



End Point Progression by Year 26/27

	Healthy Me	Relationships	Living in the Wider World
Year 1	- I can describe healthy habits and say why they help my body develop through the different stages of human life. - I can recognise feelings in myself and others. - I can describe simple ways to keep myself safe at home and outside.	- I can describe what respectful behaviour looks like. - I can identify appropriate and inappropriate touch and explain why it is important to tell a trusted adult if I feel unsafe. - I can identify different kinds of families and name some positive features of family life.	- I can describe rules in different places and why they matter. - I can identify my strengths and interests. - I can describe simple ways to care for the environment.
Year 2	- I can explain how routines (sleep, hygiene, exercise) affect my health. - I can explain ways to stay safe indoors and outdoors, what to do in an emergency and how to get help. - I can describe stages in the human life cycle, and explain that my body belongs to me, including which parts are private.	- I can explain how to be a good friend and resolve simple disagreements. - I can explain what bullying is and how it affects people. - I can explain what to do if I am worried about a secret.	- I can explain how to keep personal information safe online. - I can describe the groups I belong to and my role in them. - I can explain why everyone is unique and should be respected.
Year 3	- I can explain how lifestyle choices can improve or harm physical and mental health. - I can assess everyday risks and explain safe responses including First Aid. - I can begin to understand my sense of identity, and use strategies to manage difficult emotions, setbacks or loss.	- I can describe the characteristics of healthy and supportive relationships both online and offline. - I can set boundaries and communicate my needs respectfully and explain how teasing or joking may affect people differently. - I can describe different types of family structure (step-parents, blended family, nuclear family, same-sex family, etc)	- I can explain how different jobs contribute to society and challenge stereotypes. - I can identify reliable information and explain why some media can be misleading. - I can explain why laws and human rights are important.
Year 4	- I can explain the physical and emotional changes during puberty and how to manage them. - I can explain how medicines, vaccines and hygiene behaviours prevent illness and infection. - I can explain appropriate responses to medical emergencies and hazardous situations (e.g. asthma, allergies, water safety).	- I can explain strategies to respond to bullying or hurtful behaviour both online and offline. - I can distinguish between safe and unsafe secrets and decide when it's important to share a secret. - I can explain how online relationships can affect wellbeing.	- I can explain how spending decisions affect individuals and communities. - I can analyse how advertising influences choices. - I can explain the impact of prejudice and discrimination (racism, sexism).
Year 5	- I can explain in detail the physical and emotional changes during puberty and how they vary between individuals. - I can analyse factors that affect mental health, including self-esteem and body image. - I can justify choices that contribute to a healthy lifestyle.	- I can analyse how peer pressure can influence behaviour and explain how to resist it. - I can identify signs of abuse and explain reporting procedures (including FGM). - I can explain how online behaviours (e.g. grooming, trolling) can cause harm.	- I can evaluate the reliability of online information and identify fake or biased content. - I can explain the causes and consequences of climate change. - I can explain why diversity and inclusion are important in society and the workplace.
Year 6	- I can evaluate the short- and long-term effects of substances (e.g. alcohol, vaping, drugs, sugar) on health. - I can explain human reproduction and the menstrual cycle accurately and respectfully. - I can assess risks in complex situations and demonstrate appropriate first aid and emergency responses.	- I can evaluate the importance of consent, personal boundaries and mutual respect (e.g. sexual harassment). - I can compare online and face-to-face bullying and propose prevention strategies and can justify actions that protect my privacy and wellbeing online. - I can explain different ways of showing commitment (marriage, forced marriage, civil partnership).	- I can analyse how identity is shaped by history, culture and diversity in the UK. - I can explain how laws (e.g. Equality Act) protect people from discrimination. - I can evaluate economic challenges (e.g. cost of living) and suggest responsible financial choices

