

## St. Aidan's Primary School

## Lower Key Stage 2 PSHE Assessment

	Autumn	Spring	Summer
Health and Wellbeing			
To recognise opportunities to make their own choices about food/ a			
balanced diet.			
To understand that bacteria and viruses can affect health and			
following simple routines can reduce their spread.			
To learn about change, including transitions, loss, separation, divorce			
and bereavement.			
To understand school rules about health and safety, basic			
emergency aid procedures and where and how to get help.			
To learn about taking care of their body and the right to protect			
their body from inappropriate and unwanted contact.			
To begin to understand some changes during puberty and names of			
external genitalia.			
To differentiate between the terms 'risk', 'danger' and 'hazard'.			
To recognise when and how to ask for help and use basic techniques			
for resisting pressure.			
To learn about people who are responsible for helping them stay			
healthy and safe and ways that they can support these people.			
Relationships			
To be able to recognise and respond appropriately to a wider range			
of feelings in others.			
To understand the concept of 'keeping something confidential or			
secret', when we should or should not agree to this and when it is			
right to 'break confidence' or 'share a secret'.			
To learn to recognise and manage 'dares'.			
To recognise what constitutes a positive, healthy relationship.			
To learn that their actions affect themselves and others.			
To realise the nature and consequences of discrimination, teasing,			
bullying and aggressive behaviours.			
To be able to listen and respond respectfully to a wide range of			
people, to feel confident to raise their own concerns, to recognise			
and care about other people's feelings and try to see, respect and if			
necessary, constructively challenge, their points of view.			
To recognise what constitutes a positive, healthy relationship and to			
develop the skills to maintain these relationships.			
To work collaboratively towards shared goals.			
To develop strategies to solve disputes and conflict through			
negotiation and appropriate compromise and to give rich and			
constructive feedback and support to benefit others as well as			
themselves.			
To be aware of different types of relationships, including those			
between friends and families, civil partnerships and marriage.			
To recognise and challenge stereotypes.			
To realise the nature and consequences of discrimination, teasing,			
bullying and aggressive behaviours and how to respond to them and			



ask for help.	°C47HOLIC PROMAN		1
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