

PSHE and Citizenship Entitlement Framework Lower Primary

Year 1	Year 2	Year 3
<p>Me and my relationships</p> <p>I know that there are different types of relationships including families, friends and others (this includes same sex families) and I respect those differences</p> <p>I know that family and friends should care for each other and families can give love, security and stability</p> <p>I know when relationships both on and offline make me feel unhappy or unsafe and I am able to ask for help</p> <p>I know the names for the main body parts (including external genitalia) and why it is important to keep them private</p> <p>I understand what is meant by 'privacy'; my right to keep things 'private' and the importance of respecting others' privacy both on and offline and between friends</p> <p>I can name people who look after me, my networks and who to go to if I am worried about anything on and offline and how to attract their attention</p> <p>I know what being a good friend means both on and offline and how they should make us feel happy and secure</p> <p>I can play and work cooperatively</p> <p>I can listen to other people and show them respect</p> <p>I can share appropriately</p>	<p>Me and my relationships</p> <p>I know the characteristics of a healthy family life and the importance of caring for each other and spending time together</p> <p>I know when relationships both on and offline make me feel unhappy or unsafe and I am able to ask for help</p> <p>I know about the changes that have happened to my body since birth and the process of growing from young to old and how people's needs change</p> <p>I have an understanding of stereotypes and how these can have a negative impact (e.g gender, age)</p> <p>I understand the importance of valuing of one's own body and recognising its uniqueness</p> <p>I know the names for the main body parts (including external genitalia) and the similarities/differences between most boys and girls</p> <p>I know that individuals have rights over their own bodies, and that there are differences between good and bad touching (this includes between peers)</p> <p>I can name people who look after me, my networks and who to go to if I am worried about anything on and offline and how to attract their attention</p>	<p>Me and my relationships</p> <p>I can identify different types of relationships and show ways to maintain positive and healthy relationships (this includes same sex relationships) both on and offline</p> <p>I understand that relationships both on and offline may change over time and how to ask for help if this make me unhappy</p> <p>I can judge what kind of physical contact is acceptable or unacceptable and how to respond -including who I should tell and how to tell them</p> <p>I understand the difference between secrets and surprises and understand not to keep adult secrets both on and offline and when to support a friend to tell a trusted adult</p> <p>I know how other families are similar or different to mine (this includes same sex)</p> <p>I understand that it is OK to be different to others</p> <p>I understand about growing and changing and new opportunities and Responsibilities both on and offline that increasing independence may bring</p> <p>I can name people who look after me, my networks and who to go to if I am worried about anything on or offline and how to attract their attention</p> <p>I know how to be a good friend both on and offline and how to manage a fall out with a</p>

