



**PSHE / SRE End Points
'Being Our Best Selves'**

Year Group:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	<p>My Happy Mind: Meet your brain - What our brain looks like -What our brain helps us with - How to look after our brain - How we can grow our brains</p> <p>Other Coverage: - Explain the reasons for rules, know right from wrong and try to behave accordingly</p>	<p>My Happy Mind: Celebrate - What character strengths are - 'superpowers' - The love and kindness strength - The character strengths of bravery, honesty, teamwork and friendship -The character strengths exploring and learning, love of life and our world</p>	<p>My Happy Mind: Appreciate - How to be grateful for other people - How being grateful makes you feel - To be grateful for activities and times we feel happy about - How to be grateful for ourselves</p> <p>Other Coverage: - Manage their own needs: personal hygiene - Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, health eating and tooth brushing</p>	<p>My Happy Mind: Relate - How to be a good friend - Why getting along with others is so important - Why listening is so important - What active listening is - Our emotions and how it feels when we are not getting along with others</p> <p>Other Coverage: - Manage their own needs: personal hygiene - Know and talk about the different factors that support their overall health and wellbeing: sensible amounts of 'screen time', having a good sleep routine and being a safe pedestrian</p>	<p>My Happy Mind: Engage - What goals are - How to set goals - What 'big dream' goals are - What to do when goals are tricky</p> <p>Other Coverage: - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices</p>	<p>Relationships: Lessons 1 & 2</p>
Year 1	<p>My Happy Mind: Meet your brain</p>	<p>My Happy Mind: Celebrate</p>	<p>My Happy Mind: Appreciate</p>	<p>My Happy Mind: Relate - What relate means</p>	<p>My Happy Mind: Engage</p>	<p>Relationships: Lessons 1 & 2</p>



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	<ul style="list-style-type: none"> - What our brain looks like and how it helps us - That the brain has 3 parts and what 'neuroplasticity' is - How team H-A-P helps us to be our best self - What happens when team H-A-P is happy and sad - How you can help team H-A-P and 'happy breathing' - That our brain can react differently in different situations <p>Other Coverage: Healthy lifestyles</p> <ul style="list-style-type: none"> - H2: Foods that support good health and the risks of eating too much sugar - H3: How physical activity helps us to stay healthy; and ways to be physically active every day - H7: Dental care and visiting the dentist; how to brush teeth 	<ul style="list-style-type: none"> - What character is and how it makes us special - Character strengths and why it's important to use our strengths - The types of character strengths and which we use the most <p>Other Coverage: Keeping safe</p> <ul style="list-style-type: none"> - H28: Rules and age restrictions that keep us safe - H32: Ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely - H33: The people whose job it is to help keep us safe - H35: What to do if there is an accident and someone is hurt 	<ul style="list-style-type: none"> - What appreciate means and how we show appreciation - Who we are grateful for - How important showing gratitude is and how it makes us feel - How to show appreciation to ourselves - Gratitude for experiences and why it makes us feel good <p>Other Coverage: Safe relationships</p> <ul style="list-style-type: none"> - R13: Recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private - R15: How to respond safely to adults they don't know - R16: How to respond if physical contact makes them 	<ul style="list-style-type: none"> - How our character strengths and differences help us to relate to others - How to relate to others – Active listening - How relating to other people helps us to get along with them - Thinking about other people's opinions <p>Other Coverage: Shared responsibilities</p> <ul style="list-style-type: none"> - L1: What rules are, why they are needed, and why different rules are needed for different situations <p>Other Coverage: Communities</p> <ul style="list-style-type: none"> - L4: The different groups they belong to - L5: The different roles and responsibilities people have in their community 	<ul style="list-style-type: none"> - What engage means and recapping habits that make us feel good - How to set goals and how we can achieve our goals when we feel good - How to stay focused when things get tough and don't go as planned - The importance of believing in ourselves and how this helps us <p>Other Coverage: Economic wellbeing: aspirations, work and career</p> <ul style="list-style-type: none"> - L14: Everyone has different strengths - L15: Jobs help people to earn money to pay for things - L16: Different jobs that people they know or people who work in the community do - L17: Some of the strengths and interests someone 	<p>Other Coverage: Ourselves: growing and changing</p> <ul style="list-style-type: none"> - H26: Growing and changing from young to old and how people's needs change - H27: Preparing to move to a new class/year group <p>Other Coverage: Relationships</p> <ul style="list-style-type: none"> - R14: Sometimes people may behave differently online, including by pretending to be someone they are not - R18: The importance of not keeping adults' secrets (only happy surprises that others will find out about eventually) - R19: Basic techniques for resisting pressure to do something they don't want to do and
