Year 3

I can discuss my own worth and the worth of others. I can describe the impact of bulling and how to respond if I see it. I can explain that my actions have consequences, especially on the environment.

Start here

Year 4

I can recognise set backs and begin to reframe them. I can acknowledge my own strengths and achievements. I can make choices about how to lead a healthy lifestyle. I understand the link between jobs, money and choices.

I can describe the role of a friend and explain how to cope with friendship issues. I can identify different types of relationships and explain how to maintain positive connections. I know what a digital footprint is and how to keep my personal information safe online. I understand community and responsibilities

I can recognise discrimination and understand the pressure of peer influence.

Year 5

I can identify good oral hygiene and name some common risks with drugs.

I know when to keep secrets and promises and when I should tell someone about them.

I can name different media types and identify their purpose. I will challenge negative behaviours such as stereotyping. I understand the importance of compassion towards others and the environment. I can identify factors that impact emotional well-being and explain how to manage the risk.

I can describe some of the risk and consequences of drugs.

I can show an awareness of an honest and loving relationship and understand some physical contact in unacceptable. I can identify positive ways to face challenges and give my opinion on a range of issues, considering the view of others.

Year 6

I can discuss bodily and emotional changes at puberty.

I know that people have different beliefs and can demonstrate respect to all. I can explain how I will develop skills to work. I understand how to look after money. I can list ways to resist negative peer pressure. I can describe the risks and consequences of drugs. I have an understanding of human reproduction and the emotional and bodily changes in puberty.

Secondary school ready!

PSHE Journey Through Heatherside Junior School

Relationships

Living in the wider world

Health and wellbeing