



Key Stage 3-4 PHSEE

Self-Care Support and Safety– Encountering

SSS1 — Feeling unwell

Respond to stimuli about what it means to feel unwell; show awareness of how to indicate to someone that we are feeling unwell

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS2 — Feeling frightened/worried

Respond to stimuli about feeling frightened or worried.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS2 — Feeling frightened/worried

Respond to stimuli about how to keep our bodies safe (appropriate and inappropriate contact).

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS2 — Feeling frightened/worried

Respond to adult modelling about ways to indicate to others that we need help.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS3 — Accidents and risk

Respond with curiosity to stimuli about what is meant by keeping safe

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS4 — Keeping safe online

Respond with curiosity to stimuli about different ways of keeping safe online.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS5 — Emergency situations

Respond with curiosity to stimuli about people who keep us safe at school and at home.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS6 — Public and private

Respond to stimuli about things that are public and things that are private.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SS7 — Gambling

Respond with curiosity to stimuli about risk and chance.

NCEA Castle School – PHSEE Key Stage 3-4 Assessment Criteria



Not Met	Shallow	Emerging	Developing	Deepening	Functional



Key Stage 3-4 PHSEE

Self-Care Support and Safety – Foundation

SSS1 — Feeling unwell

Describe the difference between feeling well and feeling unwell; demonstrate how to let someone know that we are feeling unwell.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SS2 — Feeling frightened/worried

Explain what being frightened or worried means.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SS2 — Feeling frightened/worried

Demonstrate simple ways to communicate that we are frightened or worried.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SS2 — Feeling frightened/worried

Describe in simple terms what it means to take care of our bodies and keep them safe.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS3 — Accidents and risk

Describe what is meant by personal safety

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS3 — Accidents and risk

Explain what is meant by something being an accident.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS4 — Keeping safe online

Describe what keeping safe online means.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS5 — Emergency situations

Identify rules and procedures in school that help keep us safe.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS6 — Public and private

Explain what is meant by private and what is meant by public.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

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<p>SSS6 — Public and private</p> <p>Identify some things that should be kept private, and some things that are okay to share with our special people, friends, or with everyone.</p>					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
<p>SSS7 — Gambling</p> <p>Recognise simple examples of 'taking a chance'.</p>					
Not Met	Shallow	Emerging	Developing	Deepening	Functional



Key Stage 3-4 PHSEE

Self-Care Support and Safety – Core

SS1 — Feeling unwell

Identify how we can tell if we are unwell (including possible symptoms).

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS1 — Feeling unwell

Describe in simple terms how germs can be spread to others.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS1 — Feeling unwell

Identify whom to tell if we feel unwell.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS1 — Feeling unwell

Identify useful phrases or vocabulary to use in order to let someone know that we feel unwell.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS1 — Feeling unwell

Explain why it is a good idea to ask for help quickly if we feel unwell.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS2 — Feeling frightened/worried

Demonstrate some simple strategies we can use if we are feeling frightened or worried.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS2 — Feeling frightened/worried

Identify who is responsible for keeping us safe and explain the importance of helping to keep ourselves safe.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS2 — Feeling frightened/worried

Explain what unwanted physical contact means.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS2 — Feeling frightened/worried

Explain that we should always tell someone if anyone makes us feel worried or uncomfortable, whoever they are.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS2 — Feeling frightened/worried					
Demonstrate simple ways of communicating to others that we need help					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS3 — Accidents and risk					
Explain what is meant by the terms risky (something that could go wrong/have harmful consequences) and dangerous (something that will always hurt us, e.g. fire).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS3 — Accidents and risk					
Identify some behaviours that might be risky.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS4 — Keeping safe online					
Explain what is meant by social media and how people use social media.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS4 — Keeping safe online					
Recognise that not all information seen online is true.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS4 — Keeping safe online					
Explain how other people's identity online can be different from what it actually is in real life.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SS5 — Emergency situations					
Identify some examples of school procedures that help us keep safe (e.g. fire or emergency evacuation drills, corridor rules, playground rules).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SS5 — Emergency situations					
Explain how to report an accident in school.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SS5 — Emergency situations					
Identify examples of what is meant by an emergency.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SS5 — Emergency situations					

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Identify sources of immediate help in an emergency (e.g. adults in school, and demonstrate how we would attract their attention).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS6 — Public and private					
Explain that no one has the right to make us share a photo of ourselves, or give information about ourselves or others, online.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS6 — Public and private					
Identify reasons why being asked to share a photo of ourselves might not be a safe thing to do.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS6 — Public and private					
Explain why it is important to talk with a trusted adult before deciding whether to share a photo or personal information.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS7 — Gambling					
Explain what is meant by the term 'gambling' and identify places and ways this might take place.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS7 — Gambling					
Identify what it means to 'win' or 'lose' in relation to gambling.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional



Key Stage 3-4 PHSEE

Self-Care Support and Safety – Development

SSS1 — Feeling unwell

Identify some things we can do to take care of our physical wellbeing and our mental wellbeing.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS1 — Feeling unwell

Describe simple things we can do if we are not feeling well.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS1 — Feeling unwell

Demonstrate simple hygiene routines that can prevent the spread of germs (bacteria and viruses).

