

PSHE/RSE - End Points

2026-2027

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 AU	Unit: Our Happy School	Unit: Our Special People	Unit: Healthy Eating and Hygiene	Unit: Mental Health and Wellbeing	Unit: Growing and changing	Unit: Keeping Myself Safe
End point	<i>I know that healthy friendships are positive and welcoming</i>	<i>• I know that families are important for children growing up</i>	<i>• I know how to keep myself clean and healthy, and understand how germs cause disease/illness</i>	<i>I am able to tackle a new challenge and understand this might stretch my learning</i>	<i>• I can identify the parts of the body that make boys different to girls</i>	<i>• I understand who are my special people (trusted adults) inside and outside of school</i>
Year 2 PS	Unit: Our Happy School		Unit: Healthy Lifestyles	Unit: Growing and Changing	Unit: Keeping Myself Safe	Unit: The World of Drugs
End Point	<i>• I understand the rights and responsibilities for being a member of my class and school</i>		<i>I know I am responsible and know how to</i>	<i>I have identified the different members of my</i>	<i>I can identify when I'm at risk inside and outside of</i>	<i>I understand how medicines work in my body and how important it is</i>

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			<i>look after my body</i>	<i>family and understand my relationship with each of them and know why it is important to share and cooperate</i>	<i>school.</i>	<i>to use them safely</i>
Year 3 DG	Unit: Our Happy School	Unit: My friends and family (Changes)	Unit: My Feelings and Choices – (Respect and Tolerance)	Unit: Healthy Body, Healthy Minds	Unit: Keeping Myself Safe	Unit: The World of Drugs
End Point	<i>I understand my actions affect others and try to see things from their points of view</i>	<i>• I understand that everybody's family is different</i>	<i>I can identify that people are different and I respect their differences.</i>	<i>I understand how exercise affects my body and know why my heart and lungs are such important organs</i>	<i>I know the trusted people in my life I can reach out to</i>	<i>I developed skills for weighing up the choices involved in and the reasons for and against taking risks.</i>
Year 4 JG	Unit: Our Happy School	Unit: Respecting Differences	Unit: My Healthy Body and Mind		Unit: Keeping Myself Safe	Unit: Being a Good Citizen

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		(Tolerance, Mutual Respect)				
End Point	<i>I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them</i>	<i>I understand that in our school and in wider society I expect to be treated with respect by others, and that in turn they should show due respect to others.</i>	<i>• I understand and can discuss the meaning of wellbeing.</i>	<i>• I recognise when people are putting me under pressure and can explain ways to resist</i>	<i>I know that sometimes bullying is hard to spot and to know what to do if I think it is going on but I'm not sure.</i>	<i>I can discuss what is democracy and how this works throughout the wider community</i>
Year 5 TW	Unit: Our Happy School	Unit: My Friends and Family (Changes)	Unit: Healthy Body, Healthy Mind (E-Safety and Mental Health)	Unit: Relationships and Responsibilities (Puberty)	Unit: The World of Drugs	

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End Point	<i>I am able to face new challenges positively and know how to set personal goals</i>	<i>I recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</i>	<i>•I know there are rights and responsibilities when playing a game online</i>	<i>I can discuss what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</i>	<i>I understand and able to discuss puberty and the changing adolescent body.</i>	<i>• I know and can discuss the meaning of addiction and the consequences it can have on the body and mind.</i>

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Year 6 RR	Unit: Our Happy School	Unit: Our Responsibilities	Unit: Healthy Body, Healthy Minds (E-Safety and Mental Health)	Unit: Our Relationships and Responsibilities (Puberty)	Unit: The World of Drugs	Unit: Looking Forward (Transition)
End Point	<i>•I understand how democracy and having a voice benefits the school community</i>	<i>I am able to explain ways in which difference can be a source of conflict and a cause for celebration</i>	<i>I can use technology positively and safely to communicate with my friends and family</i>	<i>I can describe how boy's and girl's bodies change during puberty</i>	<i>I am able to recognise when people are trying to gain power or control</i>	<i>•I am able to identify what I am looking forward to and what worries me about the transition to secondary school.</i>