

Progression of Milestones in PSHE

	Relationships Family & friends	Relationships Safe Relationships Respecting ourselves & others	Living in the Wider World Belonging to a Community	Living in the Wider World Media literacy & Digital Literacy Money & Work	Health & Wellbeing Physical Health and Mental Wellbeing	Health & Wellbeing Growing, Changing & Keeping Safe
Rec	Autumn 1 <ul style="list-style-type: none"> I can talk about my feelings. I can talk with others to solve conflicts. I can be more confident to try new things. I can follow rules, understanding why they are important. I know I am special. I can listen to my teacher. I can do things by myself. I know how to eat healthy. 	Autumn 2 <ul style="list-style-type: none"> I know how to be a good friend. I can say why I am special I know it is important to tell the truth I know ways to be kind I know the difference between kind and unkind I know what bullying is I can take turns I can express my feelings. I know ways to show compassion. I know it is important to take care of others. 	Spring 1 <ul style="list-style-type: none"> I know how to persevere. I know how different emotions feel. I know how to try something new. I know how to wash my hands properly. I what is fair and what is not fair. I know what makes a healthy lunch. I know how to brush my teeth properly. 	Spring 2 <ul style="list-style-type: none"> I understand my own feelings. I understand other people's feelings. I am confident to try new activities. I can explain class rules. I can make good choices. I know a job that I might want. I can try new activities, with encouragement, and talk about which activities I enjoyed. I know the 5 ways to wellbeing and the importance of hobbies and interests for mental wellbeing. 	Summer 1 <ul style="list-style-type: none"> I can express how I feel. I can calm down when I have bad feelings. I can wait my turn. I can try new things. I can keep trying when things are tricky. I know class rules and why they are important. I can show fellowship. I can show compassion and care to other people and living things. 	Summer 2 <ul style="list-style-type: none"> I can keep trying when something is tricky. I can say what I have got better at. I can compare myself to others around the world. I can stay at an activity. I can follow instructions with two actions or more. I can explain a healthy meal. I can be a good friend.
	<p>Knowledge, skills and understanding are further developed through both inside and outside continuous provision in the indoor and outdoor classrooms. These include:</p> <ul style="list-style-type: none"> Indoor: Construction, Mathematics, Reading, Malleable and Craft, Role Play, Writing Outdoor: Mud Kitchen, Bike Track, Construction, Music and Stage, Role Play, Sand, Storytelling, Water 					

