PSHE and RSE at a Glance

Bassingbourn Community Primary School · Reception to Year 6

This summary shows how pupils' personal, social and health knowledge and skills develop as they move through the school. Our classes are mixed-age, so we share expectations at four points: the end of Reception, Year 2, Year 4 and Year 6.

Area	By the end of Reception children can:	By the end of Year 2 pupils can:	By the end of Year 4 pupils can:	By the end of Year 6 pupils can:
Relationships	Make friends, take turns and talk about their family and the people who care for them.	Know that families look different, be kind to others and say when something feels wrong.	Respect differences, recognise bullying and know how to resolve disagreements.	Explain what makes a healthy relationship, set boundaries and stand up for themselves and others.
Health and wellbeing	Name their feelings and talk about what helps them stay healthy, such as sleep and exercise.	Talk about their emotions, and know how to look after their bodies, teeth and hygiene.	Make healthy choices about food, exercise and sleep, and know how to look after their mental health.	Explain how choices today shape future health, and know where to get support for their wellbeing.
Staying safe	Follow simple rules to keep themselves safe.	Make safe choices at home and out and about, and know who to ask for help.	Recognise safe and unsafe situations, and know how to get help in an emergency.	Manage risks as they grow more independent, and carry out basic first aid.
The online world	Talk about how they use technology at home.	Know that time online should be balanced, and how to stay safe online.	Decide what to trust online, and communicate kindly and safely.	Think critically about how what they see online can influence them, and manage how it makes them feel.
Growing up	Take on new challenges and grow in independence.	Name parts of the body, and know how to respect their own and others' bodies.	Understand how bodies and emotions change during puberty.	Manage the changes of puberty, and in Year 6 learn how people become parents and carers.
Citizenship and money	Help others and take care of their classroom.	Belong to a community, help the environment and know where money comes from.	Spend money responsibly, and understand rights, responsibilities and careers.	Make a difference in their community, protect everyone's rights and manage money.

Across every stage, pupils learn to understand themselves, look after their wellbeing and build kind, respectful relationships.