

PSHCE Skills & Knowledge Progression 2025/26



Year	Assessment Criteria
Rec	<p>Being Me in My World</p> <ul style="list-style-type: none"> • I know special things about myself • I know that some people are different from me • I know how happiness and sadness can be expressed • I know that hands can be used kindly and unkindly • I know that being kind is good • I know they have a right to learn and play, safely and happily <ul style="list-style-type: none"> • I can identify feelings associated with belonging • I can identify feelings of happiness and sadness • I can play cooperatively with others • I can consider others' feelings • I can be responsible in the classroom
	<p>Celebrating Difference</p> <ul style="list-style-type: none"> • I know what being proud means and that people can be proud of different things • I know that people can be good at different things • I know what being unique means • I know that families can be different • I know that people have different homes and why they are important to them • I know different ways of making friends • I know different ways to stand up for myself • I know the names of some emotions such as happy, sad, frightened, angry • I know that they don't have to be 'the same as' to be a friend • I know why having friends is important • I know some qualities of a positive friendship <ul style="list-style-type: none"> • I can identify feelings associated with being proud • I can identify things I am good at • I can vocalise what success is for me and others • I can identify some ways I can be different and the same as others • I can recognise similarities and differences between my family and other families • I can identify and use skills to make a friend • I can identify and use skills to stand up for myself • I can recognise emotions when I or someone else is upset, frightened or angry
	<p>Dreams and Goals</p> <ul style="list-style-type: none"> • I know what a challenge is • I know that it is important to keep trying • I know what a goal is

- I know how to set goals and work towards them
- I know which words are kind
- I know some jobs that I might like to do when I am older
- I know that I must work hard now in order to be able to achieve the job I want when I am older
- I know when I have achieved a goal
- I can understand that challenges can be difficult
- I can recognise some of the feelings linked to perseverance
- I can talk about a time that I kept on trying and achieved a goal
- I can be ambitious
- I can be resilient
- I can recognise how kind words can encourage people
- I can celebrate success

Healthy Me

- I know the names for some parts of my body
- I know what the word 'healthy' means
- I know some things that I need to do to keep healthy
- I know that I need to exercise to keep healthy
- I know how to help myself go to sleep and that sleep is good for me
- I know when and how to wash my hands properly
- I know what to do if they get lost
- I know how to say 'No!' to strangers
- I can recognise how exercise makes me feel
- I can recognise how different foods can make me feel
- I can explain what I need to do to stay healthy
- I can give examples of healthy food
- I can explain how they might feel if I don't get enough sleep
- I can explain what to do if a stranger approaches me

Relationships

- I know what a family is
- I know that different people in a family have different responsibilities (jobs)
- I know some of the characteristics of healthy and safe friendship
- I know that friends sometimes fall out
- I know some ways to mend a friendship
- I know that unkind words can never be taken back and they can hurt
- I know how to use Jigsaw's 'Calm Me' to help when feeling angry
- I know some reasons why others get angry
- I can identify what jobs I do in my family and those carried out by parents/carers and siblings
- I can suggest ways to make a friend or help someone who is lonely
- I can use different ways to mend a friendship
- I can recognise what being angry feels like
- I can use 'Calm Me' when angry or upset

Changing Me

- I know the names and functions of some parts of the body (Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand)
- I know that we grow from a baby to adult
- I know who to talk to if I am feeling worried
- I know that sharing how I feel can help solve a worry
- I know that remembering happy times can help us move on

- I can identify how I have changed from a baby
- I can say what might change when I get older
- I can recognise that changing class can illicit happy and/or sad emotions
- I can say how I feel about changing class/growing up
- I can identify positive memories from the past year in school/home