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Y1	<p>Autumn 1</p> <ul style="list-style-type: none"> I know who cares about me. I know about the role these different people play in children's lives and how they care for them. I know what it means to be a family and how families are different. I know about the importance of telling someone when I am worried. I know what kind and unkind behaviour is. I know how kind and unkind behaviour can make people feel. I can explain what respect means. 	<p>Autumn 2</p> <ul style="list-style-type: none"> I know which of my body parts are private. I can say the PANTS rules and know what they mean. I know what good touches and bad touches are I know what bullying is and what to do if it happens I know what kind behaviour and unkind behaviour is. I can talk about our class rules and why they are important. I know I should ask permission to go online. I know I need to be kind and respectful online. I know that things can be seen in different ways online. 	<p>Spring 1</p> <ul style="list-style-type: none"> I know examples of rules (class, home, games). I know why we have rules and why we have them. I know how to care for pets. I know how to recycle to help the environment. I know how to explain my opinions. I know how and why people use the internet. 	<p>Spring 2</p> <ul style="list-style-type: none"> I know that everyone is different. I can share different strengths. I know different jobs. I know what job can match people strengths. I know about people who help us. I can show enthusiasm for trying new things and talk about what new skills I have learnt. I know the 5 ways to wellbeing and the importance of hobbies and interests for mental wellbeing. 	<p>Summer 1</p> <ul style="list-style-type: none"> I can say which foods and drinks are healthy. I can identify food and drink with sugar. I know how to keep my skin safe from the sun. I know that being active can help me to stay healthy. I can wash my hands correctly. I know that dentists can help to keep teeth healthy. I know that brushing teeth can keep my teeth clean and healthy. I know how to clean my teeth properly. 	<p>Summer 2</p> <ul style="list-style-type: none"> I know what makes me special. I can say what I am good at. I know about different feelings. I can think about how others feel. I know how rules can help to keep us safe. I know how to be safe online. I know who to tell if I am worried.
Y2	<p>Autumn 1</p> <ul style="list-style-type: none"> I know how to be a good friend. I know about different ways that people meet and make friends. I can play positively with others. I know what causes arguments between friends. I know how to positively resolve arguments between friends. I can recognise, and ask for help, when I am feeling lonely or unhappy or to help someone else. 	<p>Autumn 2</p> <ul style="list-style-type: none"> I explain what hurtful behaviour is, including online and know who to tell. I can explain different types of bullying. I know about secrets and surprises. I know how to resist pressure to do something that feels uncomfortable or unsafe. I can explain what I have in common with others. I know how to play and work cooperatively in different groups and situations. I can share ideas and listen to others. I know I need to ask permission to share something online. I know I should ask a trusted adult before clicking 'accept' online. 	<p>Spring 1</p> <ul style="list-style-type: none"> I know the groups in our community that I belong to. I know how I am the same and different to others. I know how belonging makes me feel. I know some responsibilities that I have at school. I know how to treat others fairly. I know how a community can help people to feel included. I know that we are all equal 	<p>Spring 2</p> <ul style="list-style-type: none"> I know the different types of money. I know how to pay for things. I know how to look after money. I know how to get money and how to spend it. I know the difference between wants and needs. I can explain choices when spending money. I can describe something new I have learned and how I learned it. I know the 5 ways to wellbeing and the importance of hobbies and interests for mental wellbeing. 	<p>Summer 1</p> <ul style="list-style-type: none"> I know why sleep and rest are important. I know that medicines and vaccinations protect people. I know the importance of brushing my teeth. I know which foods and drinks affect dental health. I can describe and share a range of feelings. I know how to feel good, calm down or improve my mood. I know about change, loss and bereavement. I can ask for help with my feelings. 	<p>Summer 2</p> <ul style="list-style-type: none"> I know why sleep and rest are important. I know that medicines and vaccinations protect people. I know the importance of brushing my teeth. I know which foods and drinks affect dental health. I can describe and share a range of feelings. I know how to feel good, calm down or improve my mood. I know about change, loss and bereavement. I can ask for help with my feelings.

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Y3	<p>Autumn 1</p> <ul style="list-style-type: none"> I can recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents. I know that being part of a family provides support, stability and love. I know about the positive aspects of being part of a family. I know about the different ways that people can care for each other. I can identify if/when something in a family might make someone upset or worried. I know what to do and whom to tell if family relationships are making them feel unhappy. 	<p>Autumn 2</p> <ul style="list-style-type: none"> I know what is ok to share with friends, classmates, family. I can explain what privacy and personal boundaries are, including online. I know how to keep myself safe online e.g. passwords, using trusted sites and adult supervision. I know that bullying and hurtful behaviour is unacceptable. I can model respectful behaviour. I know the importance of self-respect. I know how to treat others, including being polite. I know the ways in which people show respect in different cultures and in wider society. I know what privacy and personal boundaries are (online). I know how to keep myself safe online. I know that unkind things said online can hurt people's feelings. I know the importance of giving and gaining permission before sharing things online. 	<p>Spring 1</p> <ul style="list-style-type: none"> I know the reasons for rules and laws in society. I know the importance of following the law. I know how to communicate my feelings and opinions in a debate. I know what might happen if the law is not followed. I know what human rights are and how they protect people. I know examples of the rights of children. I know that with every right there is also a responsibility. 	<p>Spring 2</p> <ul style="list-style-type: none"> I know different types of jobs. I know that people can have more than one job at once or over their lifetime. I know about gender stereotypes related to work. I can explain about women in STEM. I know about skills needed to do a job. I can talk about my interests, skills and achievements. I can talk about what I would like to achieve this year. I can recognise different sources of learning (books, people, experiences) and say which one I enjoy most. I know the 5 ways to wellbeing and the importance of hobbies and interests for mental wellbeing. 	<p>Summer 1</p> <ul style="list-style-type: none"> I know why sleep and rest are important. I know that medicines and vaccinations protect people. I know the importance of brushing my teeth. I know which foods and drinks affect dental health. I can describe and share a range of feelings. I know how to feel good, calm down or improve my mood. I know about change, loss and bereavement. I can ask for help with my feelings. 	<p>Summer 2</p> <ul style="list-style-type: none"> I know I am unique and can explain what I am proud of. I know my own strengths. I can say what is tricky for me. I can identify hazards. I know about fire safety at home. I know how to be safe around water. I know how to help someone with first aid.

