



End Point Expectations

Nursery	PSHE can encompass many areas of study. Teachers are best placed to understand the needs of their pupils and do not need additional central prescription. End points by the end of EYFS: Early learning goals is what we are measured on: - Self-regulation Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. • Give focused attention to what the teacher says, responding appropriately even when en-gaged in activity, and show an ability to follow instructions Managing self • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Building relationships Work and play cooperatively and take turns with others. • Form positive attachments to adults and friendships with peers. • Show sensitivity to their own and to others' needs.
Reception	
KS1 NC	Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle. We expect schools to use their PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.
KS2 NC	

- During key stages 1 and 2, PSHE education offers both explicit and implicit learning opportunities and experiences which reflect pupils' increasing independence and physical and social awareness, as they move through the primary phase.
- It builds on the skills that pupils started to acquire during the Early Years Foundation stage (EYFS) to develop effective relationships, assume greater personal responsibility and manage personal safety, including online.
- PSHE education helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities.
- These PSHCE objectives are threaded and taught through the RSHE curriculum provided by Learn Sheffield.
- These are based on the concepts of Health and Wellbeing, Relationships and the Living in the Wider World.

Key - PSHCE objectives

- CORE THEME 1: HEALTH AND WELLBEING (code H)**
- CORE THEME 2: RELATIONSHIPS (code R)**
- CORE THEME 3: LIVING IN THE WIDER WORLD (code L)**



PSHE		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	Relationships	<p>Family: What makes a family? Fa1, Who is in my family? R1, R2, R4, L4</p> <p>Fa2, Do families always stay the same? H20</p> <p>Fa3 How should families treat each other? R1, R2, L1, R20, R5, R13, R17, R18, R21, L2</p>	<p>Family: What makes a family? Fa4, When should I say no? R13, R16, R17, R18</p> <p>Fa5, Who owns my body? I do! R17, R18, R16, R13, R19, R20</p> <p>Fa6 Are all families the same? R3, L6</p>				
	Living in the wider world			<p>Community C1 How do we make a happy school? L1, L2, L5</p>			<p>Online Safety Os1, Screen time L7, L8, H9, H3, H4</p> <p>Os2 Personal information L7, L9, H34</p>
	Health & wellbeing				<p>Mental Wellbeing <i>Understanding my feelings</i> M1, Where do feelings come from? H11, H12, H16, H18</p> <p>M2 Who am I? H21, H22, H26, L14</p>	<p>Physical Health: <i>Staying healthy</i> P1, How do I help my body stay healthy? H1, H3, H17, H10</p> <p>P4 How can I stay safe? H30, H31, H28, H29, H32, H34, H33, H35, H36</p>	



Y2	Relationships		<p>Friends: <i>Keeping friendships healthy</i></p> <p>Fr1) Who is my friend? R1, R2</p> <p>Fr2) What makes a good friend? H16, R22, R25, R24, R6, R7, R8, R9</p> <p>Fr3) Should friends tell us what to do? R9, R22, R21</p> <p>Fr4) How do we stop bullying? R10, R11, R12</p>				
	Living in the wider world	<p>Community C3) What makes a boy or a girl? H25, H22, R23</p>			<p>Community C2) Who lives in my neighbourhood? L5, L6, L15, L16, L17, R1, L4, R5, R20</p>		<p>Online Safety Os1) Screen time (Recap) L7, L8, H9, H3, H4</p> <p>Os2) Personal information (Recap) L7, L9, H34</p> <p>Os3) Online strangers L7, L9, R14, R15, H34</p> <p>Os4) Fake News L7, L9, R14, H34</p>
	Health & wellbeing	<p>Physical Health -Growing up Growing G1) How bodies change as we get older ? (Link Science PoS) H26, H28, L1, L5</p>		<p>Mental Wellbeing <i>Understanding my feelings</i> M2 Who Am I? (Recap) H21, H22, H26, L14</p> <p>M3) What helps me to be happy? H17, H19, H23, H21, H22, H11, H12, H16, H18, H27</p>		<p>Physical Health : Staying healthy P3) How do we stop getting ill? (Link Science PoS – Food / Hygiene) H1, H2, H5, H6, H7</p> <p>P4) How can I stay safe? H30, H31, H28, H29, H32, H34, H33, H35, H36, H37</p>	<p>Physical Health Staying healthy P2 How do I decide what to eat? H2</p>



Y3	Relationships				Family: What makes a family? Fa1- Do families always stay the same? R7, R5, H23	Family: What makes a family? Fa2- Are all families like mine? R7, R32, R33, R34, L6, L8, H25	
	Living in the wider world	Online Safety OS1- Online strangers H42, R11, R12, R22, R23, R24 OS2- Sharing Online R22, R23, R24, R27, H42 OS3- Friendships Online H42, R11, R15, R18, R19, R20, R30, R31, L11, L15 OS4- Personal Information H42, R27, L13,	Online Safety OS5- Digital Media H42, L12 OS6- Verifying content and echo chambers L11, L12, L16				Community: Our communities C2- Where do you feel like you belong? H36, R32, R1, R19, R33, L6, R2, L3, L4, L5, L7
	Health & wellbeing			Physical Health: Staying Healthy P1- How do I keep my body healthy? H1, H2, H3, H6, H8 P2- How do I get a healthy diet? H1, H2, H3, H6 P3 How do I stop getting ill? H9, H11, H12			
Y4	Relationships	Friends: <i>Keeping friendships healthy</i> Fr1- What makes a good friend? R10, R11, R14, R18, R31, L4 Fr2- Are all friends the same? H26, R11, R14, R21, R32, R33, R34, L8, R19	Friends: <i>Keeping friendships healthy</i> Fr3 - Are friendships always fun? R11, R16, R17			Family: What makes a family? Fa3- Are boys and girls the same? R9, R19, R21, R32, R33, L8, L9, L10, L27	
	Living in the wider world						Community: Our communities C1-How do we make the world fair? R1, L1, L3, L4, C3- How can we help people around us? R14, L4, L5, L6, L7