<p>I can recognise that my behaviour affects others both on and offline</p> <p>I know the difference between right and wrong, fair and unfair and kind and unkind both on and offline</p> <p>I can recognise there are different types of teasing both on and offline</p> <p>I know about change and loss and the associated feelings (including moving home, losing toys, pets or friends)</p> <p>I know how to be nice to people both on and off line</p>	<p>I know the 'recipe' for being a good friend both on and offline and that trust is a core ingredient</p> <p>I know that there are different types of negative behaviours, bullying and teasing both on and offline</p> <p>I know that these behaviours are wrong and know how to deal with them including if I experience or witness it,</p> <p>I know how to get help</p> <p>I can listen to others and respect their viewpoints</p> <p>I can identify and respect differences and similarities between people of different backgrounds (ethnic, cultural and faith, physically)</p>	<p>friend without a physical reaction e.g not violent</p> <p>I can describe the nature and consequences of negative behaviours, bullying both on and offline and express some ways of responding to it even if I am not the target of the behaviour</p> <p>I can still get help (this includes different types of bullying, how to recognise it, how to seek help and coping strategies)</p> <p>I can empathise with other people and understand how people can react differently to the same situation</p> <p>I can listen to and show respect for the views of others both on and offline</p> <p>I know the importance of valuing myself</p> <p>I can recognise and challenge stereotypes (including supporting trans children)</p> <p>I know about change and loss including separation, divorce and bereavement and the associated feelings</p>
<p>Keeping myself safe</p> <p>I know the role of medicines in promoting health, the reasons why people use them and the rules on safe use of medicines</p> <p>I know that some substances can help or harm the body including household substances like dishwasher tablets</p> <p>I recognise the need for safety rules –road, fire, water, rail, farm, school environment, playground, online and home and I can follow the rules</p> <p>I can name an adult in school who can help me and I know there are people and services who can help us including how to call 999 in an emergency</p> <p>I know I have a responsibility to keep myself and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell' including knowing that they do not need to keep secrets both on and offline</p>	<p>Keeping myself safe</p> <p>I use simple skills which will help to maintain my personal safety both on and offline</p> <p>I understand that all drugs can be harmful if not used properly</p> <p>I know simple rules about medicines and other substances used in the home, including solvents which can be harmful if not used properly</p> <p>I can recognise and say what is right and wrong both on and offline</p> <p>I understand that pressure to behave in an unsafe way can come from a range of people, including people I know and online</p> <p>I know how to ask for help when I need it and can name a range of people who can help</p>	<p>Keeping myself safe</p> <p>I can identify and explain how to manage risks in different situations including on and offline line</p> <p>I can make judgements and decisions and use basic techniques for resisting negative peer pressure both on and offline</p> <p>I can explain how my behaviour may have consequences for myself and others both on and offline</p>

<p>I know the internet has many benefits but I know I need to balance my time spent on and offline</p> <p>I know that people you don't know are strangers and this applies online as well as well as off line</p> <p>I know that when people I don't know ask me for private information I don't share it online or in person</p> <p>I understand that some websites, games and social media sites have age restrictions and I know what to do if I see something I am unhappy with online</p>	<p>me including how to call 999 in an emergency</p> <p>I know the difference between secrets and surprises both on and offline and understand what is not a good secret to keep</p> <p>I know the internet has many benefits but I know I need to balance my time spent on and offline and I adhere to the age rating of computer games</p> <p>I have an understanding of a range of risks when communicating online and I can demonstrate ways of reducing the risk to ensure I am safe online</p> <p>I know that people sometimes behave differently online, including friends or by pretending to be someone they are not</p> <p>I have an understanding of what a healthy online friendship is and awareness of the risks associated with people they have never met</p>	<p>I can demonstrate basic safety procedures when using medicines, sun protection, crossing roads, riding a bike, swimming etc</p> <p>I know school rules for health and safety, basic first-aid procedures and where to get help for myself and others in need including how to call 999 in an emergency</p> <p>I know the internet has many benefits but I know I need to balance my time spent on and offline and adhere to the age rating of computer games</p> <p>I have a growing understanding of a range of risks when communicating online and I can demonstrate ways of reducing the risk to ensure myself and my friends are safe online</p>
<p>My healthy lifestyle</p> <p>I know the importance of personal hygiene and I am able to wash my hands properly, regularly wash my body and clean my teeth twice a day</p> <p>I understand what physical and mental health means and that all humans have it</p> <p>I know how to keep my body healthy through being active, healthy eating, getting enough rest, dental health, sun protection and looking after my emotional wellbeing</p> <p>I can recognise what I like and dislike, how to make real, informed choices that improves my physical and emotional health and to recognise that choices can have good and not so good consequences</p> <p>I can talk about my emotions and recognise them in others I know what makes me happy</p> <p>I understand what being resilient means to me and I have strategies I can use</p>	<p>My healthy lifestyle</p> <p>I know that a healthy lifestyle includes being physically active, rest , healthy eating, dental health, sun protection and emotional health and I can give examples of what I do on a daily and on a regular basis to keep myself healthy</p> <p>I can make simple choices to improve my physical and emotional health</p> <p>I know how diseases are spread and how they can be controlled and my responsibilities for my own and others health, I am able to wash my hands properly</p>	<p>My healthy lifestyle</p> <p>I can make choices about my lifestyle to improve my health and well-being and recognise that choices can have good and not so good consequences</p> <p>I know what are the good habits for looking after my growing body both physically and emotionally on a daily and regular basis</p> <p>I know the benefits of physical exercise and time outdoors</p> <p>I know how to look after my mental wellbeing through some self-care techniques e.g relaxation, benefits of hobbies and interests etc</p> <p>I can communicate my feelings to others, recognise how others show feelings and know to respond appropriately</p>

