



Assessment of RSHE

Nursery

Emotions	Relationships	Keeping Healthy	Staying Safe	Working World	Wider World
<p>I can say how I feel.</p> <p>I can understand how others are feeling</p>	<p>I can play with one or more other children, extending and elaborating play ideas.</p> <p>I am more confident with unfamiliar people in the safe context of school.</p> <p>I can find solutions to conflicts and rivalries.</p> <p>I can develop appropriate ways of being assertive.</p> <p>I can express a point of view and to debate when they disagree with an adult or a friend using words and/or actions.</p>	<p>I can meet my own needs, e.g., brushing teeth, using the toilet, washing, and drying their hands thoroughly.</p> <p>I can eat independently and learn how to use a knife and fork.</p> <p>I can be increasingly independent as I get dressed and undressed.</p> <p>I can make healthy choices about food, drink, activity and toothbrushing.</p>	<p>I can follow rules, understanding why they are important.</p> <p>I can remember rules without needing an adult to remind them.</p> <p>I can talk about how I can keep myself safe at school.</p>	<p>I show an interest in different occupations and people who help us.</p>	<p>I can respect and care for the natural environment and all living things.</p> <p>I can develop positive attitudes about the differences between people.</p>

Reception

Emotions	Relationships	Keeping Healthy	Staying Safe	Working World	Wider World
<p>I can express my feelings and consider the feelings of others'.</p> <p>I can identify and moderate my feelings socially and emotionally.</p>	<p>I can use social phrases.</p> <p>I understand how to listen carefully and why listening is important.</p> <p>I know I am a special person</p> <p>I can build constructive and respectful relationships.</p> <p>I can think about the perspective of others.</p>	<p>I can manage my own needs – personal hygiene.</p> <p>I can talk about the importance of physical exercise, healthy eating, sleeping and toothbrushing</p> <p>I can talk about the importance of sensible amounts of 'screen time'.</p>	<p>I know and can talk about the importance of being a safe pedestrian.</p> <p>I know and can talk about how to stay safe online.</p> <p>I know and can talk about the different emergency services and how they can help us.</p> <p>I can talk about how I can keep myself safe when I am out and about with a familiar grown-up.</p>	<p>I can talk about the future and what job I would like to do when I am a grown up.</p> <p>.</p>	<p>I can name and describe people who are familiar to them.</p>

Year 1

Emotions	Relationships	Keeping Healthy	Staying Safe	Working World	Wider World
<p><u>Overview of Emotions</u></p> <p>I can talk about what makes me special and unique.</p> <p>I can name some of the different feelings I have and describe how they feel.</p> <p>I know that feelings can be communicated with and without words.</p> <p>I can talk about the things that make me feel happy and unhappy</p> <p>I can suggest and practice strategies for dealing with uncomfortable feelings.</p>	<p><u>Families and People who care for me.</u></p> <p>I can identify who my favourite people are and explain why they are special.</p> <p>I can describe why families are important and talk about different types of families.</p> <p>I can talk about how I can show my special people that I care about them.</p> <p>I know the importance of respecting personal space and boundaries.</p>	<p><u>Personal Hygiene</u></p> <p>I can explain what germs are, how they can be bad for us and the importance of handwashing</p> <p>I can talk about how we can keep our bodies clean.</p> <p>I can talk about personal hygiene by Identifying healthy and unhealthy hygiene habits.</p>	<p><u>Staying safe at home</u></p> <p>I can identify dangers in the home and discuss how we can stay safe.</p> <p><u>Road Safety</u></p> <p>I can identify dangers of the road and discuss safe and unsafe traffic situations.</p> <p>I can demonstrate how to be a safe pedestrian and follow the green cross code.</p>	<p><u>Money</u></p> <p>I can explain the different forms money comes in and where it comes from.</p> <p>I can explain how to keep money safe and why this is important.</p> <p><u>Teamwork Skills</u></p> <p>I can use my teamwork skills to be a team player.</p>	<p><u>The World around Me</u></p> <p>I can explore family life in different countries and say how it is the same as mine and how it is different.</p> <p>I can discuss homes and home life from around the world and say how they are the same as mine and how they are different.</p> <p>I can explain what it is like to go to school in other countries and say how it is the same as or different from my school.</p> <p>I can talk about why it is important to care for the earth and identify how we can help protect it.</p>