	Health & wellbeing			<p>Mental Wellbeing <i>Understanding my feelings</i> M1- How do I manage my feelings? H17, H18, H19, H20</p>	<p>Mental Wellbeing <i>Understanding my feelings</i> M2- Are we happy all of the time? H15, H16, H17, H18, H19, H20, H21, H22, L25, H27, H28</p>	<p>Physical Health <i>Growing up - Menstruation</i> G1-What is a period?</p>	
Y5	Relationships		<p>Family: What makes a family? Fa2 Are families ever perfect? R9, R25, R26, H45, R22, R27, L2, H14 Fa3 Is there such a thing as a 'normal' family? R7, R32, L8, L7, R33</p> <p>Friends: <i>Keeping friendships healthy</i> Fr1 What makes a close friend? R11, R10, R14, R18, R1, R30, R31, R22 Fr2 Can we be different and still be friends? R10, R11, R12, R14, R17, R19, R20, R21, R30 Fr3 Should friends tell us what to do? R11, R15, R28 Fr4 Why are some people unkind? R30, R11, R14, R30, R17, R19, R20, R21, R29, L9, L10, L8, L7</p>				



	<p>Living in the wider world</p>	<p>Community: Our communities C5a Why is money important? L7, L17, L18, L19, L21, L22, L23, L28 C5b How should I spend my money? L18, L19, L20, L21, L22, L23, L24 C5c How can I learn money? L26, L28, L29, L30, L31, L32 C6 What makes us feel like we belong? L2, L3, L6, L7, L8, L17, L19, L20 C7 What does it mean to be British? L6, L7, L8</p>		<p>Online Safety Os1 Control and consent [S1] R22, R23, R24, R25, R27, R28, R29, H42 Os2 Protecting our identity [P1] H42, H37, R12, L15, L16 Os3 Meeting strangers online [P4] H42, H37, R12, L15, L16 Os4 Personal information, terms and conditions [C2] H42</p>			
	<p>Health & wellbeing</p>			<p>Physical Health <i>Staying healthy</i> P1 Is there such a thing as the perfect body? H2, H3, L16, H20 P2 How can I stay fit and healthy? H1, H2, H3, H6, H7, H8 P3 Can I avoid getting ill? H6, H7, H8, H11</p>	<p>Mental Wellbeing <i>Understanding my feelings</i> M3 Why do we argue? H15, H16, H20, H24 M4 Who am I? H25, H15, H16, H18, H19, H20, R33, R32, L25</p>		<p>Physical Health <i>Growing up</i> Sexual reproduction. Sx1 How do plants and animals reproduce? (Taught through SCIENCE) (N.B. does not include sexual intercourse)</p>



Y6	Relationships		<p>Family: What makes a family? Fa1 Why do some people get married? R3, R4, R5 Fa2 Are families ever perfect? (RECAP) R9, R25, R26, H45, R22, R27, L2, H14 Fa3 Is there such a thing as a 'normal' family? (RECAP) R7, R32, L8, L7, R33</p> <p>Friends Keeping friendships healthy Fr5 What are stereotypes? R31, R32, R33, R21, L9, L10, H35, L3, L8, L6, L7 Fr6 How do I accept my friends for who they are? H25, H26, R2, R33, R21, L9, L10</p>				
	Living in the wider world	<p>Community: Our communities C1 What is prejudice? R30, R32, R33, R21, R19, R20, L9, L10 C2 What is the history of prejudice? R30, R32, R33, R21, R19, R20, L9, L10 C3 What should I do if I encounter prejudice? R21, R19, R20, L9, L10, L27 C4a How can I be a great citizen? R30, L3, L5, L6, L7 C4b How can we make positive changes in the world? R30, L2, L3, L5</p>		<p>Online Safety Os5 Analysing Digital media [N1] L16, L13 Os6 Bias [N2] L16, L12, L13, H42 Os7 Echo Chambers [N5] H42, L11, L12, L16 Os8 Does the internet make us happy? [L1] H13, H42, L16, L11, L12</p>			



	<p>Health & wellbeing</p>				<p>Physical Health <i>Staying healthy</i> P4 Why do some people take drugs? (Science link) H46 P5 Where should I get my health information? L11, L16, H1 P6 How do I save a life? H38, H39, H35, R28, L1, H43, H44, H41</p>	<p>Mental Wellbeing <i>Understanding my feelings</i> M1 Does everyone have the same feelings? H1, H15, H16, H17, H18, H19, H20, H21 M2 Should we be happy all the time? H16, H18, H19, H17, H20 M3 Why do we argue? (RECAP) H15, H16, H20, H24</p>	<p>Physical Health <i>Growing up: Puberty</i> G1 How will my body change as I get older? H31 G2 How will my feelings change as I get older? H20, H21 G3 How will I stay clean as I get older? H32, H9 G4 What is Menstruation? H30, H31</p> <p><i>Growing up: Sexual reproduction.</i> Sx2 OPTIONAL unit on sexual reproduction</p>
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