PSHE Skills & Knowledge Progression 2024/25



Year	Assessment Criteria
Year 1	<p>Being Me in My World</p> <ul style="list-style-type: none"> • I know the rights and responsibilities of a member of a class • I know that my views are important • I know that my choices have consequences • I know my own rights and responsibilities with my classroom • I can recognise that I am special • I can recognise that I am safe in my class • I can identify helpful behaviours to make the class a safe place • I can identify what it's like to feel proud of an achievement • I can recognise feelings associated with positive and negative consequences • I can understand that I have choices
	<p>Celebrating Difference</p> <ul style="list-style-type: none"> • I know that people have differences and similarities • I know what bullying means • I know who to tell if they or someone else is being bullied or is feeling unhappy • I know skills to make friendships • I know that people are unique and that it is OK to be different • I know ways to help a person who is being bullied • I can recognise ways in which I am the same as my friends and ways I am different • I can identify what is bullying and what isn't • I can understand how being bullied might feel • I can identify emotions associated with making a new friend • I can verbalise some of the attributes that make them unique and special
	<p>Dreams and Goals</p> <ul style="list-style-type: none"> • I know how to set simple goals • I know how to achieve a goal • I know how to work well with a partner • I know that tackling a challenge can stretch my learning • I know how to identify obstacles which make achieving my goals difficult and can work out how to overcome them • I know when a goal has been achieved • I can recognise things that I do well • I can explain how I learn best • I can celebrate an achievement with a friend • I can recognise my own feelings when faced with a challenge • I can recognise my own feelings when I am faced with an obstacle • I can recognise how I feel when I overcome an obstacle

- I can store feelings of success so that they can be used in the future

Healthy Me

- I know the difference between being healthy and unhealthy
- I know some ways to keep healthy
- I know how to make healthy lifestyle choices
- I know how to keep myself clean and healthy
- I know that germs cause disease / illness
- I know that all household products, including medicines, can be harmful if not used properly
- I know that medicines can help me if I feel poorly
- I know how to keep safe when crossing the road
- I know about people who can keep them safe

- I can recognise when I feel good about myself when I make healthy choices
- I can keep myself safe
- I can recognise ways to look after myself if I feel poorly
- I can recognise when I feel frightened and know how to ask for help
- I can recognise how being healthy helps me to feel happy

Relationships

- I know that everyone's family is different
- I know that there are lots of different types of families
- I know that families are founded on belonging, love and care
- I know how to make a friend
- I know the characteristics of healthy and safe friends
- I know that physical contact can be used as a greeting
- I know about the different people in the school community and how they help
- I know who to ask for help in the school community

- I can express how it feels to be part of a family and to care for family members
- I can say what being a good friend means
- I can show skills of friendship
- I can identify forms of physical contact they prefer
- I can praise myself and others
- I can recognise some of my personal qualities
- I can say why I appreciate a special relationship

Changing Me

- I know that animals including humans have a life cycle
- I know that changes happen when we grow up
- I know that people grow up at different rates and that is normal
- I know the names of male and female private body parts
- I know that there are correct names for private body parts and nicknames, and when to use them
- I know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these
- I know who to ask for help if they are worried or frightened

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| <ul style="list-style-type: none">• I know that learning brings about change• I can understand and accept that change is a natural part of getting older• I can identify some things that have changed and some things that have stayed the same since being a baby (including the body)• I can express why I enjoy learning• I can suggest ways to manage change e.g. moving to a new class |
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PSHE Skills & Knowledge Progression 2024/25



Year	Assessment Criteria
Year 2	<p>Being Me in My World</p> <ul style="list-style-type: none"> • I know my hopes and fears for the year ahead • I know the rights and responsibilities of class members • I know that it is important to listen to other people • I know my own views are valuable • I know about rewards and consequences and that these stem from choices • I know that positive choices impact positively on my learning and the learning of others <ul style="list-style-type: none"> • I can recognise my own feelings and know when and where to get help • I can explain how to make my class a safe and fair place • I can show good listening skills • I can recognise the feeling of being worried • I can work cooperatively
	<p>Celebrating Difference</p> <ul style="list-style-type: none"> • I know there are stereotypes about boys and girls • I know that it is OK not to conform to gender stereotypes • I know it is good to be yourself • I know that sometimes people get bullied because of difference • I know the difference between right and wrong and the role that choice has to play in this • I know that friends can be different and still be friends • I know where to get help if I am being bullied • I know the difference between a one-off incident and bullying • I know to stand up for myself when I need to <ul style="list-style-type: none"> • I can understand that boys and girls can be similar in lots of ways and that is OK • I can explain how being bullied can make someone feel • I can choose to be kind to someone who is being bullied • I can recognise that I shouldn't judge people because they are different • I can understand that everyone's differences make them special and unique
	<p>Dreams and Goals</p> <ul style="list-style-type: none"> • I know how to choose a realistic goal and think about how to achieve it • I know that it is important to persevere • I know how to recognise what working together well looks like • I know what good group working looks like • I know how to share success with other people <ul style="list-style-type: none"> • I can describe my own achievements and the feelings linked to these