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	correctly; food and drink that support dental health		feel uncomfortable or unsafe - R17: Knowing there are situations when they should ask for permission and also when their permission should be sought		might need to do different jobs	which may make them unsafe
Year 2	<p>My Happy Mind: Meet your brain - What our brain looks like and how it helps us - That the brain has 3 parts and how it grows - What neuroplasticity is and how team H-A-P helps us to be our best selves - Which emotions might impact team H-A-P - How 'happy breathing' helps us and that our brain reacts differently in different situations – How neuroplasticity can help 'happy breathing'</p>	<p>My Happy Mind: Celebrate - Character and why it matters - Which character strengths we use the most and the importance of using them - How we can grow our character strengths - Sharing your strengths with others and giving positive feedback</p> <p>Other Coverage: Keeping safe - H30: How to keep safe at home (including around electrical appliances) and fire safety (e.g.</p>	<p>My Happy Mind: Appreciate - What gratitude means and how we can show gratitude - Who we may be grateful for - The importance of showing gratitude towards ourselves - How gratitude helps team H-A-P - Why it is important to be grateful for experiences</p> <p>Other Coverage: Drugs, alcohol and tobacco - H37: Things that people can put into their body or on their skin; how these can affect how people feel</p>	<p>My Happy Mind: Relate - How we can have good relationships with other people - How our differences can help us - How we relate with others - How to use our strengths to relate to others - Activate listening and how it helps us to relate to others - Other people's reactions - How 'happy breathing' can help with our friendships</p> <p>Other Coverage: Media literacy and digital resilience</p>	<p>My Happy Mind: Engage - How we can use everything that we have learnt to feel good and do good - When we feel good, we do good things - How to set goals - How we can stay focused on our goals when things get tough</p> <p>Other Coverage: Economic wellbeing: money - L10: What money is; forms that money comes in; money comes from different sources - L11: People make different choices</p>	<p>Relationships: Lessons 3 & 4</p> <p>Other Coverage: Mental health - Changes and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better</p> <p>Other Coverage: Ourselves: growing and changing - H25: Name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles) - H27: Preparing to move to a new class/year group</p>



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	<p>Other Coverage: Healthy lifestyles</p> <ul style="list-style-type: none"> - H5: Simple hygiene routines that can stop germs from spreading - H6: Medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy - H8: How to keep safe in the sun and protect skin from sun damage - H10: The people who help us to stay physically healthy 	<p>not playing with matches and lighters)</p> <ul style="list-style-type: none"> - H31: Household products (including medicines) can be harmful if not used correctly - H36: How to get help in an emergency (how to dial 999 and what to say) 	<p>Other Coverage: Shared responsibilities</p> <ul style="list-style-type: none"> - L2: How people and other living things have different needs; the responsibilities of caring for them - L3: Things they can do to help look after their environment 	<ul style="list-style-type: none"> - L7: How the internet and digital devices can be used safely to find things out and to communicate with others - L8: The role of the internet in everyday life - L9: Not all information seen online is true 	<p>about how to save and spend money</p> <ul style="list-style-type: none"> - L12: The difference between needs and wants; sometimes people may not always be able to have the things they want - L13: Money needs to be looked after; different ways of doing this 	
