



# PSHE Long Term Objectives



**Year**

**Autumn**

**2**

## Termly Objectives

### **Being Me in My World**

- I can identify some of my hopes and fears for this year,I know how to use my Jigsaw Journal /I recognise when I feel worried and know who to ask for help
- I understand the rights and responsibilities for being a member of my class and school/I recognise when I feel worried and know who to ask for help
- I understand the rights and responsibilities for being a member of my class/I can help to make my class a safe and fair place
- I can listen to other people and contribute my own ideas about rewards and consequences/I can help make my class a safe and fair place
- I understand how following the Learning Charter will help me and others learn/I can work cooperatively
- I can recognise the choices I make and understand the consequences/I am choosing to follow the Learning Charter

### **Celebrating Difference**

- I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)/I understand some ways in which boys and girls are similar and feel good about this
- I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes) /I understand some ways in which boys and girls are different and accept that this is OK
- I understand that bullying is sometimes about difference/I can tell you how someone who is bullied feels, I can be kind to children who are bullied
- I can recognise what is right and wrong and know how to look after myself/I know when and how to stand up for myself and others, I know how to get help if I am being bullied
- I understand that it is OK to be different from other people and to be friends with them/I understand we shouldn't judge people if they are different,I know how it feels to be a friend and have a friend
- I can tell you some ways I am different from my friends/I understand these differences make us all special and unique



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## Spring

### Termly Objectives

#### Dreams and Goals

- I can choose a realistic goal and think about how to achieve it/I can tell you things I have achieved and say how that makes me feel
- I carry on trying (persevering) even when I find things difficult/I can tell you some of my strengths as a learner
- I can recognise who I work well with and who it is more difficult for me to work with/I can tell you how working with other people helps me learn
- I can work well in a group/I can work with others in a group to solve problems
- I can tell you some ways I worked well with my group /I can tell you how I felt about working in my group
- I know how to share success with other people/I can tell you how being part of a successful group feels and I can store these feelings in my internal treasure chest

#### Healthy Me

- I know what I need to keep my body healthy/I am motivated to make healthy lifestyle choices
- I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed/I can tell you when a feeling is weak and when a feeling is strong
- I understand how medicines work in my body and how important it is to use them safely/I feel positive about caring for my body and keeping it healthy
- I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy/I have a healthy relationship with food and know which foods I enjoy the most
- I can make some healthy snacks and explain why they are good for my body/I can express how it feels to share healthy food with my friends
- I can decide which foods to eat to give my body energy/I have a healthy relationship with food and I know which foods are most nutritious for my body

## Summer

### Termly Objectives

#### Relationships

- I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate/I accept that everyone's family is different and understand that most people value their family
- I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not/I know which types of physical contact I like and don't like and can talk about this
- I can identify some of the things that cause conflict with my friends/I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends
- I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret/I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this
- I recognise and appreciate people who can help me in my family, my school and my community/I understand how it feels to trust someone
- I can express my appreciation for the people in my special relationships/I am comfortable accepting appreciation from others

#### Changing Me

- I can recognise cycles of life in nature/I understand there are some changes that are outside my control and can recognise how I feel about this
- I can tell you about the natural process of growing from young to old and understand that this is not in my control/I can identify people I respect who are older than me
- I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old/I feel proud about becoming more independent
- I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private/I can tell you what I like/don't like about being a boy/girl
- I understand there are different types of touch and can tell you which ones I like and don't like/I am confident to say what I like and don't like and can ask for help
- I can identify what I am looking forward to when I move to my next class/I can start to think about changes I will make when I am in Year 3 and know how to go about this



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