



HOLY NAME CATHOLIC PRIMARY SCHOOL

Curriculum Milestones– PSHE

Topic	EYFS	KS1	Lower KS2	Upper KS2
Being Me in My World	- I understand that I am safe in my class. - I can identify helpful behaviours to make the class a safe place. - I know how to make choices and understand that my choices have consequences. - I enjoy working with others to make school a good place to be. I am learning what being responsible means.	- I can explain why my class is a happy and safe place to learn. - I can give different examples where I or others make my class happy and safe. - I can explain why my behaviour can impact on other people in my class. - I can compare my own and my friends' choices and can express why some choices are better than others.	- I can explain how my behaviour can affect how others feel and behave. - I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued. - I can explain why being listened to and listening to others is important in my school community. - I can explain why being democratic is important and can help me and others feel valued.	- I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. - I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context. - I can explain how my choices can have an impact on people in my immediate community and globally. - I can empathise with others in my community and globally and explain how this can influence the choices I make.
Celebrating Difference	- I can identify strengths, understand differences make us special, and know how to be a kind friend. - I know how to stand up for myself using appropriate words.	- I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special. - I can explain what bullying is and how being bullied might make somebody feel. - I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes. - I can explain how it feels to have a friend and be a friend. - I can also explain why it is OK to be different from my friends.	- I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. - I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g Solve It Together or asking for help. - I can tell you a time when my first impression of someone changed as I got to know them. - I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure. - I can explain why it is good to accept myself and others for who we are.	- I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation. - I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour. - I can explain ways in which difference can be a source of conflict or a cause for celebration. - I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.
Dreams & Goals	- I understand that if I persevere I can tackle challenges and can tell you about a time that I didn't give up.. - I can set a simple goal, work towards it and feel proud when I achieve it. - I can use kind words to encourage people and work well with a partner or in a group.	- I can explain how I feel when I am successful and how this can be celebrated positively. - I can say why my internal treasure chest is an important place to store positive feelings. - I can explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other. - I can explain how it felt to be part of a group and can identify a range of feelings about group work.	- I can explain the different ways that help me learn and what I need to do to improve. - I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important. - I can plan and set new goals even after a disappointment. - I can explain what it means to be resilient and to have a positive attitude.	- I can compare my hopes and dreams with those of young people from different cultures. - I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel. - I can explain different ways to work with others to help make the world a better place. - I can explain what motivates me to make the world a better place.

Success Takes Application, Resilience & Stickability

“Shine Like the STARS!”



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Curriculum Milestones– PSHE

Topic	EYFS	KS1	Lower KS2	Upper KS2
Healthy Me	- I understand that I need to exercise, eat healthily and get enough sleep to keep my body healthy. - I know how moving, resting and keeping calm help my body deal with difficult situations. - I can make healthy choices and understand how to keep myself and others safe.	- I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. - I can give examples of when being healthy can help me feel happy. - I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices. - I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.	- I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help. - I can express how being anxious/ scared and unwell feels. - I can recognise when people are putting me under pressure and can explain ways to resist this when I want to. - I can identify feelings of anxiety and fear associated with peer pressure.	- I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how - smoking and alcohol misuse is unhealthy. - I can summarise different ways that I respect and value my body. - I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. - I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.
Relationships	- I can make friends, try to solve friendship problems without aggression, and help others feel included. - I show respect in how I treat others and can help myself and others when feeling upset or hurt. - I can talk about my family and understand that different types of families exist.	- I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships. - I can give examples of behaviour in other people that I appreciate and behaviours that I don't like. - I can explain why some things might make me feel - uncomfortable in a relationship and compare this with relationships that make me feel safe and special. - I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.	- I can explain how my life is influenced positively by people I know and also by people from other countries. - I can explain why my choices might affect my family, friendships and people around the world who I don't know. - I can recognise how people are feeling when they miss a special person or animal. - I can give ways that might help me manage my feelings when missing a special person or animal.	- I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure. - I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others. - I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. - I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.
Changing Me	- I understand and respect the natural changes that see. - I can express how I feel when a major change happens, such as moving to a new class. - I know how to manage my feelings and use simple mindfulness tools to maintain control - me grow into a unique and special person.	- I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. - I can explain why some changes I might experience might feel better than others. - I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel OK and others don't. - I can tell you what I like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to me.	- I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. - I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings. - I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older. - I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage - my feelings when changes happen.	- I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception. - I can express how I feel about the changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends. - I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born. - I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.

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