

PHSE Key Skills Lostwithiel

Level	DEVELOPING CONFIDENCE AND RESPONSIBILITY AND MAKING THE MOST OF THEIR ABILITIES	PREPARING TO PLAY AN ACTIVE ROLE AS CITIZENS	DEVELOPING A HEALTHY, SAFE LIFESTYLE	DEVELOPING GOOD RELATIONSHIPS AND RESPECTING THE DIFFERENCES BETWEEN PEOPLE
1	<p>I can say what I like and dislike. KSU 1a</p> <p>I can share my opinions on things that matter to me. KSU 1b</p> <p>I can recognise and name my feelings. KSU 1c</p> <p>I can think about myself and learn from my experiences. KSU 1d</p>	<p>I can take part in discussions with support. KSU 2a</p> <p>I can identify topical issues. KSU 2b</p> <p>I can recognise choices that I make. KSU 2c</p> <p>I can agree and follow rules for my group and classroom. KSU 2d</p> <p>I know that people and other living things have needs. KSU 2e</p> <p>I know that I am a part of my family and school. KSU 2f</p> <p>I know what improves and harms my local, natural and built environments. KSU 2g</p> <p>I can contribute positively to the life of the class. KSU 2h</p> <p>I realise that money can be used for different purposes. KSU i</p>	<p>I can identify factors that affect my health and well-being. KSU 3a</p> <p>I can keep a good level of personal hygiene with support. KSU 3b</p> <p>I know some ways that germs spread. KSU 3c</p> <p>I can understand the process of growing from young to old. KSU 3d</p> <p>I can name some parts of the body. KSU 3e</p> <p>I can say who helps to keep me safe. KSU 3g</p>	<p>I can identify appropriate behaviour. KSU 4a</p> <p>I can play and work co-operatively. KSU 4b</p> <p>I can identify differences and similarities between people. KSU 4c</p> <p>I can identify who are my family and friends. KSU 4d</p> <p>I can tell you that bullying is wrong and how to get help to deal with bullying. KSU 4e</p>
2	<p>I can say what is fair and unfair and what is right and wrong. KSU 1a</p> <p>I can explain my views explain. KSU 1b</p> <p>I can deal with my feelings in a positive way. KSU 1c</p> <p>I can tell you what I am good at. KSU 1d</p> <p>I can recognise what I am good at and set myself simple goals. KSU 1e</p>	<p>I can take part in discussion with a partner and the whole class. KSU 2a</p> <p>I can take part in a simple debate about topical issues. KSU 2b</p> <p>I understand how rules help me. KSU 2c</p> <p>I can recognise the difference between right and wrong. KSU 2d</p> <p>I know that I have some responsibilities to meet the needs of living things and others. KSU 2e</p> <p>I know I belong to various groups and communities. KSU 2f</p> <p>I know some of the ways people can look</p>	<p>I can make simple choices improve or maintain my health and well-being. KSU 3a</p> <p>I can keep a good level of personal hygiene KSU3b</p> <p>I can say how diseases are spread and how they are controlled. KSU 3c</p> <p>I know how people's needs change as they age. KSU3d</p> <p>I can name the main parts of the body. KSU 3e</p> <p>I can understand that all household products, including medicines, can be harmful if not used properly. KSU 3f</p>	<p>I can recognise how my behaviour affects other people. KSU 4a</p> <p>I can listen to other people, and play and work co-operatively KSU 4b</p> <p>I can identify and respect the differences and similarities between people. KSU 4c</p> <p>I can understand that family and friends should care for each other. KSU 4d</p> <p>I can understand that there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying. KSU 4e</p>