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Y4	Autumn 1 <ul style="list-style-type: none"> I know about mutual respect, trust and sharing interests. I know how to build positive friendships. I can ask for support with relationships if they feel lonely or excluded. I can communicate respectfully with friends when using digital devices. I understand how knowing someone online differs from knowing someone face to face. I know what to do or whom to tell if they are worried about any contact online. 	Autumn 2 <ul style="list-style-type: none"> I can recognise the difference between 'playful dares' and dares. I know when it is right to keep or break a confidence or share a secret. I can recognise risks online such as harmful content and I know how to report concerns. I can explain the differences between people such as gender, race, faith and know the importance of respecting differences. I recognise that I belong to different communities as well as the school community. I know about the individuals and groups that help the local community, including through volunteering and work. I can show compassion towards others in need. I know strategies to keep me safe online. 	Spring 1 <ul style="list-style-type: none"> I know the benefits of living in a community. I know how I belong to different communities. I know how to construct an effective argument for a debate. I can explain the different groups that make up a community. I know how people help communities through charity work. I know what a volunteer for a charity is. I can show compassion towards refugees 	Spring 2 <ul style="list-style-type: none"> I know how people spend money. I know how people budget money. I can keep track of money. I know about different ways to pay for things such as cash, cards, e-payment. I know that money can help others (charities). I know how money can affect others negatively. I know the 5 ways to wellbeing and the importance of hobbies and interests for mental wellbeing. I can identify a challenge that I have faced in my learning and explain how I overcame it. 	Summer 1 <ul style="list-style-type: none"> I know why sleep and rest are important. I know that medicines and vaccinations protect people. I know the importance of brushing my teeth. I know which foods and drinks affect dental health. I can describe and share a range of feelings. I know how to feel good, calm down or improve my mood. I know about change, loss and bereavement. I can ask for help with my feelings. 	Summer 2 <ul style="list-style-type: none"> I know ways of coping with feelings. I know how to use medicine safely at home. I know what is meant by a 'drug'. I know that drugs can affect our health. I know the side effects of drugs. I know the risks associated with drugs common to everyday life. I know how to ask for help or advice.

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Y5	<p>Autumn 1</p> <ul style="list-style-type: none"> I know what makes a healthy friendship and how they make people feel included. I know strategies to help someone feel included. I know about peer influence and how it can make people feel or behave. I know the impact of the need for peer approval in different situations, including online. I know strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication. I know that it is common for friendships to experience challenges. I know strategies to positively resolve disputes and reconcile differences in friendships. I know that friendships can change over time. I know how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable. I know when and how to seek support in relation to friendships. 	<p>Autumn 2</p> <ul style="list-style-type: none"> I can identify that physical touch is acceptable, unacceptable, wanted or unwanted in different situations. I know how it feels in a person's mind and body when they are uncomfortable and can respond the right way. I know that no one should keep a secret that makes them feel uncomfortable or try to be persuaded to keep a secret they are worried about. I know it is important to respect differences I can explain why diversity is important I know what discrimination means and different types of discrimination e.g., racism, sexism, homophobia I can identify online bullying and discrimination of groups or individuals e.g., trolling and harassment. I can explain that there are some people I communicate with online who may want to do me or my friends harm. I know ways that online communities can be positive. 	<p>Spring 1</p> <ul style="list-style-type: none"> I know how plastic pollution affects the environment. I know the importance of protecting the environment. I know how every day actions can support or damage the environment. I know the way that money is spent affects the environment. I know what tax is used for. I know what ethical spending is. 	<p>Spring 2</p> <ul style="list-style-type: none"> I can identify what job I might like to do in the future. I know about the role ambition can play in achieving a future career. I know how or why someone might choose a certain career. I can identify what might influence people's decisions about a job or career. I know the importance of diversity and inclusion to promote people's career opportunities. I know about stereotyping in the workplace, its impact and how to challenge it. I know that there is a variety of routes into work e.g., college, apprenticeships, university, training. I know the 5 ways to wellbeing and the importance of hobbies and interests for mental wellbeing. I can reflect on how my new skills can help in different areas of my life. 	<p>Summer 1</p> <ul style="list-style-type: none"> I know why sleep and rest are important. I know that medicines and vaccinations protect people. I know the importance of brushing my teeth. I know which foods and drinks affect dental health. I can describe and share a range of feelings. I know how to feel good, calm down or improve my mood. I know about change, loss and bereavement. I can ask for help with my feelings. 	<p>Summer 2</p> <ul style="list-style-type: none"> I know about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes. I know that for some people their gender identity does not correspond with their biological sex. I know ways to boost my mood and improve emotional wellbeing. I know the importance of taking medicines correctly and using household products safely. I can recognise what is meant by a 'drug'. I know how drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing. I can identify some of the risks associated with drugs common to everyday life. I know how to ask for help or advice. <p>Puberty Visit from Nurse (not in logs)</p> <ul style="list-style-type: none"> I can identify external genitalia and reproductive organs. I know about the physical and emotional changes during puberty. I know strategies to manage the changes during puberty. I know the importance of personal hygiene routines during puberty including washing regularly and using deodorant. I am able to discuss the challenges of puberty with a trusted adult. I know how to get information, help and advice about puberty- taught by nurse.

