



# Pollen-8

## PSHE

### Year 1



Well done Sehr gut Bon travail Da iawn

# I can ...

I can name and identify basic emotions like happiness, sadness, and anger.  
M T

I can describe what it means to be a good friend and show kindness to others.  
M T

I can explain the importance of personal hygiene, like washing my hands and brushing my teeth.  
M T

I can recognise different family structures and understand that families can be different.  
M T

I can identify and discuss similarities and differences between myself and others.  
M T

I can listen and follow simple rules for staying safe in different situations.  
M T

I can talk about the importance of sharing and taking turns in play and activities.  
M T

I can understand and use basic strategies for calming down when I feel upset.  
M T

## Our Deeper Questions

What can we learn from comparing different places?

What does this teach us about what makes people special?

What can we learn about being healthy and safe?

What can we create or invent to celebrate other cultures?

How can we look after our world and the people in it?



# Pollen-8

## PSHE

### Year 2



Well done **S**ehr gut **B**on travail **D**a iawn

# I can ...

	I can understand basic safety rules and know how to respond in emergencies. <input type="checkbox"/> M <input type="checkbox"/> T	
I can show respect to others' beliefs, families and cultures. <input type="checkbox"/> M <input type="checkbox"/> T		I can discuss the effects of different types of conflict and how to react. <input type="checkbox"/> M <input type="checkbox"/> T
I can set personal goals and make plans to achieve them. <input type="checkbox"/> M <input type="checkbox"/> T		I can describe the importance of a balanced diet and regular exercise. <input type="checkbox"/> M <input type="checkbox"/> T
I can recognise and respect personal boundaries and consent. <input type="checkbox"/> M <input type="checkbox"/> T		I can spot tough times in my life (like change and loss) and use simple relaxation techniques. <input type="checkbox"/> M <input type="checkbox"/> T
	I can understand the basics of saving and spending money responsibly. <input type="checkbox"/> M <input type="checkbox"/> T	

### Our Deeper Questions

What can we learn from listening to different opinions?

What does this teach us about justice or fairness?

What can we learn about the skills of people and animals?

What can create or invent to help wildlife in our locality and the UK?

How can we look after people and things, who may need our protection?



# Pollen-8

## PSHE

### Year 3



Well done **S**ehr gut **B**on travail **D**a iawn

# I can ...

I can discuss the concepts of diversity and inclusion, understanding the impact of prejudice and stereotypes. (M) (P) (T)

I can demonstrate conflict resolution skills and ways to resolve disputes peacefully. (M) (P) (T)

I can explain the impact of words and actions on others' feelings, including online behaviour. (M) (P) (T)

I can explore different ways to help the environment and be environmentally responsible. (M) (P) (T)

I can understand the basics of looking after money and personal information. (M) (P) (T)

I can describe the importance of good teamwork, communication and listening skills. (M) (P) (T)

I can recognize different sources of stress and practice strategies to cope with them. (M) (P) (T)

I can begin to understand the concept of democracy and the value of voting. (M) (P) (T)

## Our Deeper Questions

What can we learn from discussing different people's beliefs?

What does this teach us about differences and people's rights?

What can we learn about using nature carefully?

What can we create using natural materials?

How can we create a good community?



# Pollen-8

## PSHE

### Year 4



Well done Sehr gut Bon travail Da iawn

# I can ...

I can identify and report different forms of bullying and understand its impact.  
M P T

I can analyse and evaluate the influence of media on our choices and self-esteem.  
M P T

I can set goals and make more detailed plans to achieve them.  
M P T

I can explain the basics of money management, including saving and budgeting.  
M P T

I can recognise and appreciate the role of different people in society - discussing inspirational figures.  
M P T

I can discuss the importance of empathy and understanding others' perspectives.  
M P T

I can explore the consequences of choices related to health and well-being.  
M P T

I can discuss online safety, cyberbullying and responsible internet use.  
M P T

## Our Deeper Questions

What can we learn from analysing different people's work?

What does this teach us about respect or equality?

What can we learn about sustainability and being less wasteful?

What can we create or invent to help improve our health?

How can we look after the well-being of the community?



# Pollen-8

## PSHE

### Year 5



Well done Sehr gut Bon travail Da iawn

# I can ...

I can analyse the benefits of a balanced diet and regular exercise.  
M P T

I can explain the importance of consent in relationships and friendships.  
M P T

I can recognise and resist peer pressure in making healthy choices.  
M P T

I can understand the importance of teamwork and collaboration.  
M P T

I can discuss the effects of drugs and alcohol on the body and mind.  
M P T

I can explore career aspirations and the skills needed for different careers.  
M P T

I can identify and address discrimination, stereotypes, and prejudice.  
M P T

I can discuss the principles of democracy, rights, and responsibilities in society.  
M P T

## Our Deeper Questions

What can we learn from inspirational people?

What does this teach us about courage or resilience?

What can we learn about being inclusive?

What can we create or invent to improve our school?

How can we become better leaders and helpers?



# Pollen-8

## PSHE

### Year 6



Well done **S**ehr gut **B**on travail **D**a iawn

# I can ...

I can explain the physical and emotional changes during puberty and adolescence. (M) (P) (T)

I can explore different career paths and the skills required for them. (M) (P) (T)

I can recognise the impact of mental health on well-being and seek help when needed. (M) (P) (T)

I can analyse and critically evaluate media messages and their influence. (M) (P) (T)

I can discuss the concept of global citizenship and understanding different cultures. (M) (P) (T)

I can develop basic financial literacy skills, including budgeting and saving. (M) (P) (T)

I can understand and discuss consent, relationships, and personal boundaries in more depth. (M) (P) (T)

I can explore environmental issues and my role in protecting the environment. (M) (P) (T)

## Our Deeper Questions

What can we learn from the past to make the future better?

What does this teach us about diversity, inequality or bias?

What can we learn about standing up for what we believe?

What can we create or invent to cut down on waste or help the environment?

How can we make a positive change in the world?