		<p>after different environments. KSU 2g</p> <p>I can contribute positively to the life of the school. KSU 2h</p> <p>I realise that money comes from different sources. KSU 2i</p>	<p>I can keep safe in familiar situations (i.e. Road Safety, People who help us keep safe). KSU 3g</p>	
3	<p>I can talk and write about my opinions on issues that affect myself and society. KSU 1a</p> <p>I can recognise my worth as an individual by identifying positive things about myself and my achievements. KSU 1b</p> <p>I can face new challenges positively. KSU 1c</p> <p>I can identify some changes that occur as I approach puberty. KSU 1d</p> <p>I know about the range of jobs carried out by people I know. KSU 1e</p> <p>I can demonstrate how to look after and save money. KSU 1f</p>	<p>I can discuss topical issues, problems and events. KSU 2a</p> <p>I know why and how rules and laws are made and enforced. KSU 2b</p> <p>I can realise the consequences of behaviours, such as bullying and racism, on individuals. KSU 2c</p> <p>I know that there are different kinds of responsibilities, at home, at school and in the community. KSU 2d</p> <p>I can use my imagination to understand other people's experiences. KSU 2e</p> <p>I can identify some ways to resolve differences. KSU 2f</p> <p>I have an awareness of some institutions that support democracy. KSU 2g</p> <p>I can name some voluntary, community and pressure groups. KSU 2h</p> <p>I can name some of national, regional, religious and ethnic identities in the United Kingdom. KSU 2i</p> <p>I know that resources can be allocated in different ways. KSU 2j</p> <p>I can explore how the media present information. KSU 2k</p>	<p>I can tell you some factors that contribute towards a healthy lifestyle. KSU3a</p> <p>I know that bacteria and viruses can affect health. KSU3b</p> <p>I know some ways the body changes. KSU3c</p> <p>I know that some substances and drugs are legal and illegal. KSU3c</p> <p>I can identify risks in some situations, such as crossing the road and suggest ways to behave responsibly. KSU3e</p> <p>I can identify issues affecting my health and well being. KSU3f</p> <p>I know and follow school rules about health and safety. KSU3g</p>	<p>I can understand that my actions affect myself and others'. KSU 4a</p> <p>I think about the lives of people living in other places and times, and people with different values and customs. KSU4b</p> <p>I am aware of different types of relationships, including marriage and those between friends and families. KSU4c</p> <p>I can identify racism, teasing, bullying. KSU 4d</p> <p>I can recognise stereotypes. KSU4e</p> <p>I know that there are differences and similarities between people. KSU 4f</p> <p>I know some ways individuals, families and groups can get help and support. KSU 4g</p>
4	<p>I can talk and write about my opinions, and explain my views, on issues that affect myself. KSU 1a</p> <p>I can recognise my worth as an individual by</p>	<p>I can research and discuss topical issues, problems and events. KSU 2a</p> <p>I know why and how rules and laws are made and enforced and why different rules are</p>	<p>I can understand what makes a healthy lifestyle, including the benefits of exercise and healthy eating. KSU3a</p> <p>I know that bacteria and viruses can affect</p>	<p>I can understand that my actions affect myself and others', and care about other people's feelings. KSU 4a</p> <p>I think about the lives of people living in</p>

