

Inside Out/ PSHRE Child Tracking UKS2



Key	Area	Name																													
Look Inside	<p>Mental Wellbeing</p> <ul style="list-style-type: none"> • I can consider the most important people I trust to help me. • I can identify a wide range of emotions and relate them to a variety of experiences. • I can use the weather to describe a wide range of emotions and apply them to a variety of situations. • I can identify self-care techniques that may help me in a variety of situations. • I can explain what mental health is and give examples of how to get support. • I can identify self-care strategies that will help me with some basic emotions. 																														

Red working below. Green working at. Blue working above.



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Move Outside	<p>Physical Health and Fitness</p> <ul style="list-style-type: none"> I can challenge myself to try new ways to be more active. I can persuade someone of the benefits of an active lifestyle. I can design a game to encourage children to be active outside of school. I can create an interesting way to help people understand the mental and physical benefits of being active. I can evaluate the benefits of time spent outdoors. I can evaluate how being outside and exercising makes me feel. 																							
	Share More	<p>Caring Friendships Families and People who care for me</p> <ul style="list-style-type: none"> I evaluate the importance of being a good classmate. I can evaluate the characteristics of a healthy friendship, justifying which are most important to me. I can select examples of healthy 																						

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	<p>went to seek, give and not give consent.</p> <ul style="list-style-type: none"> I can recognise when it's right to break a confidence or share a secret, and who to tell. 																								
Be Safe Weeks	<ul style="list-style-type: none"> I can talk about how to make decisions about different uses of money, including managing risks and influences. I can assess how safe or unsafe different choices for health and well-being are, explain the purposes of laws, rules and restrictions to keep children safe, and how to use risk assessment skills to make safe choices. 																								
First Aid Weeks	<p>Basic First Aid</p> <ul style="list-style-type: none"> I can explain or demonstrate how to make a clear call to the emergency services and when this would be necessary. I can demonstrate or explain basic first-aid, for example 																								

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	<p>dealing with common injuries, including head injuries.</p>																											
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Safer Internet Weeks (ICT link)</p>	<ul style="list-style-type: none"> I can explain how people use the Internet in different ways, including how data is gathered and used, describe benefits and challenges of using the Internet and safety rules to minimise risk when using digital devices. I understand that information online is not always true and can suggest ways to assess whether information is accurate and trustworthy, and can explain how to report harmful content. I can describe how online communication is different from face-to-face communication, including how people might behave online; and suggest ways to keep online relationships and 																											

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	<p>and describe how and why bodies change as we grow, including during puberty and suggest strategies to manage these.</p> <ul style="list-style-type: none">I can explain how babies are conceived and born as part of the human life cycle.																															
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Red working below. Green working at. Blue working above.