

## PSHCE - End Points

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>YR</b>	The teaching of PSHCE at Linacre begins in our Early years classrooms through Personal, Social and Emotional Development. Children will develop and build strong, warm and supportive relationships. They will show an awareness of their own feelings and the feelings of others, regulating their behaviour accordingly. Children will develop self confidence, independence, resilience and perseverance.					
<b>Y1</b>	Zones of regulation What do I want to achieve? How can I keep myself and others safe? How can I stay physically healthy? Mental Health Day British Values <u>I can like me just the way I am</u>	Zones of regulation How can I enjoy myself on the playground? Anti-bullying week/Road Safety Week How can I stay safe online? Why is my mental health important? Human rights day <u>I can play with boys and girls</u>	Zones of regulation How do the emotions I feel effect my body? How do I know that my body has a physical illness? Children's mental health week How can I keep myself clean? <u>I can recognise that people are of different ages</u>	Zones of regulation How can I look after the local environment? Neurodiversity week Is everyone in the United Kingdom the same? How do we change as we grow? <u>I understand our bodies work in different ways</u>	Zones of regulation Are secrets and surprises the same? How should I conduct myself in a range of situations? Is every family the same? Mental Health awareness week Dealing with emotions. Families. Mental Health awareness week	Zones of regulation British Healthy eating week Is a healthy body the same as a healthy mind? Do my actions have good consequences? How does change effect how I feel? <u>I understand and share the world with lots of different people</u>
<b>Y2</b>	Zones of regulation Which groups and communities do I belong to? How can I look after the environment? What are the risks in my environment? World mental health day British Values <u>I can understand what diversity is.</u>	Zones of regulation Should we all be the same? Anti-bullying week/Road Safety week How do special people care for me? What is online bullying? Human rights day <u>I understand how I share the world with others.</u>	Zones of regulation How do emotions affect my body? How can I keep myself clean? Children's mental health week Are boys and girls the same? <u>I can understand what makes someone feel proud.</u>	Zones of regulation Where does money come from? Neurodiversity week What are my human rights in the UK? How can I stay safe when travelling? <u>I can be proud of being different.</u>	Zones of regulation Is physical contact acceptable? What are my body parts called? How can people's feelings and bodies be hurt? Mental Health awareness week	Zones of regulation British healthy eating week What happens to our bodies as we grow? Why is sleep important? How can I keep my body healthy? <u>I can work with everyone in my class.</u>
<b>Y3</b>	Zones of regulation How are rules made in the United Kingdom? Is all bullying the same? What are the roles of the emergency services? World Mental Health Day British Values I can understand how being different can addect someone	Zones of regulation What addicts my mental health? Anti-bullying week/Road Safety week What is a positive, health relationship? How can I respect differences in myself and others? Human Rights Day I understand what discrimination means	Zones of regulation What affects my mental health? How can I make choices about my physical and mental health? Children's mental health week Are males and females the same? I can find a solution to a problem	Zones of regulation What are my human rights? Neurodiversity week Does everyone have human rights? Are all families the same? I can use strategies to help someone who feels different	Zones of regulation What relationships do I have? Are all relationships healthy? Why is personal space important? Mental Health awareness week	Zones of regulation British healthy eating week What are the dangers online? (including online identity fraud). Is everything we see online real? What is a healthy diet? I can be welcoming

<p><b>Y4</b></p>	<p>Zones of regulation What are the consequences of anti-social behaviour? Can I trust everyone? What are the benefits of an active lifestyle? World Mental Health Day British Values <u>I know when to be assertive</u></p>	<p>Zones of regulation What is a stable and loving relationship? (Civil partnership, marriage). Anti-bullying week/Road safety week Is marriage my choice? Can a lack of sleep affect my daily life? Human Rights Day <u>I understand why people may choose to be married</u></p>	<p>Zones of regulation Why do I feel different emotions? How can change, loss and bereavement affect me? Children's mental health week How do our bodies change as we grow? <u>I can overcome language as a barrier</u></p>	<p>Zones of regulation Is it okay to have different views? Neurodiversity week What is the role of charitable institutions? Is the online world safe? <u>I can ask questions</u></p>	<p>Zones of regulation When is physical contact acceptable? Is it okay to share a secret? What is puberty? Mental Health awareness week</p>	<p>Zones of regulation British healthy eating week What are my strengths? Are illnesses always physical? What changes happen in puberty? <u>I can be who I want to be</u></p>
<p><b>Y5</b></p>	<p>Zones of regulation Who might influence my actions? Is the United Kingdom diverse? How will puberty affect me? World Mental Health day British values <u>I can learn from the past</u></p>	<p>Zones of regulation Why is race equality important? Anti-bullying week/Road safety week How can I promote my dental health? What are the risks of an inactive lifestyle? Human rights day <u>I can justify my opinions</u></p>	<p>Zones of regulation How can I manage my conflicting emotions? Are risks, dangers and hazards the same thing? Children's mental health week What consequences can come from crime? (Links to Ben Kinsella) <u>I can recognise when someone needs help</u></p>	<p>Zones of regulation Are the lives of people in other countries the same as mine? Neurodiversity week What role will money play in my future life? Are stereotypes right? <u>I appreciate artistic freedom</u></p>	<p>Zones of regulation What strategies can I use to resolve conflict? What does the equality act mean for me? Are male and female puberty changes the same? Mental health awareness week</p>	<p>Zones of regulation British healthy eating week How can I assess risk and manage them responsibly? How am I resilient? How can puberty affect my hygiene? <u>I accept people who are different to me</u></p>
<p><b>Y6</b></p>	<p>Zones of regulation Should stereotypes be changed? What allergies, immunisations and vaccines? Should I always do a dare? World Mental health day British Values <u>I can promote diversity</u></p>	<p>Zones of regulation What consequences come from borrowing money? Anti-bullying week/road safety week What is a tax? What is puberty? (Year 5 recap) Human rights day <u>I can stand up to discrimination</u></p>	<p>Zones of regulation How can I deal with conflicting emotions? How can drugs and tobacco affect my health? Children's mental health week What is appropriate in a relationship? <u>I can challenge racism</u></p>	<p>Zones of regulation Is the information shared in the media reliable? Neurodiversity week How can I achieve my future goals? What are the risks in the community? (including gangs and anti-social behaviour) <u>I can consider how my life my change as I grow up</u></p>	<p>Zones of regulation What makes me 'me'? What is bullying (including peer on peer abuse, homophobic bullying) What choices will I make in grown up relationships? Mental Health awareness week</p>	<p>Zones of regulation British healthy eating week How can I protect my right to keep my body from harm? (including FGM). What is radicalisation and extremism? How can I communicate respectfully in my relationships? <u>I recognise the importance of freedom</u></p>