



PSHE Long Term Objectives



Year

Autumn

1

Termly Objectives

Being Me in My World

- I know how to use my Jigsaw Journal /I feel special and safe in my class
- I understand the rights and responsibilities as a member of my class/I know that I belong to my class
- I understand the rights and responsibilities for being a member of my class /I know how to make my class a safe place for everybody to learn
- I know my views are valued and can contribute to the Learning Charter/I recognise how it feels to be proud of an achievement
- I can recognise the choices I make and understand the consequences/I recognise the range of feelings when I face certain consequences
- I understand my rights and responsibilities within our Learning Charter/I understand my choices in following the Learning Charter

Celebrating Difference

- I can identify similarities between people in my class/I can tell you some ways in which I am the same as my friends
- I can identify differences between people in my class/I can tell you some ways I am different from my friends
- I can tell you what bullying is/I understand how being bullied might feel
- I know some people who I could talk to if I was feeling unhappy or being bullied /I can be kind to children who are bullied
- I know how to make new friends/I know how it feels to make a new friend
- I can tell you some ways I am different from my friends/I understand these differences make us all special and unique

Spring

Termly Objectives

Dreams and Goals

- I can set simple goals/I can tell you about a thing I do well
- I can set a goal and work out how to achieve it /I can tell you how I learn best
- I understand how to work well with a partner/I can celebrate achievement with a partner.
- I can tackle a new challenge and understand this might stretch my learning/I can identify how I feel when I am faced with a new challenge
- I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them/I know how I feel when I see obstacles and how I feel when I overcome them
- I can tell you how I felt when I succeeded in a new challenge and how I celebrated it/I know how to store the feelings of success in my internal treasure chest

Healthy Me

- I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy/I feel good about myself when I make healthy choices I know how to make healthy lifestyle choices / I feel good about myself when I make healthy choices
- I know how to keep myself clean and healthy, and understand how germs cause disease/illness, I know that all household products including medicines can be harmful if not used properly/I am special so I keep myself safe
- I understand that medicines can help me if I feel poorly and I know how to use them safely/I know some ways to help myself when I feel poorly
- I know how to keep safe when crossing the road, and about people who can help me to stay safe/I can recognise when I feel frightened and know who to ask for help
- I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy/I can recognise how being healthy helps me to feel happy



PSHE Long Term Objectives



Summer

Termly Objectives

Relationships

- I can identify the members of my family and understand that there are lots of different types of families/I know how it feels to belong to a family and care about the people who are important to me
- I can identify what being a good friend means to me/I know how to make a new friend
- I know appropriate ways of physical contact to greet my friends and know which ways I prefer/I can recognise which forms of physical contact are acceptable and unacceptable to me
- I know who can help me in my school community/I know when I need help and know how to ask for it
- I can recognise my qualities as person and a friend/I know ways to praise myself/
- I can tell you why I appreciate someone who is special to me/I can express how I feel about them

Changing Me

- I am starting to understand the life cycles of animals and humans/I understand that changes happen as we grow and that this is OK
- I can tell you some things about me that have changed and some things about me that have stayed the same/I know that changes are OK and that sometimes they will happen whether I want them to or not
- I can tell you how my body has changed since I was a baby /I understand that growing up is natural and that everybody grows at different rates
- I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina/I respect my body and understand which parts are private
- I understand that every time I learn something new I change a little bit/I enjoy learning new things
- I can tell you about changes that have happened in my life/I know some ways to cope with changes