Year 2

Emotions	Relationships	Keeping Healthy	Staying Safe	Working World	Wider World
<p><u>Anger</u> I know what 'anger' is and identify how this emotion can affect someone's body and how they behave.</p> <p>I can talk about and practice strategies on how to overcome this emotion.</p> <p>I can talk about the difference between a fixed mindset and a growth mindset.</p> <p>.</p>	<p><u>Friendships</u> <u>Hurtful Behaviour & Bullying</u> I know that we are all different and different people like different things.</p> <p>I understand how to be a good friend.</p> <p>I can describe ways we can resolve arguments and disagreements without being unkind.</p> <p>I can explain what bullying is, the impact it might have on someone and how to seek help.</p> <p>I can talk about acceptable and unacceptable physical contact.</p>	<p><u>Oral Hygiene</u> I can explain why keeping our teeth healthy is important, identify how we can achieve it and know a good routine for teeth brushing</p> <p>I know which foods are healthy or unhealthy for our teeth.</p> <p><u>Healthy Lifestyle</u> I know the key characteristics of a healthy lifestyle and I can make healthy choices about food, drink and exercise.</p>	<p><u>Safe Secrets & Surprises</u> I know what I can share and what I should keep private to keep myself and others safe when people use the terms secrets and surprises.</p> <p><u>Strangers & Safer Strangers</u> I know the difference between a stranger and a safer stranger.</p> <p>I know the people whose job it is to help keep us safe.</p> <p>I know how to keep myself safe in different situations.</p>	<p><u>Money</u> I can explain choices we have about spending money and why it is important to keep track of what we spend.</p> <p>I can explain what happens when we go shopping.</p> <p><u>My Future</u> I can talk about what I want to be when I grow up and discuss what skills and interests are needed for different jobs.</p>	<p><u>What is a community?</u> I can explain what a community is and identify the different communities' people can belong to.</p> <p>I can discuss ways we can help our school community and local community.</p> <p>I can describe ways to be a good neighbour.</p> <p>I can identify things that can help and harm a neighbourhood.</p>

Year 3

Emotions	Relationships	Keeping Healthy	Staying Safe	Working World	Wider World
<p><u>Nervousness & Joy</u> I understand what 'nervousness' is and identify how this emotion can affect our bodies and how we behave.</p> <p>I can talk about a time I have felt nervous and share/practice strategies on how to overcome this emotion.</p> <p>I can explain what 'joy' is and talk about how we can be 'joyful' in our everyday lives.</p>	<p><u>Healthy Relationships</u> I can identify the different relationships people can have, either in person or online.</p> <p>I can identify my own support network.</p> <p>I can identify the characteristics of a positive healthy friendship and healthy family life.</p> <p>I can identify healthy and unhealthy boundaries and discuss what we can do if a relationship is making us feel unsafe or uncomfortable.</p>	<p><u>Mental Health & Sleep</u> I can explain why sleep is important and identify the implications of not getting enough sleep.</p> <p>I can recognise healthy and unhealthy sleep habits and know a healthy bedtime routine.</p> <p>I can explain what mental health is and why it is important to look after it.</p> <p>I can practice strategies and behaviours that support good mental health.</p>	<p><u>Sun Safety</u> I know how to keep safe in the sun and protect skin from sun damage.</p> <p><u>Fire Safety</u> I know what to do if a fire happens, to dial 999 and talk about how to keep myself safe.</p> <p>I can explain the top tips for fire safety – check smoke alarms, create and practise a fire escape plan etc.</p>	<p><u>Money</u> I can talk about the different ways people pay for things.</p> <p>I can talk about financial risk and borrowing and explain some consequences of this.</p> <p><u>Achievements & Goals</u> I can talk about my personal goals and suggest actions that I can take to achieve them.</p>	<p><u>Diverse Britain</u> I can explore how people living in Great Britain can be different and how they are the same.</p> <p>I can explore differences of opinion and identify if I feel these are fair.</p> <p>I can discuss ways in which people's lives are similar and different and give reasons for these differences.</p>

Year 4

Emotions	Relationships	Keeping Healthy	Staying Safe	Working World	Wider World
<p><u>Fear & Jealousy</u></p> <p>I can talk about what 'jealousy' is and identify how this emotion can affect someone's body and how they behave.</p> <p>I can discuss different types of jealousy and how a person might be affected.</p> <p>I can share and practice strategies on how to overcome this emotion.</p> <p>I know what 'fear' is and identify how this emotion can affect someone's body.</p> <p>I can talk about what I fear and share and practice strategies on how to overcome this emotion.</p>	<p><u>Online Relationships</u></p> <p>I can explain what cyberbullying is and how it might affect someone.</p> <p>I know what personal information is and know what I should be careful about sharing online.</p> <p>I can talk about some of the risks of online friendships.</p> <p>I know how to get help if I am being bullied or feel unsafe online or in person.</p>	<p><u>Impact of an Unhealthy, Inactive Lifestyle</u></p> <p>I can talk about the impact the internet and technology might have on our health.</p> <p>I can talk about healthy and unhealthy habits including how to keep our head, heart, teeth, and muscles healthy.</p>	<p><u>Water Safety</u></p> <p>I know how to stay safe around different water areas (e.g., swimming pool, lake, pond, sea)</p> <p>I know the four parts of the water safety code.</p> <p><u>Peer Pressure</u></p> <p>I can talk about peer pressure, discuss how a person might be affected and what strategies people can use when dealing with peer pressure.</p>	<p><u>Money</u></p> <p>I can explain how adverts try to influence our spending and why they do this.</p> <p>I can explain ways I can keep track of what I spend and why it is important to do.</p> <p><u>Skills and Attributes</u></p> <p>I can identify the skills and attributes needed to do certain jobs.</p> <p>I can discuss what job I might like to do when I grow up and what skills I will need to achieve this.</p>	<p><u>Prejudice & Discrimination</u></p> <p>I can talk about discrimination: what it means and how to challenge it.</p> <p>I can talk about different stereotypes and how they might affect people.</p> <p>I can talk about prejudice and begin to recognise behaviours/ actions which discriminate against others.</p> <p>I can explain how prejudice and discrimination are still present today and identify examples of them.</p>