- I can recognise my own strengths as a learner
- I can recognise how working with others can be helpful
- I can work effectively with a partner
- I can choose a partner with whom I work well
- I can work as part of a group
- I can recognise how it feels to be part of a group that succeeds and can store this feeling

Healthy Me

- I know what my body needs to stay healthy
- I know what relaxed means
- I know what makes me feel relaxed / stressed
- I know how medicines work in their bodies
- I know that it is important to use medicines safely
- I know how to make some healthy snacks
- I know why healthy snacks are good for my body
- I know which foods give my body energy
- I can demonstrate the desire to make healthy lifestyle choices
- I can identify when a feeling is weak and when a feeling is strong
- I can express how it feels to share healthy food with my friends

Relationships

- I know that everyone's family is different
- I know that families function well when there is trust, respect, care, love and co-operation
- I know that there are lots of forms of physical contact within a family
- I know how to stay stop if someone is hurting me
- I know some reasons why friends have conflicts
- I know that friendships have ups and downs and sometimes change with time
- I know how to use the Mending Friendships or Solve-it-together problem-solving methods
- I know there are good secrets and worry secrets and why it is important to share worry secrets
- I know what trust is
- I can identify the different roles and responsibilities in my family
- I can recognise the value that families can bring
- I can recognise and talk about the types of physical contact that is acceptable or unacceptable
- I can use positive problem-solving techniques (Mending Friendships or Solve-it-together) to resolve a friendship conflict
- I can identify the negative feelings associated with keeping a worry secret
- I can identify the feelings associated with trust
- I can identify who I trust in my own relationships
- I can give and receive compliments
- I can say who I would go to for help if I was worried or scared

Changing Me

- I know that life cycles exist in nature
 - I know that aging is a natural process including old-age
 - I know that some changes are out of an individual's control
 - I know how my body has changed from when I was a baby and that I will continue to change as I age
 - I know the physical differences between male and female bodies
 - I know the correct names for private body parts
 - I know that private body parts are special and that no one has the right to hurt these
 - I know who to ask for help if I am worried or frightened
 - I know there are different types of touch and that some are acceptable and some are unacceptable
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- I can appreciate that changes will happen and that some can be controlled and others not
 - I can express how I feel about changes
 - I can show appreciation for people who are older
 - I can recognise the independence and responsibilities I have now compared to being a baby or toddler
 - I can say what greater responsibilities and freedoms I may have in the future
 - I can say who I would go to for help if I was worried or scared
 - I can say what types of touch I find comfortable/ uncomfortable
 - I can confidently ask someone to stop if I am being hurt or if I am frightened
 - I can say what I am looking forward to in the next year

PSHE Skills & Knowledge Progression 2024/25



Year	Assessment Criteria
Year 3	<p>Being Me in My World</p> <ul style="list-style-type: none"> • I know that I am important • I know what a personal goal is • I know and understand what a challenge is • I know why rules are needed and how these relate to choices and consequences • I know that my actions can affect others' feelings • I know that others may hold different views to me • I know that my school has a shared set of values <ul style="list-style-type: none"> • I can recognise self-worth • I can identify personal strengths • I can set a personal goal • I can recognise feelings of happiness, sadness, worry and fear in themselves and others • I can make other people feel valued • I can develop compassion and empathy for others • I can work collaboratively
	<p>Celebrating Difference</p> <ul style="list-style-type: none"> • I know why families are important • I know that everybody's family is different • I know that sometimes family members don't get along and some reasons for this • I know that conflict is a normal part of relationships • I know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do • I know that some words are used in hurtful ways and that this can have consequences <ul style="list-style-type: none"> • I can show appreciation for my family, parents and carers • I can use the 'Solve it together' technique to calm and resolve conflicts with friends and family • I can empathise with people who are bullied • I can employ skills to support someone who is bullied • I can 'problem-solve' a bullying situation accessing appropriate support if necessary • I can recognise, accept and give compliments • I can recognise feelings associated with receiving a compliment
	<p>Dreams and Goals</p> <ul style="list-style-type: none"> • I know about specific people who have overcome difficult challenges to achieve success

