

Throughout each topic teachers should check that content has been learned and remembered, including content from previous years, to prevent it from being forgotten. Retrieval practice is built into each lesson to interrupt the forgetting curve and secure construct in long term memory.

At the end of each unit, children will complete an assessment formally which will be marked against the relevant Mastery Keys for that unit to decide whether the child is working at Age Related Expectations by the end of each academic year.

By the time pupils leave Key Stage 2, they will:

- ✓ Have developed confidence, self-awareness and a strong sense of identity
- ✓ Be able to recognise, name and manage a range of emotions
- ✓ Show positive relationship skills, including empathy, active listening and respectful communication
- ✓ Understand how to keep themselves safe, both online and offline
- ✓ Demonstrate problem-solving and critical thinking when navigating social situations
- ✓ Apply PSHE learning across the curriculum and in daily school life
- ✓ Use strategies to support their own wellbeing, resilience and mental health
- ✓ Show increasing ability to reflect on their choices and evaluate how their actions affect others

Our goal is to **empower pupils** to become **confident, compassionate and responsible individuals**, equipped with the personal and social skills they need for life beyond primary school.



Mastery Keys

	Reception	Y1	Y2	Y3	Y4	Y5	Y6
Health and Wellbeing	Know that washing hands with soap helps stop germs from spreading. Know that eating fruit/vegetables and drinking water helps their body grow strong. Know that bedtime routines and sleep give them energy for the next day. Know to stop and ask an adult before doing something that might be unsafe. Know that they can tell a teacher or a grown-up at home if they are hurt, upset, or scared.	Know the names of different parts of the body. Know what helps to keep the body healthy. Know why sleep, exercise and healthy food are important. Know how to keep safe in familiar places. Know who can help when worried, hurt or upset.	Know simple ways to maintain physical health. Know how to recognise and describe different emotions. Know strategies for managing strong feelings. Know how medicines can help people when used safely. Know how to seek help from trusted adults.	Know the importance of a balanced lifestyle. Know how habits can affect health and wellbeing. Know ways to manage challenges and setbacks. Know what is meant by personal boundaries. Know how to stay safe in different environments.	Know the physical and emotional benefits of being active. Know strategies for maintaining positive mental wellbeing. Know how to manage increasing responsibilities. Know how to assess and reduce risks. Know how to access support for health concerns.	Know the changes that occur during puberty. Know how physical and emotional changes can affect wellbeing. Know strategies for managing pressure and stress. Know how to make informed choices about health. Know how to respond in emergencies and seek help.	Know the physical, emotional and social changes associated with puberty. Know strategies for maintaining mental and emotional wellbeing. Know how to assess risks and make safer choices. Know how to access reliable health information and support. Know how to prepare for the transition to secondary school.
Relationships	Know how to take turns and share toys with a friend. Know that saying "please," "thank you," and helping others are ways to show kindness. Know that everyone's family is special, even if they look or live differently. Know the names of basic feelings (e.g., happy, sad, angry, scared). Know that it is okay to	Know what makes a good friend. Know how to show kindness and respect to others. Know that families can be different and still care for one another. Know how feelings can affect behaviour. Know ways to include others in play and activities.	Know the qualities of positive friendships. Know how to resolve simple disagreements respectfully. Know that everyone deserves respect. Know how actions can affect others' feelings. Know ways to communicate feelings appropriately.	Know how friendships can change over time. Know how to recognise respectful behaviour. Know how to respond if someone behaves unkindly. Know that differences should be valued and respected. Know when and how to ask for support.	Know the characteristics of healthy relationships. Know how to show empathy and understanding. Know how to manage conflict constructively. Know the importance of respecting privacy and personal space. Know how stereotypes can affect people.	Know the features of positive and respectful relationships. Know how to maintain friendships through change. Know the importance of consent in everyday situations. Know how to challenge discriminatory behaviour safely. Know how to seek support for relationship concerns.	Know the characteristics of healthy, respectful relationships. Know the importance of consent, privacy and personal boundaries. Know how to recognise unhealthy or unsafe relationship behaviours. Know how to respond to bullying, prejudice and discrimination. Know how and where to seek help for



	feel angry or sad, but it is not okay to hurt others. Know how to ask someone "Would you like to play with me?"						themselves or others.
Living in the Wider World	Know the simple rules of their classroom (e.g., using walking feet indoors, tidy-up time). Know that coins and notes are used to pay for things in shops. Know some of the jobs people do in school and the local community (e.g., teachers, doctors, firefighters). Know that putting rubbish in the bin helps look after their school and classroom. Know that they must always ask a grown-up before using a tablet, phone, or computer.	Know the rules that help people live and work together. Know that money is used to buy things. Know that people have different jobs. Know ways to care for the environment. Know how to stay safe when using devices with adult support.	Know why rules and responsibilities are important. Know how people contribute to the community. Know where money comes from and how it is used. Know how to make simple choices about spending and saving. Know basic rules for staying safe online.	Know how communities are made up of diverse groups of people. Know how local services help people. Know how money can be earned and spent. Know the benefits of budgeting and saving. Know how information online may not always be reliable.	Know how people contribute to society in different ways. Know how money decisions can affect individuals and families. Know the importance of fairness and equality. Know how media can influence opinions and choices. Know how to stay safe and respectful online.	Know how rights and responsibilities work in communities. Know how money can be managed effectively. Know the risks and opportunities of online communication. Know how advertising can influence decisions. Know how people can contribute positively to society.	Know how laws, rules and rights help protect people. Know how financial decisions can affect future opportunities. Know how to evaluate information from different sources. Know how to stay safe and responsible online. Know how active citizenship can make a positive difference in communities.