<p>I know some of the reasons why change can feel uncomfortable and I know some of the ways of dealing with the feelings that sometimes arise from changes</p>	<p>I can recognise and name a range of feelings and understand that we all experience emotions in relation to different experiences and situations I have simple strategies to manage my feelings</p>	<p>I understand what being resilient means to me and I have strategies I can use I can understand why other people are behaving as they are when they are finding change difficult</p>
<p>Me and my future</p> <p>I can recognise the coins and notes we use I can choose the correct value of coins and calculate change I know that we have to pay for what we buy I know how to keep money safe I know that I don't have to spend my money but can save it to use later I can set myself simple goals I can identify positive things about myself and recognise and celebrate my strengths and say what I enjoy about school and things I do outside of school I can describe the work that people do in my family, my school and where I live. I can identify positive achievements during my time in Year 1 I can identify my strengths, areas for improvement and set myself some goals for Year 2</p>	<p>I understand what being resilient means to me and I have strategies I can use I know that even changes we want to happen can sometimes feel uncomfortable but I have identified ways I manage those feelings</p> <p>Me and my future</p> <p>I know that we can pay for things in a range of ways and that even when not using cash, money is being used I understand that the choices we make affect ourselves and others I can explain the difference between needs and wants I understand individuals and families have to find ways to balance wants and needs I understand that it may not be possible to have everything you want, straight away, if at all I can describe why learning is important I am positive about who I am, what I have achieved and take into account what other people say about me I am aware of stereotypes and that everyone does have the same choices and opportunities in learning, careers and work (genders, different ethnicities, different backgrounds, etc)</p>	<p>Me and my future</p> <p>I know how to look after and handle money in everyday situations I can make simple financial decisions and consider how to spend money, including pocket money and contributions to charity I know there are different ways to gain money, including earning it through work I understand that money is a finite resource for individuals, institutions and the community I begin to understand why we have charities</p> <p>I can explain why people work and the different jobs that people do and can challenge some of the work stereotypes I am aware that the learning choices I make will affect my future options I can talk positively about what I like to do and what I would like to do in the future I can identify positive achievements during my time in Year 3 I can identify my strengths, areas for improvement and set myself some goals for Year 4</p>
<p>Becoming an active citizen</p> <p>I can express a simple opinion, agreement and disagreement I can respectfully ask questions and listen to the answers I play a full part in the life of my classroom I can agree and follow rules for my group and classroom</p>		

<p>I understand the role of the school council and I am able to vote for the members and if chosen to be on the school council I can represent the views of others</p>	<p>I can identify positive achievements during my time in Year 2 I can identify my strengths, areas for improvement and set myself some goals for Year 3</p> <p>Becoming an active citizen</p> <p>I can take part in discussions/simple debate with others about topical issues I know that people and other living things have needs and recognise my own responsibility to meet those needs I can contribute positively to the life of the class and the school I understand the role of the school council, am able to vote for the members and have contributed an idea to the school council I know that I belong to different groups and communities ie school, family I know what improves and harms the environment and about some of the ways people look after them I know some ways to look after my environment</p>	<p>Becoming an active citizen</p> <p>I can participate in making and changing rules I know why different rules are needed in different situations I know that choices we make can impact on the local, national and global communities I know where to find impartial advice to inform my decision making I understand the media can be biased I can empathise with other people and situations through topical issues, problems and local and global events</p>
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