







PSHE Curriculum Milestones

| Connecting Stones | Big Idea (NC links) | Year R | Years 1 & 2 | Years 3 & 4 | Years 5 & 6 |
|---|---|---|---|---|---|
| Myself  Being Me in My World Term 1 Changing Me Term 6 | Understand my place and impact in a variety of communities. | Understand who I am and my feelings. Understand that I have rights and responsibilities. Recognise changes as I grow. | Recognise explain and reflect on how I feel special and am part of a safe and fair learning environment. Recognise, summarise, and explore rights and responsibilities leading to rewards and consequences. Describe, compare, and investigate changes as you grow and develop in male and female bodies. | Recognise, explain, and investigate rules, rights and responsibilities linked to reward, consequences, and democracy. Collaborate, review and investigate as a group, ensuring everyone has a voice. Name, explain and understand the beginnings of human reproduction. | Recall, explain and discuss the importance of rights, responsibilities, rewards etc on democracy and having a voice. Recognise, explain, and reflect upon why a positive self and body image is important. Describe, explain and reflect on the changes in puberty. |




| | | | | | |
|--|--|--|--|--|--|
| | | | | Recognise, interpret, and adapt to change. | Describe and explain conception to birth. Recognise, comment and debate physical attraction and the impact of this. |
| Difference  Difference Term 2 | Recognise, respect, and celebrate the uniqueness of all. | Understand I have talents and am special. Understand the importance of family. Know how to make friends and stand up for yourself. | Describe, compare, and reflect on similarities and differences. Recognise, explain, and illustrate how to deal with bullying. | Describe, interpret, reflect on and recognise the impact of bullying. Name, explain and prove our uniqueness and challenge assumptions. | Describe, appreciate, and explain how differences can be celebrated or cause challenges. Recognise, interpret, and demonstrate empathy. |



| | | | | | |
|--|---|---|--|--|---|
| Aspiration  Goals and Dreams Term 3 | <p>To aspire to and set lifelong achievable goals.</p> | <p>Understand and set simple goals.</p> | <p>Identify, set, and achieve realistic goals.</p> <p>Identify, apply knowledge and debate how to overcome challenges and manage obstacles.</p> <p>Recognise, explain, and reflect on success.</p> | <p>Identify, select, and review realistic goals and dreams.</p> <p>Recognise, explain, and demonstrate resilience to overcome disappointment.</p> <p>Follow and give instructions and demonstrate working effectively together.</p> <p>Understand, summarise and investigate simple budgeting.</p> | <p>Recognise, explain, and reflect on the importance and use of money.</p> <p>Describe, explain, and investigate a variety of jobs and careers and achievements needed towards these.</p> <p>Recognise, explain, and investigate the benefit of supporting others and therefore making a difference in the world.</p> |
| Health  | <p>To understand how to stay healthy in your body and mind.</p> | <p>Understand some ways to keep yourself healthy.</p> | <p>Name, explain and investigate ways to keep myself healthy by making good lifestyle choices.</p> | <p>Recognise, explain, and explore the importance of remaining healthy in our choices.</p> | <p>Name, apply knowledge and hypothesise the effect of substance</p> |



| | | | | | |
|--|--|--|---|---|--|
| Healthy Me Term 4 | | | <p>Follow, explain, and reflect on the importance of road safety.</p> | <p>Recognise, explain and be confident and strong in myself to make good choices.</p> | <p>misuse on our personal health.</p> <p>Recognise, explain and explore the importance of emotional and mental health.</p> |
| Relationships  Relationships Term 5 | <p>Recognise, respect and nurture healthy relationships.</p> | <p>Know what friendship is and how to be kind to each other.</p> <p>Know how to build relationships with friends and family.</p> | <p>Recognise, discuss and understand that there are diverse types of families.</p> <p>Recognise, compare and reflect on friendships through trust and appreciation.</p> | <p>Describe, explain and reflect on the roles and responsibilities of families and the effect of love and loss.</p> <p>Recognise, articulate, and manage friendships and relationships through appropriate negotiation.</p> <p>Describe, explain, and investigate being a global citizen.</p> | <p>Follow, summarise and evaluate understanding of online safety.</p> <p>Recognise, define and reflect upon a positive understanding of yourself.</p> <p>Describe, summarise, and investigate the effects of relationship changes.</p> |