Year 5

Emotions	Relationships	Keeping Healthy	Staying Safe	Working World	Wider World
<p><u>Developing our resilience at dealing with our emotions</u> I can explain the link between thoughts, feelings, and behaviours.</p> <p>I can explain the concept and impact of positive thinking.</p> <p>I can talk about everyday things that affect feelings and the importance of expressing how I feel.</p>	<p><u>Respectful Relationships</u> I can explain why everyone is unique and talk about why this should be celebrated and respected.</p> <p>I can identify different types of relationships and identify the key characteristics of a committed relationship.</p> <p>I can identify the different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents)</p> <p>I can recognise different types of physical contact and talk about what is acceptable and unacceptable.</p> <p>I know some strategies to respond to unwanted physical contact.</p>	<p><u>Looking after my Digital Well-Being</u> I can explain ways in which the internet and social media can be used both positively and negatively.</p> <p>I can identify how to stay safe, healthy, and happy online and when I use digital technology.</p> <p>I can identify strategies for improving our digital well-being.</p>	<p><u>Public Safety & Welfare</u> I know what it means to take responsibility for my own safety and share ideas on how to do this.</p> <p>I know how to assess a situation and decide whether it might be dangerous.</p> <p>I can explain how to stay safe in different outdoor environments.</p>	<p><u>Money</u> I can explain some financial risks and discuss how to avoid them.</p> <p>I understand how retailers try to influence our spending.</p> <p>I can discuss the spending decisions people must make.</p> <p><u>Working as a team</u> I can talk about the attributes of a good team.</p> <p>I can talk about why disputes might happen and identify resolution strategies.</p> <p>I can describe how my actions and behaviour can affect my team.</p>	<p><u>Laws, Rules & Responsibilities</u> I know about the range of faiths and ethnicities in our nation and identify ways of showing respect to all people.</p> <p>I can explain why and how laws are made and identify what might happen if laws are broken.</p> <p>I can discuss the terms democracy and human rights in relation to local government.</p> <p>I can discuss the terms democracy and human rights in relation to national government.</p> <p>I know what charities and voluntary groups do and how they support the community.</p>

Year 6

Emotions	Relationships	Keeping Healthy	Staying Safe	Working World	Wider World
<p><u>Uncomfortable Feelings</u></p> <p>I can talk about uncomfortable feelings and understand how to manage them.</p> <p>I understand why we sometimes feel worried or anxious and know how to manage these feelings.</p> <p>I can identify problem-solving strategies for dealing with emotions, challenges, and change.</p> <p>I can talk about some techniques to support our transition to secondary school.</p>	<p><u>Touch & Sex Education</u></p> <p>I can describe the changes that people’s bodies go through during puberty and describe how we can look after our changing bodies.</p> <p>I can describe how thoughts and feelings may change during puberty and suggest how to deal with those feelings.</p> <p>I can recognise that many things affect the way we feel about ourselves and understand that there is no such thing as an ideal kind of body.</p> <p>I know what a loving relationship is and recognise that there are many types of relationships.</p> <p>I know what a sexual relationship is and who can have a sexual relationship.</p> <p>I can explain the process of human reproduction from conception to birth.</p>	<p><u>Drugs, Alcohol and Smoking</u></p> <p>I can discuss the risks and effects of legal drugs common to everyday life, their impact on health and what to do if they feel peer pressured into trying a harmful substance.</p> <p>I know that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others.</p> <p>I can recognise organisations that can support people concerning alcohol, tobacco and nicotine or other drug use and which people they can talk to if they have concerns.</p>	<p><u>First Aid</u></p> <p>I can explain what is meant by first aid and understand what DR ABC stands for.</p> <p>I understand how to help a casualty who is choking and safely practise the steps needed to help.</p> <p>I can explain the difference between minor and severe bleeding. Understand how to help a casualty who is bleeding.</p> <p>I can explain the difference between a burn and a scald. Understand how to help a casualty who has a burn or a scald.</p>	<p><u>Money</u></p> <p>I can explain why budgeting can be helpful and how a budget can be made.</p> <p>I can discuss the impact money can have on people’s emotional wellbeing and on our environment.</p> <p><u>Jobs and Careers</u></p> <p>I can discuss my goals for the future and the steps I need to take to achieve them.</p>	<p><u>One World</u></p> <p>I can talk about and understand how we can be responsible global citizens.</p> <p>I can describe what global warming is and what we can do to help prevent it from getting worse.</p> <p>I can explain how our energy use and water use can harm the environment and describe what we can do to help.</p>