- I know what dreams and ambitions are important to me
 - I know how I can best overcome learning challenges
 - I know that I am responsible for my own learning
 - I know my own strengths are as a learner
 - I know what an obstacle is and how they can hinder achievement
 - I know how to take steps to overcome obstacles
 - I know how to evaluate my own learning progress and identify how it can be better next time
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- I can recognise other people's achievements in overcoming difficulties
 - I can imagine how it will feel when they achieve their dream / ambition
 - I can break down a goal into small steps
 - I can recognise how other people can help me to achieve my goals
 - I can manage feelings of frustration linked to facing obstacles
 - I can share my success with others
 - I can store feelings of success (in their internal treasure chest) to be used at another time

Healthy Me

- I know how exercise affects my body
 - I know why my heart and lungs are such important organs
 - I know that the amount of calories, fat and sugar that I put into my body will affect their health
 - I know that there are different types of drugs
 - I know that there are things, places and people that can be dangerous
 - I know a range of strategies to keep themselves safe
 - I know when something feels safe or unsafe
 - I know that my body is complex and needs taking care of
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- I can set myself a fitness challenge
 - I can recognise what it feels like to make a healthy choice
 - I can identify how I feel about drugs
 - I can express how being anxious or scared feels
 - I can take responsibility for keeping myself and others safe
 - I can appreciate and respect what my body do

Relationships

- I know that different family members carry out different roles or have different responsibilities within the family
- I know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc
- I know some of the skills of friendship, e.g. taking turns, being a good listener
- I know some strategies for keeping myself safe online
- I know how some of the actions and work of people around the world help and influence my life
- I know that I and all children have rights (UNCRC)
- I know the lives of children around the world can be different from my own

- I know how to access help if I am concerned about anything on social media or the internet
- I can identify the responsibilities I have within my family
- I can use Solve-it-together in a conflict scenario and find a win-win outcome
- I can empathise with people from other countries who may not have a fair job or are less fortunate
- I can understand that I am connected to the global community in many different ways
- I can identify similarities in children's rights round the world
- I can identify my own wants and needs and how these may be similar or different from other children in school and the global community

Changing Me

- I know that in animals and humans lots of changes happen between conception and growing up
- I know that in nature it is usually the female that carries the baby
- I know that in humans a mother carries the baby in her uterus (womb) and this is where it develops
- I know that babies need love and care from their parents/carers
- I know some of the changes that happen between being a baby and a child
- I know that the male and female body needs to change at puberty so our bodies can make babies when we are adults
- I know some of the outside body changes that happen during puberty
- I know some of the changes on the inside that happen during puberty
- I can express how I feel about babies
- I can describe the emotions that a new baby can bring to a family
- I can express how I feel about puberty
- I can say who I can talk to about puberty if I have any worries
- I can identify stereotypical family roles and challenge these ideas e.g. it may not always be Mum who does the laundry
- I can identify changes I am looking forward to in the next year
- I can suggest ways to help me manage feelings during changes I am more anxious about

