

Kings Ash Academy - PSHE End points

Pupils will know:

KS3

What will change as we become more independent? - Pupils will know:

- People have romantic and intimate relationships throughout their lives
- People can be attracted to and love each other and they can be of any gender, ethnicity or faith
- Adults make a choice about being in a committed relationship and pupils understand there can be marriages and civil partnerships
- That a marriage or relationship forced without a person's consent is illegal
- About puberty and the reproductive organs including the process of conception and that there are ways and methods to prevent a baby being made
- Growing up comes with increased responsibility and how this will change as they enter secondary school. Pupils should understand strategies to cope with this move to a new school and be aware of the changes.

Y6

How can friends communicate safely? - Pupils will know:

- How friends and family communicate with specific focus on being safe on social media
- An online relationship is different from face-to-face and the dangers surround this e.g. people being untruthful about their real identity.
- Content is shared online via social media platforms - specifically images - and how to gain consent to sharing / taking images.
- How to respond if they feel worried or unsafe about a friendship in real life or online.

Y5

How do we treat each other with respect? - Pupils will know:

- Their behaviour can impact on others including their behaviour online
- The rights that children have and how to protect these - explore the rights of the child
- How to report concerns when there is aggressive or inappropriate behaviour in person or online
- that everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination
- About the right to privacy and when a secret should be kept or not kept e.g. a surprise party or if someone is being upset or hurt

Y4

How can we be a good friend? - Pupils will know:

- How friendship can support our wellbeing and how we can rely on friends to support our mental health
- When others are feeling lonely or excluded and know strategies to include them
- Know the qualities of good friendship e.g. respect, love, kindness and why these are important
- How to manage difficulties within a friendship including reconciling differences
- Key people in their lives who they can talk to if a friendship is making the unhappy e.g. family, teacher

Y3

What makes a good friend? - Pupils will know:

- How to make friends with others
- What loneliness is and what they can do to help themselves
- What they can do to resolve an argument with a friend
- Key people in their lives who they can talk to if a friendship is making the unhappy e.g. family, teacher

Y2

Who is special to us? - Pupils will know:

- They belong to groups including their family, school and any clubs they attend.
- Families can be different but be able to identify common features and values of a family.
- Families spend time together and celebrate things e.g. birthdays.
- They can talk to their teacher if something about their family makes them feel unhappy or worried.

Y1

EYFS

Personal, Social, Emotional Development (PSED) from EYFS - Children will learn to:

- Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.
- Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.
- Build constructive and respectful relationships.
- Identify and moderate their own feelings socially and emotionally
- Think about the perspectives of others.

What are families like? - Pupils will know that:

- Families are different and explore these types including single parents, same sex parents, step-parents, blended families, foster and adoptive parents
- How members of their family should care for them and ways they do this e.g. special days out, holidays, time spent together
- How to ask for help if they feel unsafe in their family environment

What is bullying? - Pupils will know:

- Name calling, hurting, teasing, bullying and deliberately excluding others is unacceptable.
- How to respond to types of bullying if this happens to them e.g. keeping themselves safe and communicating to a safe adult
- How their words and actions can impact on people
- That physical contact requires consent and how to give / not give permissions for physical contact

What is the same and what is different about us? - Pupils will know:

- They like and dislike certain things and be able to identify these.
- Everyone has different strengths and that these can be unique to them.
- They have things in common with others and things that are different and be able to identify these.
- The correct names for body parts including the penis and the vagina
- That the parts of the body covered by underwear are privates and what this means

Health and Wellbeing

KS3

Kings Ash Academy - PSHE End points
Pupils will know:

Y6

How can we keep healthy as we grow? Pupils will know:

- The key links between physical and mental health and that there is no health without mental health
- How to make informed choices about health e.g. physical health, exercise, sleep, nutrition, 10-a-day choices for mental health, sun cream, screen time, influences of friends and family (positive and negative)
- Strategies to break unhealthy habits
- How to recognise signs of physical and mental ill-health, what this means and what we can do to combat this - including how to gain help from professionals and other agencies
- That health problems physical and mental can build up if they are ignored and not managed
- That anyone can experience mental ill-health and the importance of discussing this with a trusted adult - that mental ill-health can be resolved and managed successfully with the right help and support

