

End Points in PSHE



The table below shows how the knowledge learned in each year is consolidated and further developed in the following year. Such careful sequencing of key facts (substantive knowledge) and skills (declarative knowledge) enables our pupils to know more, do more and remember more.

We build retrieval activities into each unit to help the children practice recalling knowledge and vocabulary. This helps keep knowledge ‘warm’ and accessible.

This table does not show the activities children will be involved in, or the full range of vocabulary and skills taught. Please refer to separate documents for this information. The information below is the knowledge we expect them to transfer into their long term memories, as building blocks for future learning.

Reception	Year 1	Year 2
<p><i>Being Me in My World.</i> To understand how it feels to belong and that we are similar and different.</p> <p>To enjoy working with others to make school a good place to be.</p> <p>I understand why it is good to be kind and use gentle hands.</p> <p>To begin to learn what being responsible means.</p>	<p><i>Being Me in My World.</i> To know that I belong to my class / year group</p> <p>To feel safe in my class</p> <p>To know how to make my class a safe place to learn for everybody</p> <p>To recognize how it feels to be proud of an achievement.</p>	<p><i>Being Me in My World.</i> To understand the rights and responsibilities for being a member of my class and school.</p> <p>To listen to other people and contribute my own ideas about rewards and consequences.</p> <p>To recognise the choices I make and understand the consequences.</p>
<p><i>Celebrating Difference.</i> To understand that being different makes us all special.</p> <p>To identify something that I am good at.</p> <p>I know how to be a kind friend.</p> <p>I know which words to use if someone says or does something unkind.</p>	<p><i>Celebrating Difference.</i> To identify similarities and differences between people in my class.</p> <p>To know who to talk to if I feel unhappy or am being bullied.</p> <p>To know some ways that I am different from my friends.</p>	<p><i>Celebrating Difference.</i> To begin 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 understand that it is OK to be different from other people.</p> <p>To understand some ways that we are different from my friends.</p>

<p>Dreams and Goals. To begin to understand that if I persevere I can tackle challenges.</p> <p>To set a goal and work towards it.</p> <p>To use kind words to encourage people.</p> <p>To say how I feel when I achieve a goal and know what it means to feel proud.</p>	<p>Dreams and Goals. To set a goal and work out how to achieve it.</p> <p>To talk about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them.</p> <p>To talk about how I felt when I succeeded in a new challenge and how I celebrated it.</p>	<p>Dreams and Goals. To choose a realistic goal and think about how to achieve it.</p> <p>To persevere even when things are challenging.</p> <p>To work towards a goal with a group.</p> <p>To explain some of the ways I worked well in my group.</p> <p>To share success with other people.</p>
<p>Healthy Me. To understand that I need to exercise to keep my body healthy.</p> <p>To know which foods are healthy and not so healthy and can make healthy eating choices.</p> <p>To understand why sleep is good for me.</p> <p>To know what a stranger is and how to stay safe if a stranger approaches me.</p>	<p>Healthy Me. To understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.</p> <p>To know that all household products including medicines can be harmful if not used properly.</p> <p>I understand that medicines can help me if I feel poorly and I know how to use them safely (Above 2 also covered in science)</p> <p>To know how to keep safe when crossing the road, and about people who can help me to stay safe.</p>	<p>Healthy Me. I know what I need to keep my body healthy.</p> <p>I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy</p> <p>I understand how medicines work in my body and how important it is to use them safely.</p> <p>I can decide which foods to eat to give my body energy.</p>

<p>Relationships. To identify some of the jobs I do in my family and how I feel like I belong.</p> <p>Begin to understand the impact of unkind words.</p> <p>To know how to help themselves if they are hurt or feel upset.</p> <p>To know how to be a good friend.</p>	<p>Relationships. To identify the members of my family and understand that there are lots of different types of families.</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 say why I appreciate someone who is special to me.</p>	<p>Relationships. To identify the different members of my family 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 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>Changing Me. To name parts of the body.</p> <p>To understand that we all grow from babies to adults.</p> <p>To express how I feel about moving to year 1.</p> <p>To share my worries and what I am looking forward to.</p> <p>To share memories (favourite things) from reception year.</p>	<p>Changing Me. To start to understand the life cycles of humans and animals.</p> <p>To identify some things about me that have changed and some things about me that have stayed the same.</p> <p>To identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, anus</p> <p>To talk about changes that have happened in my life.</p>	<p>Changing Me. To talk about the natural process of growing from young to old and understand that this is not in my control.</p> <p>To recognise how my body has changed since I was a baby.</p> <p>To recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina) 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 identify what I am looking forward to when I move to my new school.</p>