

PSHE curriculum Milestones

	Milestone 1	Milestone 2	Milestone 3
Relationships	<p><u>Friends and families</u> Can explain the role people play in their lives. Can describe the people that care for them. Explain what it means to be a family and a good friend. How to resolve conflict between friendships. Children understand the importance of telling someone (and how to do so) if they are worried about something in their family.</p> <p><u>Safe relationships</u> What it means to keep something private, inc. parts of body. Identify different types of touch and how these make people feel How to ask for and give/not give permission. Can explain what bullying is and different types of bullying.</p> <p><u>Respecting self and others</u> Explain the difference between kind and unkind behaviour and how it can make others feel. Can explain what respect means. Demonstrate how to work and play cooperatively.</p>	<p><u>Friends and families</u> To recognise and respect different types of families. Explain the support families can provide. What to do and who to tell if family or friend relationships are worrying them. Can describes the features of a positive and healthy friendship. Can explain how online and face to face friendships differ.</p> <p><u>Safe relationships</u> Can explain what privacy and personal boundaries are. Can explain that bullying and hurtful behaviour is unacceptable. Can differentiate between bullying, hurtful behaviour and unkind behaviour. How to respond to bullying (and as a witness). Understanding of online bullying and how people may behave differently online.</p> <p><u>Respecting self and others</u> Can recognise and model respectful behaviours. Can recognise, appreciate and respect differences and similarities among people. Explain how people show respect and courtesy in different cultures. Will be building a strong vocabulary to sensitively discuss difference and inclusion.</p>	<p><u>Friends and families</u> Can explain a healthy relationship and how to make others feel included. Show an understanding of peer influence and impact of peers. Can explain strategies to positively resolve dispute and conflict. How and when to seek support. Can explain what it means to be attracted to someone and different kinds of loving relationships. Can describe the qualities of a healthy relationship.</p> <p><u>Safe relationships</u> Can identify what physical touch is acceptable/unacceptable and how to appropriately respond. Can explain in detail about permission. Can describe the differences between healthy and unhealthy relationships. Can explain how to get support if they feel uncomfortable or unsafe.</p> <p><u>Respecting self and others</u> Can explain and recognise the need for equal treatment. Can explain the terms discrimination and inclusion and detail impact and ways to safely challenge. Can identify and explain responses to online bullying. Can discuss issues respectfully and constructively challenge (also online).</p>

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Health and wellbeing	<p><u>Physical health and Mental wellbeing</u> Explain what it means to be healthy and to basic ways to take care of themselves (e.g. basic hygiene, diet, physical health, sun safety, medicines, sleep). Understand good routine and habits for maintaining mental health. Can identify feelings in themselves and beginning to identify and understand others.</p> <p><u>Growing and changing</u> Identify special qualities in self and others Identify feelings and emotions in self and others. Can explain the basic human life cycle and changing from young to old. Identify and name body parts. Identify who to talk to if worried.</p> <p><u>Keeping safe</u> Explain how rules can keep themselves and others safe. Basic rules for keeping safe online. Can identify risks in everyday situations e.g. water. Can explain the basics in how to respond in an accident and emergency.</p>	<p><u>Physical health and Mental wellbeing</u> What good physical/mental health means. Can identify healthy and unhealthy choices and how to maintain a balanced lifestyle. Understand what may affect these choices. The positive and negative effects of habits How they and others express feelings and a recognition that feelings can change over time periods.</p> <p><u>Growing and changing</u> Recognise what makes up a person's identity (strengths, interests). Can explain what contributes to personal identity. Can communicate basic strategies to manage and reframe setbacks.</p> <p><u>Keeping safe</u> How to identify typical hazards and predict/assess/manage risk. Can explain the importance of following rules. The importance of medicine safety. How to keep safe in their local environment and how to respond in an emergency.</p>	<p><u>Physical health and Mental wellbeing</u> Can explain and implement habits for good physical/mental health and the importance of looking after both. Recognises that everyone can be affected by mental ill health. Describe in detail positive strategies for looking after M and P health. Can explain the importance of sleep and its contribution to healthy lifestyle. Can manage risks in relation to sun exposure. Shows an understanding of virus and use of medicine. What to do and where to see support for negative feelings and the importance of seeking support. Can explain the process of grieving and where to go for further support.</p> <p><u>Growing and changing</u> Can describe the physical and emotional changes that occur as they grow for example puberty and can explain ways to manage these changes. Can explain key facts about menstrual cycle. Can discuss challenges and emotions with trusted adult and know where to go for further advice/support. Understand that relationships may change as they grow. Understanding of what sexual intercourse is, how pregnancy occurs and can be prevented.</p> <p><u>Keeping safe</u> Can explain how to keep safe online (e.g. use of personal information). Can identify situations that are unsafe or an emergency and know how to respond appropriately. Can describe basic first aid. Can explain FGM is against British Law and what to do if they or someone else is at risk.</p>
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<p>Living in the Wider World</p>	<p><u>Belonging to a community</u> Explain how rules keep themselves and others safe Explain an understanding of how to look after environment and others. How a community can make people feel included. Understanding of equality. Can explain individual rights and responsibilities in school context.</p> <p><u>Media literacy and digital resilience</u> Explain the devices used to access the internet. Explain the benefits of the internet. Can explain how to communicate safely online. Can identify that some internet is factual, some is for entertainment and that some may not be true.</p> <p><u>Money and work</u> Explain community jobs and people that help in the community. Can explain different types of money and payment. Understand that people are paid money doe different jobs.</p>	<p><u>Belonging to a community</u> Can explain the reasons for rules in society and the importance of abiding by law. Can identify basic human rights. Can explain the meaning and benefits of belonging in a community. Can explain how to show compassion towards others.</p> <p><u>Media literacy and digital resilience</u> Can explain how the internet can be used positively. Understanding of a digital footprint. Explain that some online content may be false or altered. How to assess validity. How search engines work. How to report concerns.</p> <p><u>Money and work</u> Can explain jobs from different sectors. Can explain some stereotypes related to work and begin to challenge these. How people make spending decisions based on budgets. How to set goals and aspirations.</p>	<p><u>Belonging to a community</u> Understands the importance of compassion and care for the environment. Can explain what the words prejudice, stereotypes and discrimination mean and how to safely respond and challenge.</p> <p><u>Media literacy and digital resilience</u> Can identify different types of media and their different purposes. Can explain strategies to assess online content for reliability. Can recognise unsafe content online and appropriate responses. Can explain age restrictions and why they exist e.g. social media. Can recognise what is safe to share online and how to report if unhappy with content.</p> <p><u>Money and work</u> Understand the role ambition can play in a future career and factors that influence career choice. Can explain the importance of diversity and inclusion in career opportunities. Can explain the role money plays in people’s lives and discuss the value of money. Understand how having no money can affect individuals. Can describe the risks associated with money e.g. debt</p>
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