Y5

What makes up a person's identity? Pupils will know:

- The similarities and differences they have with others and that they should respect these
- That ethnicity, family, faith, culture, gender, hobbies, likes/dislikes all contribute to a person's identity
- That gender identity does not correspond with someone's biological sex and that people may have a different gender to one they were assigned with at birth
- About stereotypes and how they can negatively impact attitudes towards others
- How to challenge these stereotypes and what to do if people promote them

How can we help in an accident and emergency? Pupils will know:

- How to carry out basic first aid including burns, chokes, bleeds, asthma and allergic reactions
- How to deal with a head injury including cold compress
- That if someone has been seriously injured they should not be moved
- When it is appropriate to use first aid and when to call for professional help and the difference between these

How can drugs common to everyday life affect our health? Pupils will know:

- Drugs impact on a person's life and how these impact
- Some drugs are legal and some are illegal (also that some legal drugs have restrictions e.g. prescription)
- Laws around drugs exist to protect people and why some people choose to use or not use drugs
- Drug use can become a habit that is difficult to break
- The organisations that help and support individuals to combat drug abuse

Y4

What strengths, skills and interests do we have? Pupils will know:

- What personal qualities are and how to recognise them
- How to identify strengths in themselves and know their big achievements
- The things they are good at and how reflecting on these can boost self-esteem
- How to set goals for their future
- Mistakes are part of life and how to reframe unhelpful thoughts e.g. I can't do this becomes I can't do this yet

How can we manage our feelings? Pupils will know:

- That are feelings go up and down on a continuum and that everyday things can impact on this
- Feelings can be at differing intensities e.g. angry can be at different levels
- Managing feelings that are more common as they grow older (building on their self regulation)
- The importance of expressing their feelings to others and the importance of talking
- An adult in their home or school that they know they can talk to

How will we grow and change? Pupils will know:

- What puberty is and what it means for them - approach this through our picture books
- That personal hygiene routines will change during puberty e.g. applying deodorant
- Where to go when they need advice about changes in puberty

Y3

How can we manage risk in different places? Pupils will know:

- How to predict risk e.g. what is a risk assessment?
- How to keep safe in our local environment e.g. Victoria Park, train station, bus station
- What peer approval is and its dangers
- How people request their information online and that this can be dangerous
- How to report concerns online e.g. CEOP
- That laws exist to help protect them especially online

Why should we eat well and look after our teeth? Pupils will know:

- A healthy diet with nutritiously rich foods
- Regular visits to the dentist are important and why including what flossing is and how to do it
- How too much sugar and acidic drinks can impact on your teeth structure
- How to make sensible choices about food and drink e.g. which foods for a snack and which for breakfast

Why should we keep active and sleep well? Pupils will know:

- Regular physical activity benefits our physical health but also our mental health
- How to balance screen time with physical activity
- How to make healthy choices about physical activity and sleep and how these impact mental wellbeing
- How to form a good routine including sleeping patterns and exercise and how change of routine can impact mood
- Where in the community can help them in this e.g. sports clubs they can join

Y2

What helps us to stay safe? Pupils will know:

- Rules are made to keep people safe e.g. road safety, swimming pool rules
- What an unsafe situation looks like, particularly online
- What peer pressure means and how they can identify and avoid it e.g. keeping secrets, being forced
- That not everything online is true
- A trusted adult that they can talk to about things that happen to them and be able to identify this adult

What helps us grow and stay healthy? Pupils will know:

- We need food, drink, physical activity and sleep to stay healthy
- Eating too much sugar can impact our health and teeth
- They need 1 hour of physical activity a day and 9-11 hours of sleep
- What screen time means and that they need to take breaks from this
- That the sun provides vitamin D that is helpful to growth e.g. we should spend time outside in the sunshine

How do we recognise our feelings? Pupils will know:

- What it means to be happy, sad, angry, worried, calm and be able to describe these feelings
- The things that make them feel good and the things that do not
- That changes can produce feelings for people e.g. loss of a loved one, change of class, new job
- That feelings can cause us to behave in certain ways and ways they can control this (self regulation)
- Ways to manage feelings and how they can communicate e.g. feelings board, feelings box