Year 3	<p>My Happy Mind: Meet your brain</p> <ul style="list-style-type: none"> - How our brain and mind work together - What neuroplasticity is - Team H-A-P - The role of the amygdala and how it behaves - How to train your brain 	<p>My Happy Mind: Celebrate</p> <ul style="list-style-type: none"> - What character is and where it comes from - Which character strengths we have - Which strengths we use the most and why they're important to use 	<p>My Happy Mind: Appreciate</p> <ul style="list-style-type: none"> - What appreciation means and why gratitude is important - How to develop and 'attitude of gratitude' - How it feels to give and receive gratitude - Which hormone gets released when 	<p>My Happy Mind: Relate</p> <ul style="list-style-type: none"> - How to understand and celebrate our differences - What 'stop, understand and consider' means - How to understand differences - How seeing things from a different 	<p>My Happy Mind: Engage</p> <ul style="list-style-type: none"> - What activities we engage in and how to feel good - How we can feel good and do good - What 'big dream goals' are - How perseverance and resilience help us - How to stay focussed on our goals 	<p>Relationships: Lessons 1, 2 & 3</p>



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	<ul style="list-style-type: none"> - How the brain is structured - What neurons and neural pathways are - How to look after our brains <p>Other Coverage: Healthy lifestyles</p> <ul style="list-style-type: none"> - H5: What good physical health means; how to recognise early signs of physical illness - H6: What constitutes a healthy diet; how to plan healthy meals; benefits of eating nutritionally rich foods; risks associated with not eating a healthy diet (obesity and tooth decay), recognise opportunities to be physically active and risks associated with an inactive lifestyle -H9: Bacteria and viruses can affect health; everyday hygiene routines can limit the spread of 	<ul style="list-style-type: none"> - How you can use your strengths in difficult situations - How we can grow our strengths <p>Other Coverage: Keeping safe</p> <ul style="list-style-type: none"> - H39: Hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe 	<p>we give/receive gratitude</p> <ul style="list-style-type: none"> - How to appreciate ourselves using character strengths <p>Other Coverage: Economic wellbeing: money</p> <ul style="list-style-type: none"> - L17: The different ways to pay for things and the choices people have - L18: Recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money' - L19: People's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity) - L20: Recognise that people make spending decisions 	<p>perspective can get easier</p> <ul style="list-style-type: none"> - What makes a good friend - How friends help us solve problems - How active listening can help us to relate with others <p>Other Coverage: Economic wellbeing: aspirations, work and career</p> <ul style="list-style-type: none"> - L26: There is a broad range of different jobs/careers that people can have; people often have more than one career/type of job during their life - L27: Stereotypes in the workplace and a person's career aspirations should not be limited by them - L28: What might influence people's decisions about a job or career - L29: Some jobs are paid more than 	<ul style="list-style-type: none"> - To reflect on how positive habits help us to be at our best <p>Other Coverage: Communities</p> <ul style="list-style-type: none"> - L7: To value the different contributions that people and groups make to the community - L8: Diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities 	
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	infection; the wider importance of personal hygiene and how to maintain it		based on priorities, needs and wants	others and money is one factor which may influence a person's job or career choice; people may choose to do voluntary work which is unpaid		
Year 4	<p>My Happy Mind: Meet your brain</p> <ul style="list-style-type: none"> - How you can train your mind - How team H-A-P works - What is real and perceived danger - What triggers and calms your amygdala - What neurons and neutral pathways are - How to look after our brains - To develop our 'happy breathing' habit <p>Other Coverage: Healthy lifestyles</p> <ul style="list-style-type: none"> - H10: How medicines, when used responsibly, contribute to health; some diseases can be prevented by vaccinations and 	<p>My Happy Mind: Celebrate</p> <ul style="list-style-type: none"> - Character and character strengths - Which strengths we use the most and why they're important - How you can use your character strengths in difficult situations - How we can grow our strengths - About neuroplasticity and how it helps us <p>Other Coverage: Keeping safe</p> <ul style="list-style-type: none"> - H40: The importance of taking medicines correctly and using household products safely (e.g. following instructions carefully) 	<p>My Happy Mind: Appreciate</p> <ul style="list-style-type: none"> - What appreciation means and the 4 categories of gratitude - Why gratitude is