PSHE Skills & Knowledge Progression 2024/25



Year	Assessment Criteria
Year 4	<p>Being Me in My World</p> <ul style="list-style-type: none"> • I know how individual attitudes and actions make a difference to a class • I know about the different roles in the school community • I know about my place in the school community • I know what democracy is (applied to pupil voice in school) • I know that my own actions affect me and others • I know how groups work together to reach a consensus • I know that having a voice and democracy benefits the school community • I know how to regulate my emotions <ul style="list-style-type: none"> • I can identify the feelings associated with being included or excluded • I can make others feel valued and included • I can take on a role in a group discussion / task and contribute to the overall outcome • I can make others feel cared for and welcomed • I can recognise the feelings of being motivated or unmotivated • I can understand why the school community benefits from a Learning Charter • I can help friends make positive choices
	<p>Celebrating Difference</p> <ul style="list-style-type: none"> • I know that sometimes people make assumptions about a person because of the way they look or act • I know there are influences that can affect how we judge a person or situation • I know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying • I know what to do if I think bullying is, or might be taking place • I know the reasons why witnesses sometimes join in with bullying and don't tell anyone • I know that first impressions can change <ul style="list-style-type: none"> • I can accept people for who they are • I can identify influences that have made me think or feel positively/negatively about a situation • I can identify feelings that a bystander might feel in a bullying situation • I can identify reasons why a bystander might join in with bullying • I can use the 'Solve it together' technique to practise conflict and bullying scenarios

- I can be comfortable with the way I look
- I can identify when a first impression I had was right or wrong
- I can be non-judgemental about others who are different

Dreams and Goals

- I know what my hopes and dreams are
 - I know that hopes and dreams don't always come true
 - I know that reflecting on positive and happy experiences can help me to counteract disappointment
 - I know how to make a new plan and set new goals even if I have been disappointed
 - I know how to work out the steps I need to take to achieve a goal
 - I know how to work as part of a successful group
 - I know how to share in the success of a group
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- I can talk about my hopes and dreams and the feelings associated with these
 - I can identify the feeling of disappointment
 - I can identify a time when they have felt disappointed
 - I can cope with disappointment
 - I can help others to cope with disappointment
 - I can identify what resilience is
 - I can implement a positive attitude
 - I can share their success with others
 - I can store feelings of success (in their internal treasure chest) to be used at another time

Healthy Me

- I know how different friendship groups are formed and how I fit into them
 - I know which friends I value most
 - I know that there are leaders and followers in groups
 - I know that I can take on different roles according to the situation
 - I know the facts about smoking and its effects on health
 - I know some of the reasons some people start to smoke
 - I know the facts about alcohol and its effects on health, particularly the liver
 - I know some of the reasons some people drink alcohol
 - I know ways to resist when people are putting pressure on me
 - I know what I think is right and wrong
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- I can identify the feelings that I have about my friends and different friendship groups
 - I can recognise how different people and groups I interact with impact on me
 - I can identify which people I most want to be friends with
 - I can recognise negative feelings in peer pressure situations
 - I can identify the feelings of anxiety and fear associated with peer pressure

- I can tap into their inner strength and know how to be assertive

Relationships

- I know some reasons why people feel jealousy
- I know that jealousy can be damaging to relationships
- I know that loss is a normal part of relationships
- I know that negative feelings are a normal part of loss
- I know that memories can support us when we lose a special person or animal
- I know that change is a natural part of relationships/ friendship
- I know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe

- I can identify feelings and emotions that accompany jealousy
- I can suggest positive strategies for managing jealousy
- I can identify people who are special to me and express why
- I can identify the feelings and emotions that accompany loss
- I can suggest strategies for managing loss
- I can tell you about someone I no longer see
- I can suggest ways to manage relationship changes including how to negotiate

Changing Me

- I know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm
- I know that babies are made by a sperm joining with an ovum
- I know the names of the different internal and external body parts that are needed to make a baby
- I know how the female and male body change at puberty
- I know that personal hygiene is important during puberty and as an adult
- I know that change is a normal part of life and that some cannot be controlled and have to be accepted
- I know that change can bring about a range of different emotions

- I can appreciate my own uniqueness and that of others
- I can express how I feel about having children when I am grown up
- I can express any concerns I have about puberty
- I can say who I can talk to about puberty if I am worried
- I can apply the circle of change model to themselves to have strategies for managing change