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS1 — Feeling unwell

Recognise some situations where we might need to ask someone for help with our mental wellbeing (e.g. feeling unhappy or depressed, disrupted sleep pattern, not wanting to eat/over-eating).

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS1 — Feeling unwell

Identify some of the terms that are used to describe when someone is emotionally/mentally unwell.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SS2 — Feeling frightened/worried

Explain why no one has a right to make us feel frightened or uncomfortable and how to recognise harassment, including online.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SS2 — Feeling frightened/worried

Explain what is meant by 'personal space'.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SS2 — Feeling frightened/worried

Describe ways we can safely challenge unwanted physical contact and ask for help.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SS2 — Feeling frightened/worried

Explain or demonstrate strategies for communicating that we need help in different situations.

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Not Met	Shallow	Emerging	Developing	Deepening	Functional
SS2 — Feeling frightened/worried Give reasons why it might be necessary to keep telling trusted adults until we or someone in trouble gets the help needed.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS3 — Accidents and risk Describe some situations and behaviours in and out of school, including online, which may not be safe or may entail risk.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS3 — Accidents and risk Identify trusted adults who can help us in risky situations and strategies we can use to help ourselves.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS4 — Keeping safe online Describe some ways in which social media can be used in a safe and positive way					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS4 — Keeping safe online Identify what we should do before we 'like', 'forward' or 'share' on social media and how this helps to keep us safe online.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS4 — Keeping safe online Identify some possible risks of using social media.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS4 — Keeping safe online Describe how we can respond, including getting help, if we see or are sent upsetting or inappropriate online content.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SS5 — Emergency situations Explain actions that we all have to undertake in school to keep safe (e.g. lining up, keeping quiet, and why these are essential).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SS5 — Emergency situations Identify examples of what would and would not be an emergency situation and suggest some ways to respond.					

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Not Met	Shallow	Emerging	Developing	Deepening	Functional
SS5 — Emergency situations					
Identify emergency services that could help us					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS6 — Public and private					
Identify aspects of our lives that we may wish to keep private, even if others choose to share these things about themselves.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS6 — Public and private					
Identify what is appropriate and inappropriate to share online.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS6 — Public and private					
Identify trusted adults who can help us if someone tries to pressurise us online.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS6 — Public and private					
Explain how to manage requests to share a photo, or information about ourselves or others online, including how to report.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS7 — Gambling					
Give some reasons why people might choose to gamble.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS7 — Gambling					
Identify the risks associated with chancebased transactions (including in-game purchases) and gambling, including online					
Not Met	Shallow	Emerging	Developing	Deepening	Functional



Key Stage 3-4 PHSEE

Self-Care Support and Safety – Enrichment

SSS1 — Feeling unwell

Describe how following simple routines can reduce the spread of germs (bacteria and viruses) and why this is important.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS1 — Feeling unwell

Identify some of the items we might use to support personal hygiene (e.g. soap, toothpaste, flannel, sponge, shower gel, antiperspirant).

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS1 — Feeling unwell

Identify some ways we can take increased responsibility for looking after our physical and mental health.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS1 — Feeling unwell

Explain why it is as important to tell someone we trust if we are feeling emotionally (mentally) unwell as it is when we feel physically unwell.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS2 — Feeling frightened/worried

Describe how it might feel when someone encroaches on our personal space.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS2 — Feeling frightened/worried

Give examples of when it is or is not appropriate to be in someone else's 'personal space'.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS2 — Feeling frightened/worried

Explain how feeling frightened, worried or uncomfortable is one of the ways we know that something is wrong.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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SSS2 — Feeling frightened/worried

Explain that some actions (e.g. assaulting someone and harassment) are crimes, and how to respond, including reporting to police.

