



Cove Junior School
Skills and Knowledge Assessment Overview
PSHE

	Keeping/Staying Safe	Keeping/Staying Healthy	Growing and changing	Being Responsible	Feeling and Emotions	Computer Safety	The Working World	A World Without Judgement
Year 3	<ul style="list-style-type: none"> • Know ways to keep yourself and others safe. • Understand and explain the differences between safe and risky choices. 	<ul style="list-style-type: none"> • Understand and explain when it is safe to take medicine. • Know who we can take medicine from. 	<ul style="list-style-type: none"> • Understand different types of relationships. • Understand the importance of caring about other people's feelings. 	<ul style="list-style-type: none"> • Understand the differences between borrowing and stealing. • Explain differences between being responsible and irresponsible. 	<ul style="list-style-type: none"> • Be able to recognise and name emotions and their physical effects. • Learn and explain a range of skills for coping with unpleasant/uncomfortable emotions. 	<ul style="list-style-type: none"> • Know how to keep safe in online chatrooms. • Be able to name the positives and negatives of using technology. 	<ul style="list-style-type: none"> • Be able to explain the meaning of reduce, reuse, and recycle. • Recognise how we can help look after our planet 	<ul style="list-style-type: none"> • Fire Safety • Be able to show my knowledge of fire safety to others. • Be able to practise simple ways of staying safe and finding help.
Year 4	<ul style="list-style-type: none"> • Identify what is a risky choice. • Identify strategies we can use to keep ourselves safe. 	<ul style="list-style-type: none"> • Explain what is meant by a healthy meal. • Describe different ways to maintain a healthy lifestyle. 	<ul style="list-style-type: none"> • Identify the different types of relationships we can have and describe how these can change as we grow. • Identify how relationships can be healthy or unhealthy. 	<ul style="list-style-type: none"> • Recognise the importance of behaving in a responsible manner in a range of situations. • Describe ways that behaviour can be seen to be sensible and responsible. 	<ul style="list-style-type: none"> • Demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions. • Recognise that we can choose how we act on our emotions. 	<ul style="list-style-type: none"> • How can you keep yourself and others safe online? • What are the positives and negatives of using computers and being online? 	<ul style="list-style-type: none"> • How can we support society, our community, and our family/friends? 	<ul style="list-style-type: none"> • Recognise positive attributes in others. • Explain why being different is okay.

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Year 5	<ul style="list-style-type: none"> • Recognise ways to manage peer pressure. • Explain what might happen if we take risks. 	<ul style="list-style-type: none"> • Identify and use skills and strategies to resist any pressure to smoke. • Describe how smoking can affect your health and wellbeing, 	<ul style="list-style-type: none"> • Explain what puberty means. • Describe the changes that boys and girls may go through during puberty. 	<ul style="list-style-type: none"> • Demonstrate why it is important to behave in an appropriate and responsible way. • Demonstrate why it is important to behave in an appropriate and responsible way. 	<ul style="list-style-type: none"> • Recognise that everyone experiences emotions and that these can have physical effects on our body, both pleasant and unpleasant. • Demonstrate a range of strategies to help control and manage unpleasant/uncomfortable emotions. 	<ul style="list-style-type: none"> • Identify rules to follow when sharing images online. • Describe the positive and negative consequences of sharing images online. 	<ul style="list-style-type: none"> • Understand and explain why people might want to save money. 	<ul style="list-style-type: none"> • Explain some of the elements which help us to have a diverse community. • Describe strategies to overcome barriers and promote diversity and inclusion.
Year 6	<ul style="list-style-type: none"> • Recognise the impact and possible consequences of an accident or incident. • Identify a range of danger signs. 	<ul style="list-style-type: none"> • Identify what is a risky choice. • Identify the risks associated with alcohol. 	<ul style="list-style-type: none"> • Describe the function of the female and male reproductive system. • Identify the laws around consent. • Explain the various different stages of pregnancy. 	<ul style="list-style-type: none"> • Identify how making some choices can impact others' lives in a negative way. • Explain what consent means. 	<ul style="list-style-type: none"> • Recognise our thoughts, feelings, and emotions. • Identify how we can reduce our feeling of worry. 	<ul style="list-style-type: none"> • Know and understand why some applications have age restrictions. • Identify ways to keep yourself and others safe in a range of situations online and offline. 	<ul style="list-style-type: none"> • Describe the potential impact of spending money without permission. • Identify strategies to save money. 	<ul style="list-style-type: none"> • Explain each of the British values. • Understand that there are a wide range of religions and beliefs in the UK.