselves. Know basic body parts including arm, head, leg, foot.
Rec	Relationships	Living in the Wider World	Health and Wellbeing
	<ul style="list-style-type: none"> Know that my family may be different from others. Know that my family can support and help me with things I can not do independently. Know that I can be friends with different people. Know that I might have different interests to my friends. Know that my family should love me. 	<p>Online</p> <p>Know what we use the internet for e.g. games, to find information</p> <p>Know that most people use the internet on a frequent basis</p> <p>Know that we need adult supervision to use the internet</p> <p>Road safety</p> <p>Know that I should always cross the road with an adult, looking for on coming traffic, traffic lights, pedestrians</p> <p>Emergency</p> <p>Know who to call in an emergency (999).</p> <p>Future Me</p> <p>Know the range of jobs in the community and what responsibilities they may have</p> <p>Know what roles they are interested in and what they might involve.</p> <p>Living By Our Values</p> <p>Know the names of our school values and give an example linked to themselves or the class.</p>	<p>Zones of Regulation</p> <p>Know 4 main emotions (sad, happy, worried, angry) and ways to manage these feelings with support</p> <p>Oral Hygiene</p> <p>Know how to brush my teeth effectively using a brush and toothpaste.</p> <p>Know I should brush my teeth for at least 2 minutes twice a day.</p> <p>Fitness</p> <p>Know that exercise helps keep our body healthy.</p> <p>Know that exercise should happen daily.</p> <p>Being safe</p> <ul style="list-style-type: none"> - Know that I need to wash to keep my body clean. - Know how to take turns - Know that some physical touch is inappropriate - Know body parts including ankle, wrist, elbow - Know that we need to use sun cream in warm weather. - Know our skin can burn if we do not wear sun cream. - Know how to ask for help if I am hurt. - Know that I may need to clean a wound and wear a plaster.

Y1	Relationships	Living in the Wider World	Health and Wellbeing
	<ul style="list-style-type: none"> Know that families are important for children growing up because they give love, security, and stability. Know how everyone's family is different and that they should respect those differences. Know why friends are important. Know what I like about myself. 	<p>Environment</p> <ul style="list-style-type: none"> Know three different ways to look after the environment e.g.. recycle, turn off taps, littering. Know the consequences of not looking after the environment e.g.. impact on wildlife. Know that actions always have consequences. <p>Online Safety</p> <ul style="list-style-type: none"> Know that I need adult supervision and permission to use an online device. <p>Money</p> <ul style="list-style-type: none"> Know that money is needed to pay for services/items. Know that our grown-ups need to pay for things to meet our needs and wants. 	<p>Road safety</p> <ul style="list-style-type: none"> Know how to identify risks when using the roads. Know how to manage risks when crossing the roads. <p>Bodies</p> <ul style="list-style-type: none"> Know that as we get older, our bodies will begin to change and our physical appearances will look different. Know the names for each of the different stages of the human life cycle, e.g. baby, teenager, adult. Know some ways to be healthy i.e.. exercise, diet and hygiene. Know some types of physical illness i.e coughs, colds, chicken pox. Know that we may need to have medicine to help us feel better. Know the importance of handwashing and describe how to wash hands properly.
Y2	Relationships	Living in the Wider World	Health and Wellbeing
	<ul style="list-style-type: none"> Know the characteristics of healthy family life. Know how to solve conflict and problems. within a friendship and where to seek help if needed. Know what makes a good friend. Know people who I can talk to if I feel unsafe or unhappy. 	<p>Online Safety</p> <ul style="list-style-type: none"> Know how to use the internet safely e.g. passwords, not giving out information, adult supervision, age appropriate, apps. <p>Money</p> <ul style="list-style-type: none"> Know we need money to pay for needs and wants. Know that money can come from having a role/job. 	<p>Sun Safety</p> <ul style="list-style-type: none"> Know how to keep safe in the sun and why this is important. Know reasons why sleep is important. <p>Environment</p> <ul style="list-style-type: none"> Know that fire/fireworks can pose danger if not used safely. Know that adults should deal with fireworks safely. Know that we should call 999 if we see any problems with fire/fireworks. <p>Bodies</p> <ul style="list-style-type: none"> Know that people can be hurt physically and with words. Know that touch should never make you feel uncomfortable. Know the names of body parts including vagina, vulva, testicles, nipples and penis. Know 3 ways to keep my body clean. <p>Basic First aid</p> <ul style="list-style-type: none"> Know how to seek support to receive first aid and different ways an injury can be dealt with.(e.g. broken bone would need a cast).

