

FOUNDATION SUBJECTS CURRICULUM END POINTS

Subject	End of EYFS	End of Key Stage 1 end points	End of Key Stage 2 end points
RSE and PSHE	Self-regulation - Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Managing Self - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.	Families and people who care for me - Understand that families play a vital role in providing love, care, safety and stability, and that strong, caring relationships are key to wellbeing. - Recognise that families can be different in structure and form, including relationships such as marriage and civil partnerships. - Identify when family relationships feel unsafe or unhappy and know how to seek help or support. Caring friendships - Understand the importance of friendships in supporting happiness, wellbeing and a sense of belonging. - Know how to make and maintain positive friendships, including showing kindness, care and respect. - Recognise that friendships can change, include challenges or conflict, and begin to manage these appropriately. - Identify when friendships may cause unhappiness or discomfort, including feelings of loneliness, and know how to seek support. Respectful, kind relationships - Understand how to build respectful and kind relationships by considering the needs, feelings and differences of others. - Recognise and communicate a range of feelings, and begin to express personal needs and boundaries appropriately. - Know how to contribute to safe relationships and environments, including following rules, using manners and respecting others. - Recognise bullying and unkind behaviour, understand how to respond, and know who	Families and people who care for me - Understand the features of safe, stable and loving family life, including commitment, care, protection and shared experiences, and recognise their importance for children's wellbeing and security. - Recognise that families can be different but are all based on care and should be respected. - Understand that marriage and civil partnerships are formal, legal and lifelong commitments between two people. - Identify when family relationships feel unsafe or unhealthy and know how to seek help and support. Caring friendships - Understand the characteristics of positive, healthy friendships, including kindness, respect, trust, honesty and mutual support, and how these contribute to happiness and security. - Develop skills to build, maintain and repair friendships, including resolving conflict appropriately and recognising that violence is never acceptable. - Recognise feelings such as loneliness and understand how friendships can change or sometimes cause discomfort or unhappiness, knowing when and how to seek support. Respectful, kind relationships - Understand how to build respectful, healthy relationships by recognising and responding to the needs, feelings and differences of others. - Know how to set and respect boundaries, communicate effectively, and manage conflict with kindness and assertiveness. - Recognise and manage a range of emotions, including disappointment and frustration, and understand the importance of balancing their own needs with those of others. - Value self-respect and self-esteem, and understand how these contribute to wellbeing and positive relationships. - Understand diversity and challenge stereotypes, and show respect for others regardless of difference in beliefs, choices or identity. - Recognise different forms of bullying, understand their impact, and know how to seek help and support when needed. Online Safety and Awareness

	• Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Building Relationships • Work and play cooperatively and take turns with others. • Form positive attachments to adults and friendships with peers. • Show sensitivity to their own and to others' needs.	to go to for help and support. Online Safety and Awareness • Begin to understand online risks. • Know how to ask for help if they see something concerning online. Being Safe • Understand personal safety, including body boundaries, privacy, and the difference between safe and unsafe situations or relationships. • Know how to recognise and respond to uncomfortable or inappropriate behaviour, including speaking up when something does not feel right. • Know how and when to seek help, including identifying trusted adults and understanding the importance of sharing concerns (e.g. unsafe secrets). General Wellbeing • Understand how to support their own wellbeing through simple self-care strategies. • Recognise and talk about a range of feelings and emotions, using appropriate vocabulary. • Understand that unkind behaviour, including bullying, and experiences such as change or loss can affect emotions and wellbeing. Physical Health and Fitness • Name the characteristics and mental and physical benefits of an active lifestyle. • Understand the importance of being physically active. Healthy Eating	• Understand how to behave safely and respectfully online, recognising that online interactions should reflect the same standards as face-to-face relationships. • Know how to evaluate online information and relationships critically, including recognising risks, unsafe contact, and inappropriate or harmful content. • Understand how to protect personal information and privacy online, including the importance of settings, age restrictions, and careful sharing. • Develop strategies to manage online risks, including resisting pressure, reporting concerns, and seeking support when needed. Being Safe • Understand how to keep themselves safe by recognising personal boundaries, appropriate and inappropriate contact, and unsafe or harmful relationships. • Know how to respond safely in a range of situations, including interactions with known and unknown adults. • Understand the importance of not keeping unsafe secrets and knowing who to trust. • Know how to report concerns or abuse and where to seek help and advice for themselves or others. General Wellbeing • Understand that wellbeing is supported by physical health, positive activities, and connections with others, including time outdoors and helping others. • Recognise and understand a wide range of emotions, including that feelings such as worry, sadness and loneliness are normal, and be able to express them using appropriate vocabulary. • Develop awareness of how thoughts, feelings and behaviour can affect wellbeing, and begin to judge when responses are appropriate to situations. • Understand that mental health is a normal part of life, including that difficulties such as bullying, isolation or mental health problems can have an impact, and that early support is important. • Know how to seek help and support for themselves and others when wellbeing is affected.
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		- Know what foods are in a healthy diet and the importance of a healthy relationship with food. Drugs, Alcohol, Tobacco and Vaping - Know about medicines and harmful substances Health Protection and Prevention - Understand key habits that support physical health, including sleep, oral hygiene, handwashing, and sun safety. - Know how healthy routines and choices (such as good sleep and hygiene practices) help to prevent illness and support wellbeing. - Recognise the importance of taking simple, practical steps to look after their body and maintain good health. Personal Safety - Know some hazards that may cause harm, injury or risk. - Know how to stay safe near roads and water. First Aid - Know that 999 is our emergency phone number. - Know the concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries. Developing Bodies - Know how my body grows and changes. - Know the correct name of body parts and which are private.	Wellbeing Online - Understand that the online world has both benefits and risks, and that online behaviour and relationships can positively or negatively affect wellbeing. - Develop critical awareness of online content, including how information is selected, targeted, and sometimes unreliable or harmful. - Understand how to stay safe online by recognising risks (including gaming, bullying, abuse and age-inappropriate content) and knowing how to respond appropriately. - Know how to protect personal information and rights online, including privacy, consent, and responsible sharing of data. - Know how and where to seek help and report concerns when using the internet or digital platforms. Physical health and fitness - Know how to build regular physical activity into daily and weekly routines and how to achieve this. - Know the risks associated with an inactive lifestyle - Know which adults to speak to if they're worried about their health. Healthy Eating - Understand calories and nutritional content and the importance of a healthy relationship with food. - Know the principles of planning and preparing healthy meals. - Know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). Drugs, Alcohol, Tobacco and Vaping - Know the facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking. Health Protection and Prevention - Recognise early signs of physical illness. - Know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer - Know about personal hygiene and germs including bacteria, viruses and how they are spread and treated. Personal Safety
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