Learning Pathways in PSHE/RSE

We aim to make a positive contribution to the development of the 'whole child' in order for our children to become healthy, independent, safe and responsible members of society. We will use Thrive to develop the social, emotional, mental and physical health of every child.

TAKE IT FURTHER

OWN YOUR FUTURE

Year 7 @ St Catherine's

- I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
- I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.
- I can explain when substances including alcohol are being used anti socially or being misused and the impact this can have on an individual and
- I can explain different ways to work with others to help make the world a better place.

Year 6 PSHE

- I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.
- I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of concep-
- I can explain how my choices can have an impact on people in my immediate community and globally.
- I can explain ways in which difference can be a source of conflict or a cause for cele-

Year 5 PSHE

- I can explain different roles that food and substances can play in people's Lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.
- I can compare my hopes and dreams with those of young people from different cultures.
- I can explain the Differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situa-
- I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.
- I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.

Year 4 PSHE

- I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.
- I can explain the different ways that help me learn and what I need to do to improve.
- I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.
- I can explain how my life is influenced positively by people I know and also by people from other countries.

Year 3 PSHE

- I can explain how my behaviour can affect how others feel and behave.
- I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel OK and others don't.
- I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.
- I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/unsafe choices.

EYFS

PSED (Personal, Social and Emotional development.

KS1 @St Andrews

PSHE Association Scheme of work.
Health and wellbeing
Relationships
Living in the wider world

- I can explain why my behaviour can impact on other people in my class.
- I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.
- I can explain how it felt to be part of a group and can identify a range of feelings about group work.

Being me in my world | **Celebrating difference** | **Dreams and goals** | **Healthy me** | **Relationships** | **Changing me**