Y3	Relationships	Living in the Wider World	Health and Wellbeing
	<ul style="list-style-type: none"> Know and understand different types of families. Know that stable, caring relationships of different types are at the heart of happy families. Know how to recognise if family relationships are making them unhappy or unsafe and how to seek help and advice if needed. Know the characteristics that make a healthy friendship and how they make people feel. know that there are different types of bullying. 	<p>Online Safety</p> <ul style="list-style-type: none"> Know that the online world poses risks (Identity fraud). Know how to minimise online risks e.g. SMART. Know how to check the reliability of information online. <p>Money</p> <ul style="list-style-type: none"> Know that we may need to save money for things we want. Know that money runs out. Know that we can choose to spend or save money. Know different types of jobs and roles. Know what a stereotype is Know that there are stereotypes associated with certain careers 	<p>Bodies</p> <ul style="list-style-type: none"> Know that male and female bodies have similarities and differences. Know there are scientific names for our private parts. Know that forms of physical contact will occur differently between different people. <p>Mental Health</p> <ul style="list-style-type: none"> Know at least 3 different things that can affect their mental health. Know that there are different ways to take care of mental wellbeing. <p>Diet</p> <ul style="list-style-type: none"> know the characteristics of a poor diet and some associated risks. Know some mental and physical benefits of an active lifestyle. <p>Habits</p> <ul style="list-style-type: none"> Know how excessive time spent online can affect mental and physical well being. Know how to stay safe in different situations i.e. holidays.
Y4	Relationships	Living in the Wider World	Health and Wellbeing
	<ul style="list-style-type: none"> Know what makes a friendship unhealthy and the feelings this can bring Know what bullying is and its impact, including mental wellbeing. Know when it is not right to keep a secret. know how to keep safe around adult I do not know. know what bereavement is, its impact it can have and how to seek support. 	<p>Environment</p> <ul style="list-style-type: none"> Know what anti social behaviour is and some consequences. Know what a community is and different roles within them. <p>Online Safety</p> <ul style="list-style-type: none"> Know that online sources are not always reliable Know how to identify harmful content Know why social media and some games/apps have age restrictions. <p>Citizenship/Money</p> <ul style="list-style-type: none"> Know the role of charitable institutions within our community Know that charitable donations can be made with money or time/service. Know that charitable institutions raise money to help others. Know how to raise awareness for different charitable institutions 	<ul style="list-style-type: none"> Know what is appropriate and inappropriate physical contact. Know where and how to ask for advice or report concerns or abuse. Know what an active lifestyle is and some benefits. <p>Dental Health</p> <ul style="list-style-type: none"> Know ways to look after my teeth and the benefits of good oral health.. <p>Drugs and Substances</p> <ul style="list-style-type: none"> Know some illegal and legal substances. Know some unsafe substances that are found in the home and how they need to be stored safely. Know facts about smoking and vaping and some associated risks. <p>Mental Health</p> <ul style="list-style-type: none"> Know the difference between physical and mental health, including mental illness. <p>Bodies</p> <ul style="list-style-type: none"> Know that our bodies change and how to care for our bodies i.e. personal hygiene and sleep.

Y5	Relationships	Living in the Wider World	Health and Wellbeing
	<ul style="list-style-type: none"> • Know appropriate boundaries in friendships with peers and others, including online. • Know the difference between bullying and banter. • Know what a bystander and the impact they have in different situations. • Know how and why everyone should be respected. 	<p>Money</p> <ul style="list-style-type: none"> • Know that money can impact our decisions. Know that money must be earned. • Know that different job roles pay different salaries. <p>Online Safety</p> <ul style="list-style-type: none"> • Know how online content can affect mental and physical well being. • Know how negative behaviours and habits impact on their wellbeing. <p>Environment</p> <ul style="list-style-type: none"> • Know the consequences that can come from knife crime, including the role of bystanders. • Know what sustainability is and how our actions can affect our environment. 	<p>Puberty</p> <ul style="list-style-type: none"> • Know that during puberty, lots of physical changes happen to our bodies, e.g. facial hair, pubic hair, spots. • Know that during puberty, lots of emotional changes happen to our bodies, e.g. feeling unhappy and not knowing why, quick changes in mood. • Know scientific names for all body parts. Know where to get support with changes happening in puberty • Know 3 things that can impact my body image. • Know why consent is important. Know the risks associated with an inactive lifestyle. <p>Protected Characteristics</p> <ul style="list-style-type: none"> • Know that protected characteristics exist to keep people safe from discrimination

Y6	Relationships	Living in the Wider World	Health and Wellbeing
	<ul style="list-style-type: none"> • Know that marriage represents a formal and legal commitment of two people to each other which is intended to be lifelong. • Know that civil partnerships are legal in the UK. <i>*Some children will know that this is not the same in all countries.*</i> • Know what a stereotype is and how they can be challenged. • Know how to seek and give permission within relationships. • Know that true friends would never pressurise me into doing something I do not want to do. 	<p>Money</p> <ul style="list-style-type: none"> • Know that borrowing money can cause problems. • Know that borrowing money can be a short term solution, but can cause long term issues. • Know that tax is paid by most adults who live in the UK. • Know that some public services are funded by tax paid. • Know that borrowing money can lead to debt. <p>Online Safety</p> <ul style="list-style-type: none"> • Know that social media can pose risks e.g. mental health, acting differently online, online friendships • Know when something is shared online it is no longer private • Know the risks of sharing content online • Know that some people may pretend to be someone else online • Know that there are different uses of social media platform • Know that everything you see online can't be trusted <p>Environment</p> <ul style="list-style-type: none"> • Know different types of bullying and how to report it and seek advice. • Know the difference between radicalisation and extremism and how to report it and seek advice. • Know different risks in the community and how to get help, including emergency services. 	<ul style="list-style-type: none"> • Know what allergies , vaccinations and immunisations are. <p>Puberty</p> <ul style="list-style-type: none"> • Know that during puberty, lots of physical changes happen to our bodies, e.g. facial hair, pubic hair, spots. • Know that during puberty, lots of emotional changes happen to our bodies, e.g. feeling unhappy and not knowing why, quick changes in mood. • Know scientific names for all body parts. • Know where to get support with changes happening in puberty. • Know how to protect wellbeing during the menstrual cycle (e.g. use of sanitary products, emotional support). • Know the short and long term effects of tobacco use- vaping and smoking. • Know what online grooming is and how to report it. • Know the laws about sharing images online and how to report it.