important - How to develop an 'attitude of gratitude' - How it feels to give and receive gratitude - What the gratitude domino effect is - Which hormone gets released when we give/ receive gratitude - How gratitude can help us face problems - How to appreciate ourselves using our character strengths 	<p>My Happy Mind: Relate</p> <ul style="list-style-type: none"> - How to understand and celebrate our differences - What 'stop, understand and consider' means - How to better understand differences - How we can use our strengths in different ways - What makes a good friend - How friends help us solve problems - Why it is important to show gratitude to friends - How active listening can help us to relate - How active listening can help us to 	<p>My Happy Mind: Engage</p> <ul style="list-style-type: none"> - What we engage in and how we help ourselves to feel good - How we can feel good and do good - What 'big dream goals' are - Why setting goals makes us feel so good - How perseverance and resilience help us - How to stay focused on our goals <p>Other Coverage: Shared responsibilities</p> <ul style="list-style-type: none"> - L5: learn ways of carrying out shared responsibilities for protecting the environment in school and at home; 	<p>Relationships: Lessons 4, 5 & 6</p> <p>Other Coverage: Safe relationships</p> <ul style="list-style-type: none"> - R23: Why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns - R24: How to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know



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	<p>immunisations; how allergies can be managed</p> <ul style="list-style-type: none"> - H11: Maintaining good oral hygiene; why regular visits to the dentist are essential; the impact of lifestyle choices on dental care - H12: The benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer - H14: How and when to seek support, including which adults to speak to in and outside school, if they are worried about their health 		<p>Other Coverage: Economic wellbeing: money</p> <ul style="list-style-type: none"> - L21: Different ways to keep track of money - L22: Risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe - L23: The risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations - L24: Identify the ways that money can impact people's feelings and emotions 	<p>Other Coverage: Economic wellbeing: aspirations, work and career:</p> <ul style="list-style-type: none"> - L30: Some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation - L31: Identify the kind of job that they might like to do when they are older - L32: Recognise a variety of routes into careers (e.g. college, apprenticeship, university) 	<p>how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)</p>	
Year 5	<p>My Happy Mind: Meet your brain</p> <ul style="list-style-type: none"> - Our brains and how you can train your mind - How each part of team H-A-P works 	<p>My Happy Mind: Celebrate</p> <ul style="list-style-type: none"> - Our character strengths and their main types through virtues - Which strengths we use the most and 	<p>My Happy Mind: Appreciate</p> <ul style="list-style-type: none"> - What appreciate means and why gratitude is important 	<p>My Happy Mind: Relate</p> <ul style="list-style-type: none"> - How to understand and celebrate our differences - What 'stop, understand and consider' means and 	<p>My Happy Mind: Engage</p> <ul style="list-style-type: none"> - What we engage in and how we can feel good - How we can feel good and do good 	<p>Relationships: Lessons 1, 2 & 3</p>



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	<ul style="list-style-type: none"> - Why the amygdala behaves the way it does and what triggers it - How to calm our amygdala - What neurons and neural pathways are - How habits can be formed - How to look after our brains - How 'happy breathing' is good for our brains - What happens in our brain when we are feeling stressed - The role of cortisol and how to manage our cortisol levels <p>Other Coverage: Keeping safe</p> <ul style="list-style-type: none"> - H41: Strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about - H43: What is meant by first aid; basic 	<p>why they're important</p> <ul style="list-style-type: none"> - How to grow and use our top 5 strengths - How to use our strengths in different situations to be our best - How our strengths can help us when we are worried about something <p>Other Coverage: Media literacy and digital resilience</p> <ul style="list-style-type: none"> - L11: Recognise ways in which the internet and social media can be used both positively and negatively - L12: How to assess the reliability of sources of information online; and how to make safe, reliable choices from search results - L13: Some of the different ways information and data is shared and used 	<ul style="list-style-type: none"> - What happens when we give and receive gratitude - What the