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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.
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| **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.
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| **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** |