PSHE Skills & Knowledge Progression 2024/25



Year	Assessment Criteria
Year 5	<p>Being Me in My World</p> <ul style="list-style-type: none"> • I know how to face new challenges positively • I know how to set personal goals • I know the rights and responsibilities associated with being a citizen in the wider community and their country • I know how an individual's behaviour can affect a group and the consequences of this • I know how democracy and having a voice benefits the school community • I know how to contribute towards the democratic process • I know how to regulate my emotions <ul style="list-style-type: none"> • I can identify what I value most about school • I can identify hopes for the school year • I can have empathy for people whose lives are different from my own • I can consider my own actions and the effect they have on me and others • I can work as part of a group, listening and contributing effectively • I can understand why the school community benefits from a Learning Charter • I can help friends make positive choices
	<p>Celebrating Difference</p> <ul style="list-style-type: none"> • I know what culture means • I know that differences in culture can sometimes be a source of conflict • I know what racism is and why it is unacceptable • I know that rumour spreading is a form of bullying on and offline • I know about external forms of support in regard to bullying e.g. Childline • I know that bullying can be direct and indirect • I know how my life is different from the lives of children in the developing world <ul style="list-style-type: none"> • I can identify my own culture and different cultures within my class community • I can identify my own attitudes about people from different faith and cultural backgrounds • I can identify a range of strategies for managing my own feelings in bullying situations • I can identify some strategies to encourage children who use bullying behaviours to make other choices • I can support children who are being bullied • I can appreciate the value of happiness regardless of material wealth • I can develop respect for cultures different from their own

Dreams and Goals

- I know that I will need money to help me to achieve some of their dreams
- I know about a range of jobs that are carried out by people I know
- I know that different jobs pay more money than others
- I know the types of job I might like to do when they are older
- I know that young people from different cultures may have different dreams and goals
- I know that communicating with someone from a different culture means that I can learn from them and vice versa
- I know ways that I can support young people in their own culture and abroad

- I can verbalise what I would like my life to be like when I am grown up
- I can appreciate the contributions made by people in different jobs
- I can appreciate the opportunities learning and education can give me
- I can reflect on the differences between my own learning goals and those of someone from a different culture
- I can appreciate the differences between myself and someone from a different culture
- I can understand why I am motivated to make a positive contribution to supporting others

Healthy Me

- I know the health risks of smoking
- I know how smoking tobacco affects the lungs, liver and heart
- I know some of the risks linked to misusing alcohol, including antisocial behaviour
- I know basic emergency procedures including the recovery position
- I know how to get help in emergency situations
- I know that the media, social media and celebrity culture promotes certain body types
- I know the different roles food can play in people's lives and know that people can develop eating problems / disorders related to body image pressure
- I know what makes a healthy lifestyle

- I can make informed decisions about whether or not I choose to smoke when I am older
- I can make informed decisions about whether I choose to drink alcohol when I am older
- I can recognise strategies for resisting pressure
- I can identify ways to keep myself calm in an emergency
- I can reflect on my own body image and know how important it is that this is positive
- I can accept and respect myself for who I am
- I can be motivated to keep myself healthy and happy

Relationships

- I know that a personality is made up of many different characteristics, qualities and attributes
- I know that belonging to an online community can have positive and negative consequences
- I know that there are rights and responsibilities in an online community or social network
- I know that there are rights and responsibilities when playing a game online
- I know that too much screen time isn't healthy
- I know how to stay safe when using technology to communicate with friends

- I can suggest strategies for building my self-esteem and that of others
- I can identify when an online community/social media group feels risky, uncomfortable, or unsafe
- I can suggest strategies for staying safe online or on social media
- I can say how to report unsafe online / social network activity
- I can identify when an online game is safe or unsafe
- I can suggest ways to monitor and reduce screen time
- I can suggest strategies for managing unhelpful pressures online or in social networks

Changing Me

- I know what perception means and that perceptions can be right or wrong
- I know how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally
- I know that sexual intercourse can lead to conception
- I know that some people need help to conceive and might use IVF
- I know that becoming a teenager involves various changes and also brings growing responsibility
- I can celebrate what I like about my own and others' self- image and body-image
- I can suggest ways to boost my self-esteem of and that of others

- I can recognise that puberty is a natural process that happens to everybody and that it will be OK for me
- I can ask questions about puberty to seek clarification
- I can express how I feel about having a romantic relationship when I am an adult
- I can express how I feel about having children when I am an adult
- I can express how I feel about becoming a teenager
- I can say who I can talk to if I am concerned about puberty or becoming a teenager/adult