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Y6	<p>Autumn 1</p> <ul style="list-style-type: none"> I know what it means to be attracted to someone and different kinds of loving relationships. I know that people who love each other can be of any gender, ethnicity or faith. I know that everyone has the right to be loved. I know about the qualities of healthy relationships that help individuals flourish. I know ways in which couples show their love and commitment to one another, including those who are not married or who live apart. I know what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults. I know that people have the right to choose whom they marry or whether to get married. I know that to force anyone into marriage is illegal. I know how and where to report forced marriage or ask for help if I am worried. 	<p>Autumn 2</p> <ul style="list-style-type: none"> I can identify the features of a healthy and unhealthy friendship. I know strategies to respond to pressure from friends including online. I know how to assess the risk of different online 'challenges' and 'dares'. I know what consent means. I know about the link between values and behaviour and how to be a positive role model. I know how to discuss issues respectfully and respect other people's opinions. I can constructively challenge points of view if I disagree. I can participate effectively and manage conflicts. I can describe how things shared privately online can have unintended consequences for others. I know the impact of sharing inappropriate images of someone. 	<p>Spring 1</p> <ul style="list-style-type: none"> I know what prejudice means. I can differentiate between prejudice and discrimination. I can recognise acts of discrimination. I know strategies to safely respond to and challenge discrimination. I can recognise stereotypes. I know how to challenge stereotypes. I know that stereotypes may have a negative effect on someone. 	<p>Spring 2</p> <ul style="list-style-type: none"> I know about the role that money plays in people's lives. I know about attitudes towards money and what influences decisions about money. I know about value for money and how to judge if something is value for money. I know how to be a critical consumer. I know how having or not having money can impact on a person's emotions, health and wellbeing. I know about risks associated with money, including debt, fraud and gambling. I know how money can be gained or lost. I know how to get help for concerns about gambling or other financial risks. I know the 5 ways to wellbeing and the importance of hobbies and interests for mental wellbeing. I know how to encourage others to keep learning and can share my own experiences and challenges. 	<p>Summer 1</p> <ul style="list-style-type: none"> I know that mental health is just as important as physical health. I know how to get help for mental health problems. I know where to get help with mental health problems. I know bullying can affect someone's mental health. I can manage my feelings. I know that changes can mean people experience feelings of loss or grief. I know about the process of grieving and how grief can be expressed. I know that we can help someone cope with the feelings associated with change or loss. I can identify how to ask for help and support with loss, grief or other aspects of change. 	<p>Summer 2</p> <ul style="list-style-type: none"> I know practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school. I can identify the links between love, committed relationships and conception. I know what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults. I know that pregnancy can be prevented with contraception. I know about the responsibilities of being a parent or carer and how having a baby changes someone's life. I know strategies for dealing with requests for personal information or images of themselves. I can identify types of images that are appropriate to share with others and those which might not be appropriate I know about the risks and effects of different drugs. I know about the laws relating to drugs common to everyday life and illegal drugs. I can recognise why people choose to use or not use drugs, including nicotine, alcohol. I know how to ask for help if they I concerns about drug use.