gratitude domino effect is - Which hormone gets released when we give or receive gratitude - How to create a habit of giving gratitude and how it can help us to face problems - How to appreciate ourselves - The links between character strengths and gratitude for ourselves <p>Other Coverage: Safe relationships</p> <ul style="list-style-type: none"> - R25: Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact - R26: Seeking and giving permission (consent) in different 	<p>how it can help - How we can use our strengths in different ways</p> <ul style="list-style-type: none"> - What makes us a good friend - How friends help us to solve problems - Why it is important to show gratitude to friends - How active listening can help us to relate to others - How active listening can help us to 'stop, understand and consider' <p>Other Coverage: Ourselves: growing and changing</p> <ul style="list-style-type: none"> - H26: For some people gender identity does not correspond with their biological sex - H30: Identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction. 	<ul style="list-style-type: none"> - What 'big dream goals' - How our feelings affect our engagement levels - How perseverance and resilience help us - How to stay focused on our goals <p>Other Coverage: Drugs, alcohol and tobacco</p> <ul style="list-style-type: none"> - H46: The risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break - H47: Recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others 	
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	techniques for dealing with common injuries	online, including for commercial purposes	situations - R29: Where to get advice and report concerns if worried about their own or someone else's personal safety (including online)	- H31: The physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)	- H48: Why people choose to use or not use drugs - H49: The mixed messages in the media about drugs, including alcohol and smoking /vaping - H50: The organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns	
Year 6	<p>My Happy Mind: Meet your brain</p> <ul style="list-style-type: none"> - Why it is important to understand how our brain works and helps us - To understand key parts of the brain and what happens when we experience different emotions - How we can deepen our understanding of what is going on in our brains - How to manage our thoughts and develop 	<p>My Happy Mind: Celebrate</p> <ul style="list-style-type: none"> - What character is and why it matters - To define our own character - Our strengths and how we use them - To use tools to reinforce our strengths - Strategies to grow and develop our strengths <p>Other Coverage: Keeping safe</p>	<p>My Happy Mind: Appreciate</p> <ul style="list-style-type: none"> - What gratitude is and why it matters - How to establish gratitude habits - How we can use gratitude to support us through transitions - To build our gratitude character strength <p>Other Coverage: Relationships:</p>	<p>My Happy Mind: Relate</p> <ul style="list-style-type: none"> - How we make friends and what matters in friendships - How our strengths can help us make friends and keep friends - What friendships are, how they are formed and why they're meaningful <p>Other Coverage: Mental health</p>	<p>My Happy Mind: Engage</p> <ul style="list-style-type: none"> - What it takes to feel good - How we feel affects what we achieve - How to set goals - To use goal setting to support us through transitions - To develop goal setting skills and work towards key goals - To make links between goal setting 	<p>Relationships: Lessons 4, 5 & 6</p>



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	<p>strategies for managing emotions - How to manage our brains in times of stress and strategies to use when we are feeling worried</p> <p>Other Coverage: Media literacy and digital resilience - L14: How information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information - L16: How text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation</p>	<p>- H44: How to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say - H45: Female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk</p>	<p>families and close positive relationships - R2: People may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different - R4: Forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others</p>	<p>- Change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement</p>	<p>and building your strengths</p> <p>Other Coverage: Ourselves: growing and changing - H32: How hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene - H33: The processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for) - H34: Where to get more information, help and advice about growing and changing, especially about puberty - H35: The new opportunities and responsibilities that increasing</p>	
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