Y1

Who helps to keep us safe? Pupils will know:

- Members of their community have different roles and that they do these to help others e.g. nurse, police
- how to respond safely to adults they don't know
- Who can help them in different situations
- How to get help in an emergency including being able to dial 999
- What to do if they are worried about something and how to ask for help

What helps us stay healthy? Pupils will know:

- The people who help us stay in good health e.g. doctor, dentist, nurse
- Simple hygiene routines and why we have them e.g. hand washing, teeth cleaning, bathing/showering
- How they can keep these hygiene routines part of daily life
- How things put into our bodies impact us e.g. medicines and vaccinations
- Why we take medicines and vaccinations and how they help us stay healthy

EYFS

Personal, Social, Emotional Development (PSED) from EYFS - Children will learn to:

- Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly. Make healthy choices about food, drink, activity and toothbrushing.
- Manage their own personal hygiene needs.
- Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible amounts of 'screen time', having a good sleep routine, being a safe pedestrian

Living in the Wider World

Kings Ash Academy - PSHE End points

Pupils will know:

KS3

How can the media influence people? Pupils will know:

- That the media can have huge impacts on our mental health and how to recognise when this is happening e.g. screen time
- not everything should be shared online specifically the distribution of images and the legality surrounding this especially images of themselves and others
- There can be mixed messages communicated through the media and 'fake news' that can influence people's opinions and thoughts
- How to evaluate how reliable an online source is e.g. BBC News or a random post on social media or an unknown website
- How to make choices about the content they view online and when to ask for help if they feel uncomfortable accessing any content including how to respond safely to distressing, frightening or untrue content
- What gambling is and the risks involved and how this can impact someone's mental health

Y6

What decisions can people make with money? Pupils will know:

- People make decisions about spending and saving money and what can influence these
- How to keep track of their money so they know how much they have
- The choices of how to pay and secure ways e.g. cards, store cards, apple pay
- What 'value for money' means
- What a bank account is
- The impact money can have on people's mental health and how it can be won, lost and stolen

Y5

What jobs would we like? Pupils will know:

- What a career is and that some people may have more than one throughout their lives
- Some jobs are paid more than others and some are unpaid (voluntary)
- Different jobs require different qualifications e.g. apprenticeships, degrees
- How they can begin to think about the careers that interest them based on their current strengths and interests
- About stereotypes around jobs and how to challenge these

How can our choices make a difference to others and the environment? Pupils will know:

- That we all have a shared responsibility to protect the environment
- Choices they can make to protect the environment e.g. walking to school, turning the lights off etc.
- People can buy things that support the environment e.g. fairtrade, single use plastic, local produce
- The skills and vocabulary to share their views on topical issues (oracy link)
- How to carry out responsibilities in a caring and personal way

Y4

What makes a community? Pupils will know:

- They belong to different groups and communities: schools, family, clubs, online communities
- How communities help to make people feel included and how they can support those who are isolated
- The different contributions people make to a community e.g. The Paignton Community Larder
- How to be respectful to those who live differently to them

Y3

What jobs do people do? Pupils will know:

- About a range of different jobs with key links to our local context e.g. tourism, fishing and community
- That people have jobs to earn money to buy things they need and want
- People have a range of strengths and interests that link to the jobs they want to do
- That people use digital devices and the internet to be successful in their jobs

Y2

What can we do with money? Pupils will know:

- What money is and that it comes in different forms
- That people earn money by doing jobs or can have it gifted e.g. birthday
- You can spend and save money and what the difference is
- The difference between needing something e.g. home, water, food and wanting something e.g. holiday
- How to keep money safe e.g. people keep it in a bank

Y1

How can we look after each other and the world? Pupils will know:

- How to be polite
- Some of the responsibilities they have inside and outside the classroom e.g. being kind, picking litter.
- How to look after people and animals
- Some things that can harm the environment e.g. leaving lights on, littering etc.
- How to manage change when moving to a new year group

EYFS

Personal, Social, Emotional Development (PSED) from EYFS

- Develop their sense of responsibility and membership of a community
- Become more outgoing with unfamiliar people, in the safe context of their setting
- Show more confidence in new social situations
- See themselves as a valuable individual.
- Show resilience and perseverance in the face of challenge.