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| **PSHE Skills**  *Expected by End of Year 4* | | | | | | | | |
| **Living in the Wider World** | | | | | | | | |
| **What does it mean to have a multicultural society? (Diverse Britain)**   * I can say what the benefits are of living in a diverse society * I can describe why democracy is so important. * I know how laws and rules help me. * I can identify the rights of the British people. * I know what being British means to others. * I can show empathy for situations where people are not living in a democracy. * I know what it means by human rights. | | **How can we take positive steps towards our goals? (Aiming High)**   * I can identify skills that may be useful in a variety of different roles. * I know what I must have for a growth mindset. * I can identify and challenge stereotypes. * I can discuss goals that I set to work towards our ambitions. * I can discuss challenges many people face and how they can overcome it. * I can say why it is important that we challenge stereotypes. | | **What makes me unique and special? (One World)**   * I can give reasons for similarities and differences in people’s lives * I can detail is something is fair or not. * I give reasons for my own opinions, * I can recognise how my actions have an impact on different countries. * I can discuss climate change and describe its effects * I can explain how organisations help people in need. * I can reflect ways in which we tackle inequality. | | | **How can we ensure that we spend our money correctly? (Money matters)**   * I know the consequences that people face in debt. * I can talk about the importance of prioritising spending. * I can discuss adverts and the way that we influence what we buy. * I can explain why it is important that we keep track of what we spend. * I can discuss what is meant by ethical spending. * I can discuss choices people make about borrowing and saving. | |
| **Relationships** | | | | | | | | |
| **How can I ensure I have a good balance in my life? (Digital Wellbeing)**   * I can recognise the importance of a balance of online and offline for wellbeing. * I can empathise with a cyberbully victim. * I can respond appropriately to different online scenarios. * I know the consequences of sharing information online. * I know the potential negative impact from sharing things online. * I know how to report cyberbullying | **How can I show that I am a strong person? (Be Yourself)**   * I can identify my own strengths. * I can explain how I can show my feelings through my body language and facial expression. * I have strategies to deal with uncomfortable situations. * I can show assertive behaviour. * I can look at messages that are given by the media. * I know ways in which I can make things right. * I can show I grow from my mistakes. | | | **How can we be a good friend? (VIPS)**   * I can discuss how our attitude impacts our friendships. * I can reflect on what a dare is and why sometimes they may not be appropriate. * I can give advice to people who are being bullied. * I can create a storyline to address bullying. * I can discuss what it means to be supportive and loyal. * I know what an unhealthy relationship is. | | **Can I work collaboratively with the people around me? (TEAM)**   * I can work with a partner to write a change that we can experience. * I can create a role play about a team scenario. * I can read clues to problem solve. * I can identify feelings and how they are expressed. * I can create a list of good deeds. * I can recreate a set feeling using a freeze frame. | | |
| **Health and Wellbeing** | | | | | | | | |
| **How can I manage the risks I take? (Safety First)**   * I can say some of my responsibilities. * I can give examples of risky situations * I know something risky can lead to danger * I know who can help us in an emergency * I know how to keep people safe in an emergency. | | | **How can I keep healthy? (It’s my body)**   * I know the effects of sleep deprivation. * I know the effects of exercise on the heart. * I know how vital a balanced diet.is * I can check medicine instructions * I can explain the importance of vaccines | | **How can we have good mental health? (Think positive)**   * I understand a positive attitude helps my mental health. * I understand causes of negative thoughts and how I can cope. * I can use some mindfulness techniques. * I can cope with sad situations. | | | **Drugs and Alcohol (CWP)**   * I can understand the effect that alcohol has on the body, * I understand the risks that are associated with alcohol. * I can consider how society limits the drinking of alcohol |

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| **PSHE Assessment**  *Expected by End of Year 4* | | | |
| **Living in the wider world** | | | |
| **Below Expectation** | | **Above Expectation** | |
| **Relationships** | | | |
| **Below Expectation** | **Above Expectation** | **Below Expectation** | **Above Expectation** |
| **Health and wellbeing** | | | |
| **Below Expectation** | **Above Expectation** | **Below Expectation** | **Above Expectation** |