PSHE Skills & Knowledge Progression 2024/25



Year	Assessment Criteria
Year 6	<p>Being Me in My World</p> <ul style="list-style-type: none"> • I know how to set goals for the year ahead • I know what fears and worries are • I know about children's universal rights (United Nations Convention on the Rights of the Child) • I know about the lives of children in other parts of the world • I know that personal choices can affect others locally and globally • I know that my own choices result in different consequences and rewards • I know how democracy and having a voice benefits the school community • I know how to contribute towards the democratic process • I know how to make others feel welcomed and valued • I know my own wants and needs • I know what effective group work is • I know how to regulate my emotions <ul style="list-style-type: none"> • I can compare my life with the lives of those less fortunate • I can demonstrate empathy and understanding towards others • I can demonstrate attributes of a positive role-model • I can take positive action to help others • I can contribute towards a group task <p>Celebrating Difference</p> <ul style="list-style-type: none"> • I know that there are different perceptions of 'being normal' and where these might come from • I know that being different could affect someone's life • I know that power can play a part in a bullying or conflict situation • I know that people can hold power over others individually or in a group • I know why some people choose to bully others • I know that people with disabilities can lead amazing lives • I know that difference can be a source of celebration as well as conflict <ul style="list-style-type: none"> • I can empathise with people who are different and be aware of my own feelings towards them • I can identify feelings associated with being excluded • I can recognise when someone is exerting power negatively in a relationship • I can use a range of strategies when involved in a bullying situation or in situations where difference is a source of conflict • I can identify different feelings of the bully, bullied and bystanders in a bullying scenario • I can vocalise my thoughts and feelings about prejudice and

discrimination and why it happens

- I can appreciate people for who they are
- I can show empathy

Dreams and Goals

- I know my learning strengths
- I know how to set realistic and challenging goals
- I know what the learning steps are I need to take to achieve my goal
- I know a variety of problems that the world is facing
- I know how to work with other people to make the world a better place
- I know some ways in which I could work with others to make the world a better place
- I know what my classmates like and admire about me
- I know why it is important to stretch the boundaries of my current learning

- I can success criteria so that I know when I have achieved my goal
- I can recognise the emotions I experience when I consider people in the world who are suffering or living in difficult circumstances
- I can empathise with people who are suffering or living in difficult situations
- I can give praise and compliments to other people when I recognise that person's achievements

Healthy Me

- I know how to take responsibility for their own health
- I know how to make choices that benefit my own health and well-being
- I know about different types of drugs and their uses
- I know how these different types of drugs can affect people's bodies, especially their liver and heart
- I know that some people can be exploited and made to do things that are against the law
- I know why some people join gangs and the risk that this can involve
- I know what it means to be emotionally well
- I know that stress can be triggered by a range of things
- I know that being stressed can cause drug and alcohol misuse

- I can care for their own physical and emotional health
- I can identify ways that someone who is being exploited could help themselves
- I can suggest strategies someone could use to avoid being pressured
- I can recognise that people have different attitudes towards mental health / illness
- I can use different strategies to manage stress and pressure

Relationships

- I know that it is important to take care of my own mental health
- I know ways that I can take care of my own mental health
- I know the stages of grief and that there are different types of loss that cause people to grieve

- I know that sometimes people can try to gain power or control them
- I know some of the dangers of being 'online'
- I know how to use technology safely and positively to communicate with my friends and family
- I can recognise that people can get problems with their mental health and that it is nothing to be ashamed of
- I can help myself and others when worried about a mental health problem
- I can recognise when I am feeling grief and have strategies to manage this
- I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control
- I can resist pressure to do something online that might hurt myself or others
- I can take responsibility for my own safety and well-being

Changing Me

- I know how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally
- I know how a baby develops from conception through the nine months of pregnancy and how it is born
- I know the importance of self-esteem and what I can do to develop it
- I know what I am looking forward to and what I am worried about when thinking about transition to secondary school / moving to their next class
- I can recognise ways they can develop my own self-esteem
- I can express how I feel about the changes that will happen to me during puberty
- I can recognise how I feel when I reflect on the development and birth of a baby
- I can celebrate what I like about my own and others' self- image and body-image
- I can use strategies to prepare themselves emotionally for the transition (changes) to secondary school