



Stocksbridge Junior School
Personal, Social, Health and
Economic Education

“The final forming of a person’s character lies in their own hands.”

Anne Frank

End Points in Learning in the PSHE Curriculum
End points marked with an * directly link to online safety within the PSHE curriculum

Year 3 End Points

Relationships

- Pupils know that different family members carry out different roles or have different responsibilities within the family
- Pupils know some of the skills of friendship
- Pupils know some strategies for keeping themselves safe online*
- Pupils know that they and all children have rights (UNCRC)
- Pupils know that gender stereotypes can be unfair
- Pupils know how some of the actions and work of people around the world help and influence my life
- Pupils know the lives of children around the world can be different from their own

Healthy Me

- Pupils know how exercise affects their bodies
- Pupils know that the amount of calories, fat and sugar that they put into their bodies will affect their health
- Pupils know that there are different types of drugs
- Pupils know that there are things, places and people that can be dangerous
- Pupils know when something feels safe or unsafe
- Pupils know why their hearts and lungs are such important organs
- Pupils know a range of strategies to keep themselves safe
- Pupils know that their bodies are complex and need taking care of

Year 4 End Points

Relationships

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

Healthy Me

- Pupils know that there are leaders and followers in groups
- Pupils know the facts about smoking and its effects on health
- Pupils know the facts about alcohol and its effects on health, particularly the liver
- Pupils know ways to resist when people are putting pressure on them
- Pupils know what they think is right and wrong
- Pupils know how different friendship groups are formed and how they fit into them
- Pupils know which friends they value most
- Pupils know that they can take on different roles according to the situation
- Pupils know some of the reasons some people start to smoke
- Pupils know some of the reasons some people drink alcohol

<p>Celebrating Difference</p> <ul style="list-style-type: none"> · Pupils 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 · Pupils know that conflict is a normal part of relationships · Pupils know that some words are used in hurtful ways and that this can have consequences · Pupils know why families are important · Pupils know that everybody's family is different · Pupils know that sometimes family members don't get along and some reasons for this 	<p>Celebrating Difference</p> <ul style="list-style-type: none"> · Pupils know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying* · Pupils know the reasons why witnesses sometimes join in with bullying and don't tell anyone · Pupils know that sometimes people make assumptions about a person because of the way they look or act · Pupils know there are influences that can affect how we judge a person or situation · Pupils know what to do if they think bullying is or might be taking place · Pupils know that first impressions can change
<p>Dreams and Goals</p> <ul style="list-style-type: none"> · Pupils know that they are responsible for their own learning · Pupils know what an obstacle is and how they can hinder achievement · Pupils know how to take steps to overcome obstacles · Pupils know what dreams and ambitions are important to them · Pupils know about specific people who have overcome difficult challenges to achieve success · Pupils know how they can best overcome learning challenges · Pupils know what their own strengths are as a learner · Pupils know how to evaluate their own learning progress and identify how it can be better next time 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> · Pupils know how to make a new plan and set new goals even if they have been disappointed · Pupils know how to work as part of a successful group · Pupils know how to share in the success of a group · Pupils know what their own hopes and dreams are · Pupils know that hopes and dreams don't always come true · Pupils know that reflecting on positive and happy experiences can help them to counteract disappointment · Pupils know how to work out the steps they need to take to achieve a goal
<p>Being Me In My World</p> <ul style="list-style-type: none"> · Pupils know that the school has a shared set of values · Pupils know why rules are needed and how these relate to choices and consequences · Pupils know that actions can affect others' feelings · Pupils know that others may hold different views · Pupils understand that they are important · Pupils know what a personal goal is · Pupils understand what a challenge is 	<p>Being Me In My World</p> <ul style="list-style-type: none"> · Pupils know their place in the school community · Pupils know what democracy is (applied to pupil voice in school) · Pupils know how groups work together to reach a consensus · Pupils know that having a voice and democracy benefits the school community · Pupils know how individual attitudes and actions make a difference to a class · Pupils know about the different roles in the school community · Pupils know that their own actions affect themselves and others
<p>Changing Me</p> <ul style="list-style-type: none"> · Pupils know that the male and female body needs to change at puberty so their bodies can make babies when they are adults · Pupils know some of the outside body changes that happen during puberty · Pupils know some of the changes on the inside that happen during puberty · Pupils know that in animals and humans lots of changes happen between conception and growing up · Pupils know that in nature it is usually the female that carries the baby · Pupils know that in humans a mother carries the baby in her uterus (womb) and this is where it develops · Pupils know that babies need love and care from their parents/carers · Pupils know some of the changes that happen between being a baby and a child 	<p>Changing Me</p> <ul style="list-style-type: none"> · Pupils know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm · Pupils know that babies are made by a sperm joining with an ovum · Pupils know the names of the different internal and external body parts that are needed to make a baby · Pupils know how the female and male body change at puberty · Pupils know that change can bring about a range of different emotions · Pupils know that personal hygiene is important during puberty and as an adult · Pupils know that change is a normal part of life and that some cannot be controlled and have to be accepted

