PSHE Milestones		
	Milestone 1	**Milestone 2**	**Milestone 3**

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Me and my relationships	• Name different feelings. • Identify ways of dealing with "not so good" feelings. • Identify ways of asking for help. Understanding classroom/ rules for life. • Identifying the differences between bullying and teasing. • Know and suggest school rules to encourage happiness/togetherness • Give examples of what makes a good friend.	• Find ways of helping others to resolve issues and disputes. • Show ways to be a good friend. • Know how to cooperate. • Recognise feelings based on body language. • Know the difference between bullying and teasing. • Explain what "assertive" means.	• Give example of emotional needs. • Explain the positive qualities of good friendship. • Understand the concept of compromise • Show assertive skills. • Explain assertive behaviours. • Explain what is meant by compromise and cooperation. • Explain what is appropriate/ inappropriate touch and give examples.
Valuing Difference **(British Values)**	• Identifying how people are different. • Identify when something is fair/unfair. • Identify how to be kind/ help others. • Give examples of god listening skills and to be able to use them.	• Recognise and respect diversity. • Showing examples of tolerance. • Recognise and celebrate difference including religions and cultural differences. • Understand and challenge stereotypes.	• Recognise and celebrate difference.] • Give examples of different faiths and cultures. • Explain that differences can be a source of conflict. • Discuss the influence and pressure of social media. • Recognise and reflect on prejudice-based bullying. • Explain the difference between an active and passive bystander.
Keeping myself safe	• Identify different feelings. • Identify how our bodies behave when we have different feelings. • Identify what bodies need to be healthy. • Discuss helpful/harmful medicines. • Give examples of safe/unsafe secrets. • Give examples of touches that are ok/ not ok. • Explain helpful/harmful medicines.	• Give examples of taking and managing risk. • Explain why medicines can be harmful and helpful. • Explain how to stay safe online. • Manage risk and explain risky situations. • Understand the norms of drug use. • Understand the term "influence" that could change behaviour and decisions.	• Be able to manage risk, including staying safe online. • Understand the norms around use of legal drugs. • Identify emotional needs. • Know how to stay safe online. • Explain the norms and risks of risky behaviours.

PSHE Milestones

	Milestone 1	Milestone 2	Milestone 3
Rights and responsibilities	• Name different feelings. • Identify ways of dealing with "not so good" feelings. • Identify ways of asking for help. Understanding classroom/ rules for life. • Identifying the differences between bullying and teasing. • Know and suggest school rules to encourage happiness/togetherness • Give examples of what makes a good friend.	• Explain the differences between facts and opinions. • Give examples of how to help others and know how to help others. • Making a difference in relation to help others and the environment. • Understand the concept of media influence. • Make decisions about spending money.	• Understand about and give examples of personal rights and responsibilities (some related to health) • Make decisions about lending, borrowing and spending. • Understand media bias, including social media. • Explain how to care for communities and the environment. • Suggest ways to earn and save money.
Being my best (Growth mind set)	• Identify and use different ideas of what to do if something is difficult. • Identify and explain why certain foods are healthy and some are not healthy. • Developing strategies for keeping healthy. • Setting simple goals to help with learning. • Setting present and future goals.	• Explain how to keep myself healthy. • Take responsibility for own health. • Explain and develop personal present and future aspirations. • Give examples of personal goals. • Having choices and making decisions about personal health. • Give examples of how to take care of own environment.	• Grow independence and show responsibility. • Show media awareness and safety. • Focus on aspirations and personal goal setting. • Give examples of emotional and physical risks.
Growing and changing	• Identify a range of adults that can be trusted. • Identify ways of becoming independent. • Identify body parts that boys and girls have that are different and the same. • Understanding life cycles. • Develop an understanding of how to deal with loss. • Give examples of how to support someone else.	• Explain how to create positive relationships. • Explain what is needed to make a new human being. • Identify unsafe secrets and understand what "body space" is. • Label and talk about some of the body parts that change during puberty. • Begin to talk about and manage difficult feelings. • Discuss relationships including marriage.	• Manage difficult feelings. • Manage change. • Identify when help is needed and where to get help. • Offer advice about whether a secret should be kept or shared. • Discuss emotional changes associated with "puberty". • Develop an awareness of self-esteem and body image.