

PSHE - Year 3– knowledge & skills map



Being Me in My World		
P1	I can name some of the responsible choices I make in school.	
P2	I know who to go for help if I need it.	
P3	I can give examples of how to work/play well with others.	
P4	I can explain how my behaviour can affect how others feel and behave.	
P5	I can explain why it is important to have rules.	

Celebrating Difference		
P6	I can tell you about a conflict I have seen or been involved in.	
P7	I can tell you how a conflict made me feel.	
P8	I can describe different conflicts that might happen in family or friendship groups	
P9	I can identify how words can be used in hurtful or kind ways.	
P10	I can offer strategies to help a conflict situation.	

Dreams & Goals		
P11	I can identify success and improvements	
P12	I can talk about how success makes me feel.	
P13	I can explain the different ways that help me learn.	
P14	I can share my success with others.	
P15	I can analyse learning strengths and use this to design clear steps for improvement.	

Healthy Me		
P16	I can name some things to keep safe from.	
P17	I can name ways to stay healthy.	
P18	I know who to go to if feeling unsafe or unwell	
P19	I can express how being unwell/scared feels	
P20	I know strategies for keeping myself safe and healthy.	
P21	I can judge the level of risk in different situations	

Relationships		
P22	I can give examples of things I appreciate in my friends & family.	
P23	I can say how I depend on other people & other people depend on me	
P24	I can explain how my life is influenced positively by others	
P25	I can explain how my choices might affect others.	
P26	I can explain some of the rights & responsibilities I have in my family, friendships and as a global citizen.	

Changing Me		
P27	I can tell you something I like & something that worries me about growing up.	
P28	I can explain some changes to boys and girls as they grow up.	
P29	I can explain how I feel about changes.	

PSHE –Year 4 - knowledge & skills map



Being Me in My World

P1	I can explain why school is a community & name some of the different roles people have in it.	
P2	I can say how it feels to be part of a positive school community.	
P3	I can explain why listening to & being listened to is an important part of my school community.	
P4	I can explain why being democratic is important.	
P5	I can problem solve and offer solutions to help others be more democratic.	

Celebrating Difference

P6	I can give reasons as to why people sometimes don't tell about a bullying situation.	
P7	I can explain how first impressions might be misleading.	
P8	I can explain why bullying might be difficult to spot.	
P9	I can explain why it is good accept myself and others for who we are.	
P10	I can appraise different responses to bullying.	

Dreams & Goals

P11	I can tell you how it feels to be disappointed.	
P12	I can explain ways to stay positive.	
P13	I can plan & set new goals, even after a disappointment.	
P14	I can explain what it means to be resilient.	
P15	I can deal with disappointment by analysing what went wrong.	

Healthy Me

P16	I know how to say no if someone tried to make me do something that was wrong.	
P17	I can recognise when I am being pressured to do something	
P18	I can identify fears & anxieties related to peer pressure	
P19	I can problem solve and identify strategies for dealing with peer pressure	

Relationships

P20	I can give examples of ways to show love for people and animals	
P21	I can tell you how it might feel to miss a special person or animal.	
P22	I can give ways that might help me manage my feelings when missing a special person or animal.	
P23	I can give reasons why people might experience a range of feelings when dealing with personal loss	

Changing Me

P24	I can tell you about physical and emotional changes that will happen to me.	
P25	I can suggest ways to manage my feeling when changes occur.	
P26	I can give reasons why adults may choose to have a baby.	

Physical Education - Year 5 – knowledge & skills map



Being Me in My World

P1	I can give examples of people in my country who have lives different to mine	
P2	I can say why being part of a community is a positive experience	
P3	I can explain why we have rules, rights and responsibilities to try and make the school and wider community a fair place	
P4	I can explain why rights and responsibilities contribute to making a group effective.	

Celebrating Difference

P5	I can give examples of bullying behaviour including direct and indirect types	
P6	I can explain why it is important to respect my own and other people's cultures	
P7	I can offer a range of strategies to help myself and others if we become involved in bullying	
P8	I can explain why racism and other forms of discrimination are unkind	
P9	I can recognise and explain some of the reasons & feelings that motivate some people to bully	

Dreams & Goals

P10	I can tell you about my dreams & goals	
P11	I can tell you how I feel about my dreams & goal	
P12	I can compare my hopes & dreams with those of young people from different cultures	
P13	I can evidence how I might have different opportunities and life chances compared to some young people	

Healthy Me

P14	I can describe some healthy & unhealthy ways people use food and substances	
P15	I can explain how people can develop eating problems related to body image pressures	
P16	I know why smoking and alcohol misuse is unhealthy	
P17	I can summarise different ways that I respect & value my body	

Relationships

P18	I can tell you about different types of friendships and ways these might change	
P19	I know basic rules about how to stay safe when using technology to communicate with friends	
P20	I know how to stand up for myself, negotiate and resist peer pressure	
P21	I can appraise different strategies that might help myself and others stay safe online	

Changing Me

P22	I can tell you about some changes that happen to boys' & girls' bodies during puberty	
P23	I can tell you about some of the emotional changes that will happen during puberty	
P24	I can express how I feel about the changes that will happen to me during puberty	
P25	I can consider how changes that happen at puberty might affect me & my friends	

Physical Education - Year 6 – knowledge & skills map



Being Me in My World		
P1	I can tell you how some of my choices affect others locally & globally	
P2	I can tell you how I try to make others feel valued by understanding their feelings & doing something positive	
P3	I can empathise with others in my community & globally	
P4	I can infer some universal rights & responsibilities I share with others	

Celebrating Difference		
P5	I can tell you some ways that difference can be a source of conflict in people's lives	
P6	I can say who I feel about people experiencing conflict in their lives because they are different	
P7	I can show empathy with people in situations where their difference is a source of conflict	
P8	I can explain ways in which different cultures, beliefs or lifestyles can be a source of conflict or a cause for celebration	
P9	I can express my feelings towards people who are different	

Dreams & Goals		
P10	I can tell you something I can do with others to make the world a better place	
P11	I can explain what motivates me to make the world a better place	
P12	I can say how making the world a better place makes me feel	

Healthy Me		
P13	I can tell you how substance misuse has an unhealthy impact on the body & mind	
P14	I can tell you how I try to keep myself emotionally healthy	
P15	I can explain when substance are being used anti-socially & the impact this can have on an individual & others	
P16	I can identify & apply skills to manage stress & pressure	

Relationships		
P17	I can say how people might feel if they lose someone special to them	
P18	I can give examples of when people might try to control or gain power over others	
P19	I can explain when I need to stand up for myself or friends in real or online situations	
P20	I can appraise the effectiveness of different strategies to help me manage my feelings	

Changing Me		
P21	I can tell you some ways I have changed since being a baby	
P22	I know the main body parts that make girls & boys different	
P23	I know the correct names for body parts	
P24	I can explain why some body parts are private	
P25	I can suggest some things that might change for me in the future	
P26	I can offer ideas about how I can manage feelings that are worrying or sad	