	<p>identifying positive things about myself and my achievements. KSU 1b</p> <p>I can face new challenges positively by looking for help, making responsible choices. KSU 1c</p> <p>I can recognise, as I approach puberty, how people's emotions change at that time. KSU 1d</p> <p>I know about the range of jobs carried out by people I know, and I understand how I can develop skills to make my own contribution in the future. KSU 1e</p> <p>I can demonstrate how to look after and save money. KSU 1f</p>	<p>needed in different situations. KSU 2b</p> <p>I can realise the consequences of anti-social and aggressive behaviours, such as bullying and racism, on individuals. KSU 2c</p> <p>I know that there are different kinds of responsibilities, rights and duties at home, at school and in the community. KSU 2d</p> <p>I can reflect on moral and social issues, using imagination to understand other people's experiences. KSU 2e</p> <p>I can reflect on alternative solutions to differences. KSU 2f</p> <p>I have an awareness of some institutions that support democracy locally and nationally. KSU 2g</p> <p>I can recognise voluntary, community and pressure groups. KSU 2h</p> <p>I can appreciate some of the national, regional, religious and ethnic identities in the United Kingdom. KSU 2i</p> <p>I know that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment. KSU 2j</p> <p>I can explore how the media present information. KSU 2k</p>	<p>health and how to follow simple, safe routines. KSU3b</p> <p>I know some ways the body changes as I approach puberty. KSU3c</p> <p>I know which commonly available substances and drugs are legal and illegal. KSU3d</p> <p>I can recognise the different risks in different situations, including sensible road use. KSU 3e</p> <p>I can discuss some ways resisting negative peer pressure around issues affecting my health and well being. KSU3f</p> <p>I know and follow school rules about health and safety and where to get help. KSU 3g</p>	<p>other places and times, and people with different values and customs. KSU 4b</p> <p>I am aware of different types of relationships, including marriage and those between friends and families, and to develop relationship skills. KSU 4c</p> <p>I can identify racism, teasing, bullying and aggressive behaviours, and how to respond to them and ask for help. KSU 4d</p> <p>I can recognise and challenge stereotypes. KSU 4ef</p> <p>I know that differences and similarities between people arise from a number of factors. KSU 4g</p> <p>I know where individuals, families and groups can get help and support. KSU 4h</p>
5	<p>I can talk and write about my opinions, and explain my views, on issues that affect society and myself. KSU 1a</p> <p>I can recognise my worth as an individual by identifying positive things about myself and my achievements, seeing my mistakes, making amends and setting personal goals. KSU 1b</p> <p>I can face new challenges positively by collecting information, looking for help, making responsible choices, and taking action. KSU 1c</p>	<p>I can research, discuss and debate topical issues, problems and events. KSU2a</p> <p>I know why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules. KSU2b</p> <p>I can realise the consequences of anti-social and aggressive behaviours, such as bullying and racism, on individuals and communities. KSU2c</p>	<p>I can understand what makes a healthy lifestyle, including the benefits of exercise and healthy eating, and how to make informed choices. KSU3a</p> <p>I know that bacteria and viruses can affect health and that following simple, safe routines can reduce their spread. KSU3b</p> <p>I have learnt about how the body changes as I approach puberty. KSU 3c</p> <p>I know which commonly available substances and drugs are legal and illegal, there</p>	<p>I can understand that my actions affect myself and others', and care about other people's feelings and to try to see things from their points of view. KSU 4a</p> <p>I think about the lives of people living in other places and times, and people with different values and customs. KSU 4b</p> <p>I am aware of different types of relationships, including marriage and those between friends and families, and to develop the skills to be effective in relationships. KSU 4c</p>

6	<p>I can recognise, as I approach puberty, how people's emotions change at that time and how to deal with my feelings towards myself, my family and others' in a positive way. KSU 1d</p> <p>I know about the range of jobs carried out by people I know, and I understand how I can develop skills to make my own contribution in the future. KSU 1e</p> <p>I can demonstrate how to look after and save money. KSU 1f</p>	<p>I know that there are different kinds of responsibilities, rights and duties at home, at school and in the community, and that these can sometimes conflict with each other. KSU2d</p> <p>I can reflect on spiritual, moral, social, and cultural issues, using imagination to understand other people's experiences. KSU2e</p> <p>I can resolve differences by looking at alternatives, making decisions and explaining choices. KSU2f</p> <p>I understand what democracy is, and about the basic institutions that support it locally and nationally. KSU2g</p> <p>I can recognise the role of voluntary, community and pressure groups. KSU2h</p> <p>I can appreciate the range of national, regional, religious and ethnic identities in the United Kingdom. KSU2i</p> <p>I know that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment. KSU2j</p> <p>I can explore how the media present information. KSU2k</p>	<p>effects and risks. KSU3d</p> <p>I can recognise the different risks in different situations and then decide how to behave responsibly, including sensible road use. KSU3e</p> <p>I can list some ways of resisting negative peer pressure around issues affecting my health and well being. KSU3f</p> <p>I know and follow school rules about health and safety, basic emergency aid procedures and where to get help. KSU3g</p>	<p>I realise the nature and consequences of racism, teasing, bullying and aggressive behaviours, and how to respond to them and ask for help. KSU 4d</p> <p>I can recognise and challenge stereotypes. KSU 4e</p> <p>I know that differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability. KSU 4f</p> <p>I know where individuals, families and groups can get help and support. KSU 4g</p>
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