Year 5 End Points	Year 6 End Points
<p>Relationships</p> <ul style="list-style-type: none"> · Pupils know that there are rights and responsibilities in an online community or social network · Pupils know that there are rights and responsibilities when playing a game online* · Pupils know that too much screen time isn't healthy* · Pupils know how to stay safe when using technology to communicate with friends* · Pupils know that a personality is made up of many different characteristics, qualities and attributes · Pupils know that belonging to an online community can have positive and negative consequences* 	<p>Relationships</p> <ul style="list-style-type: none"> · Pupils know that it is important to take care of their own mental health · Pupils know ways that they can take care of their own mental health · Pupils know the stages of grief and that there are different types of loss that cause people to grieve · Pupils know that sometimes people can try to gain power or control them · Pupils know some of the dangers of being 'online'* · Pupils know how to use technology safely and positively to communicate with their friends and family*
<p>Healthy Me</p> <ul style="list-style-type: none"> · Pupils know basic emergency procedures, including the recovery position · Pupils know the health risks of smoking · Pupils know how smoking tobacco affects the lungs, liver and heart · Pupils know how to get help in emergency situations · Pupils know that the media, social media and celebrity culture promotes certain body types* · Pupils 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 · Pupils know some of the risks linked to misusing alcohol, including antisocial behaviour · Pupils know what makes a healthy lifestyle 	<p>Healthy Me</p> <ul style="list-style-type: none"> · Pupils know how to take responsibility for their own health · Pupils know what it means to be emotionally well · Pupils know how to make choices that benefit their own health and well-being · Pupils know about different types of drugs and their uses · Pupils know how these different types of drugs can affect people's bodies, especially their liver and heart · Pupils know that stress can be triggered by a range of things · Pupils know that being stressed can cause drug and alcohol misuse · Pupils know that some people can be exploited and made to do things that are against the law · Pupils know why some people join gangs and the risk that this can involve
<p>Celebrating Difference</p> <ul style="list-style-type: none"> · Pupils know external forms of support in regard to bullying e.g. Childline · Pupils know that bullying can be direct and indirect · Pupils know what racism is and why it is unacceptable · Pupils know what culture means · Pupils know that differences in culture can sometimes be a source of conflict · Pupils know that rumour-spreading is a form of bullying online and offline · Pupils know how their life is different from the lives of children in the developing world 	<p>Celebrating Difference</p> <ul style="list-style-type: none"> · Pupils know that people can hold power over others individually or in a group · Pupils know that power can play a part in a bullying or conflict situation · Pupils know that there are different perceptions of 'being normal' and where these might come from · Pupils know that difference can be a source of celebration as well as conflict · Pupils know that being different could affect someone's life · Pupils know why some people choose to bully others · Pupils know that people with disabilities can lead amazing lives
<p>Dreams and Goals</p> <ul style="list-style-type: none"> · Pupils know about a range of jobs that are carried out by people I know · Pupils know the types of job they might like to do when they are older · Pupils know that young people from different cultures may have different dreams and goals · Pupils know that they will need money to help them to achieve some of their dreams · Pupils know that different jobs pay more money than others 	<p>Dreams and Goals</p> <ul style="list-style-type: none"> · Pupils know their own learning strengths · Pupils know what their classmates like and admire about them · Pupils know a variety of problems that the world is facing · Pupils know some ways in which they could work with others to make the world a better place · Pupils know what the learning steps are they need to take to achieve their goal

<ul style="list-style-type: none"> • Pupils know that communicating with someone from a different culture means that they can learn from them and vice versa • Pupils know ways that they can support young people in their own culture and abroad 	<ul style="list-style-type: none"> • Pupils know how to set realistic and challenging goals
<p>Being Me In My World</p> <ul style="list-style-type: none"> • Pupils understand how democracy and having a voice benefits the school community • Pupils understand how to contribute towards the democratic process • Pupils understand the rights and responsibilities associated with being a citizen in the wider community and their country • Pupils know how to face new challenges positively • Pupils understand how to set personal goals • Pupils know how an individual's behaviour can affect a group and the consequences of this 	<p>Being Me In My World</p> <ul style="list-style-type: none"> • Pupils know about children's universal rights (United Nations Convention on the Rights of the Child) • Pupils know about the lives of children in other parts of the world • Pupils know that personal choices can affect others locally and globally • Pupils know how to set goals for the year ahead • Pupils understand what fears and worries are • Pupils understand that their own choices result in different consequences and rewards • Pupils understand how democracy and having a voice benefits the school community • Pupils understand how to contribute towards the democratic process
<p>Changing Me</p> <ul style="list-style-type: none"> • Pupils know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally • Pupils know that sexual intercourse can lead to conception • Pupils know that some people need help to conceive and might use IVF • Pupils know that becoming a teenager involves various changes and also brings growing responsibility • Pupils know what perception means and that perceptions can be right or wrong 	<p>Changing Me</p> <ul style="list-style-type: none"> • Pupils know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally • Pupils know how a baby develops from conception through the nine months of pregnancy and how it is born • Pupils know how being physically attracted to someone changes the nature of the relationship • Pupils know the importance of self-esteem and what they can do to develop it • Pupils know what they are looking forward to and what they are worried about when thinking about transition to secondary school/moving to their next class

At Stocksbridge Junior School, every child is a global citizen!