

Autumn 1

Me and My Relationships

I can describe different feelings
I understand that families can be
different from my own

Autumn 2

Valuing Difference

I can recognise differences and
similarities
I can understand people have
different religions and cultures

Summer 2

Growing and Changing

I can talk about the environment
I can describe the changes in
babies, young animals and plants

PSHE in
Nursery

coram 
Life Education

SCARF



Spring 1

Keeping Safe

I can explain what to do if I feel
unsafe
I can recognise potential dangers

Summer 1

Being My Best

I can talk about healthy choices
I can develop resilience and
persistence

Spring 2

Rights and Respect

I can describe ways I can help
others
I can take care of my home and
environment



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Autumn 1

Me and My Relationships

I can name special people in my life

I can identify people who can help with my emotions

Autumn 2

Valuing Difference

I understand the importance of showing care and kindness

I can recognise I have things in common with others

Summer 2

Growing and Changing

I can name the stages of growing up

I can name the different parts of the body



Spring 1

Keeping Safe

I can talk about keeping my body healthy

I can name ways to keep safe around medicine

Summer 1

Being My Best

I can use strategies and skills to help with challenges

I can explain how healthy choices keep us well

Spring 2

Rights and Respect

I understand that I can make a difference

I can talk about how I can make an impact on the natural world



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Autumn 1

Me and My Relationships

I can understand how emotional feelings
have an impact on us physically
I can identify simple qualities of
friendships

Autumn 2

Valuing Difference

I can empathise with people who are
different to me
I can recognise people who are
special to me

Summer 2

Growing and Changing

I understand that our bodies need
food, oxygen and water
I can identify parts of the body
that are private

PSHE in
Year 1

coram 
Life Education



Spring 1

Keeping Safe

I recognise sleep is part of healthy
living
I can explain the differences
between appropriate and
inappropriate touches

Summer 1

Being My Best

I can recognise which foods keep
us healthy
I can suggest simple strategies to
resolve conflict

Spring 2

Rights and Respect

I recognise how our behaviours
can affect other people
I can explain the importance of
looking after things



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Autumn 1

Me and My Relationships

I can people express their feelings in different ways
I can understand there are different types of bullying

Autumn 2

Valuing Difference

I can recognise physical and non-physical similarities and differences
I can suggest strategies to help those who feel left out

Summer 2

Growing and Changing

I can identify different stages of growth
I can explain what privacy means

PSHE in
Year 2

coram 
Life Education



Spring 1

Keeping Safe

I can recognise that body language gives clues as to how people are feeling
I can identify safe secrets

Summer 1

Being My Best

I can understand that some choices are healthy or unhealthy
I can explain the importance of good dental hygiene

Spring 2

Rights and Respect

I can use strategies for dealing with impulsive behaviour
I know money can be saved for the future



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Autumn 1

Me and My Relationships

I can suggest reasons why friends fall out

I can explain what a dare is

Autumn 2

Valuing Difference

I can recognise that there are different types of family

I can explain that people in the UK have different origins

Summer 2

Growing and Changing

I can recognise positive healthy relationships

I recognise that babies come from the joining of an egg and sperm

PSHE in
Year 3

coram 
Life Education



Spring 1

Keeping Safe

I can recognise potential risks associated with browsing online
I understand medicines are drugs; how they are harmful and helpful

Summer 1

Being My Best

I can explain how hygiene routines help prevent infections

I can identify my achievements and areas for development

Spring 2

Rights and Respect

I can explain why some people volunteer

I can explain different ways of looking after the environment



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Autumn 1

Me and My Relationships

I can describe ways to deal with difficult situations

I know the difference between passive and assertive behaviours

Autumn 2

Valuing Difference

I can begin to understand discrimination and injustices

I understand that not everything I see online is true

Summer 2

Growing and Changing

I can explain strategies to build resilience

I understand changes to the body during puberty, including those linked to oral health

PSHE in
Year 5

coram 
Life Education



Spring 1

Keeping Safe

I can use strategies to deal with online and face-to-face bullying
I can describe some of the health risks caused by vaping

Summer 1

Being My Best

I can identify my own strengths and talents

I can explain what being part of a school community means to me

Spring 2

Rights and Respect

I understand the difference between fact and opinion

I can understand the differences between responsibilities, rights and duties



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Autumn 1

Me and My Relationships

I can suggest strategies for dealing with challenge in relationships
I can recognise that some physical contact can produce negative feelings

Autumn 2

Valuing Difference

I can consider how a bystander can respond to someone being rude, offensive or bullying someone else
I understand the difference between a friend and an acquaintance

Summer 2

Growing and Changing

I can challenge stereotypical gender portrayals of people
I can identify physical and emotional changes that happen during puberty

PSHE in Year 6

coram 
Life Education



Spring 1

Keeping Safe

I can describe the ease in which something can be posted and spread
I can describe some of the effects and risks from drinking alcohol

Summer 1

Being My Best

I can identify my aspirational goals
I can explain the five ways to wellbeing

Spring 2

Rights and Respect

I can explain the meaning of biased and unbiased
I can explain what is meant by living in an environmentally sustainable way



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