Not Met	Shallow	Emerging	Developing	Deepening	Functional
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<p>SSS2 — Feeling frightened/worried</p> <p>Explain that removing or injuring female genitalia for non-medical reasons (Female Genital Mutilation/FGM) is wrong and illegal, even if adults think it is necessary.</p>					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS3 — Accidents and risk					
Identify ways of reducing risk and keeping safe in the street, on roads, during travel, in the park, on our own.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS3 — Accidents and risk					
Explain how the inappropriate use of mobile phones can contribute to accidents (e.g. looking at phone while crossing the road).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS4 — Keeping safe online					
Explain rules for keeping safe when using different social media platforms.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS4 — Keeping safe online					
Identify sources of advice and support, and ways to report online concerns					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS4 — Keeping safe online					
Identify how to make safe, reliable choices from search results.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS5 — Emergency situations					
Describe how to call 999 in the case of an emergency.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS5 — Emergency situations					
Demonstrate some simple first aid procedures (e.g. putting someone in the recovery position; when not to move someone; responding to nosebleeds or cuts).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS6 — Public and private					
Describe specific ways of keeping ourselves safe online (e.g. secure passwords, never giving out personal details or passwords, not lending our mobile phone, covering our computer's camera when not in use).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS6 — Public and private					

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Recognise that sharing and/or viewing sexual images of anyone under 18 (including those created by anyone under 18) is against the law.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS6 — Public and private					
Explain what could happen next (e.g. police involvement, parent/carer involvement, prosecution) and the impact on self and others					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS7 — Gambling					
Describe some influences or pressures on people to gamble (e.g. advertising, friends).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS7 — Gambling					
Identify where and from whom to get help with gambling if we are worried about ourselves or others.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional



Key Stage 3-4 PHSEE

Self-Care Support and Safety – Enhancement

SSS1 — Feeling unwell

Identify some of the people and organisations that can provide reliable support and advice if we are physically or mentally unwell.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS1 — Feeling unwell

Explain how we know we can trust these people and organisations to give us advice that will help us (e.g. GP, school nurse, NHS, Childline, Young Minds).

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS1 — Feeling unwell

Explain why 'self-diagnosis' from websites can be inaccurate or potentially harmful.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS1 — Feeling unwell

Explain what is meant by immunisation and vaccination and why people might be immunized or vaccinated..

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS1 — Feeling unwell

Explain how and why to carry out self-examination as a way of checking for specific conditions (cancer), including breast and testicular self examination.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS2 — Feeling frightened/worried

Explain that someone we like may not always be trustworthy

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS2 — Feeling frightened/worried

Demonstrate what we can say or do and whom we can tell if we are concerned about our own or someone else's personal safety.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

SSS2 — Feeling frightened/worried

Explain what we should say, do and whom to tell if we, or someone we know, fears that they will experience, or have already experienced FGM, and that it is never that person's fault.

Not Met

Shallow

Emerging

Developing

Deepening

Functional



<p>SSS3 — Accidents and risk</p> <p>Explain why, although we cannot prevent all accidents from happening, it is still important to still take steps to reduce and manage risk</p>					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
<p>SSS3 — Accidents and risk</p> <p>Explain when and why taking a risk can be positive (e.g. trying something new).</p>					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
<p>SS4 — Keeping safe online</p> <p>Explain how some behaviours on social media might damage friendships and relationships.</p>					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
<p>SS4 — Keeping safe online</p> <p>Explain some steps we can take to take care of our own and other people's safety and wellbeing when using social media.</p>					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
<p>SS4 — Keeping safe online</p> <p>Recognise that data about us can be collected online, and used, for example, to determine what information and advertising we are shown.</p>					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
<p>SS4 — Keeping safe online</p> <p>Identify some ways in which we can recognise when we are being manipulated by online content or contact, and ways to respond.</p>					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
<p>SS4 — Keeping safe online</p> <p>Describe or demonstrate help-seeking strategies to support online safety (e.g. knowing how to block people on social media, using the CEOP report button).</p>					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
<p>SSS5 — Emergency situations</p> <p>Describe how adults might communicate to us that something is an emergency (e.g. vocabulary that adults might use).</p>					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
<p>SSS5 — Emergency situations</p> <p>Explain why it is essential to follow instructions in an emergency situation in and outside school.</p>					
Not Met	Shallow	Emerging	Developing	Deepening	Functional



SSS5 — Emergency situations					
Recognise what a defibrillator is and when one might be needed.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS5 — Emergency situations					
Explain what you might do, including whom to tell and what to say, in the event of an emergency when we are out without an adult.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS6 — Public and private					
Explain that there are online 'scams' (ways that people may try to trick us online); identify what some of these ways of deceiving people might be (e.g. phishing, fake email addresses).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SSS6 — Public and private					
Explain and demonstrate how to ask for help and whom to go to if we have seen something upsetting or done something online that we are now worried about or regret.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SS7 — Gambling					
Identify some strategies game apps or advertising might use to encourage online gambling and chance-based purchases (e.g. loot boxes).					
Not Met	Shallow	Emerging	Developing	Deepening	Functional
SS7 — Gambling					
Explain some strategies for managing influences related to gambling.					
Not Met	Shallow	Emerging	Developing	Deepening	Functional