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| **RSE Skills**  *Expected by End of Year 5* | |
| **Feelings** | |
| * I am able to identify a wide range of emotions and feelings through verbal and non-verbal cues. * I am beginning to use strategies to control my own behaviour. * I am starting to see other people’s points of view. * I can ask for help if I am struggling with a situation, both in and out of class. | |
| **Friendship/Relationships** | |
| * I know which qualities are important for friendship, identifying those in myself and others. * I know what you need in order to maintain a successful friendship. * I can describe what peer pressure is. * I can resist the urge to conform to peer pressure. * I know what a family can provide for me. * I understand the responsibilities and expectations that families have of each other. * I can understand different family dynamics. | |
| **Growing up** | |
| * I know what menstruation and periods are. * I understand the importance for personal hygiene. * I know the names and functions of parts of the male and female sex organs. * During small single sex groups, I can ask questions about my own body. | **CWP**   * I understand the emotional and physical changes that occur during puberty, * I understand more about male and female puberty and the changes in more detail. * I know ways in which I can get support during puberty, |
| Safety | |
| * I can recognise what a risk is in different situations. * I am beginning to make judgements about whether a situation is safe or not. | |

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| **RSE Assessment**  *Expected by End of Year 5* | |
| **Feelings** | |
| **Below Expectation** | **Above Expectation** |
| **Friendships/Relationships** | |
| **Below Expectation** | **Above Expectation** |
| **Growing Up** | |
| **Below Expectation** | **Above Expectation** |
| **Safety** | |
| **Below Expectation** | **Above Expectation** |