



## Townfield Primary School

### PSHE Milestones (includes RSE and No Outsiders)

#### Foundation Stage Early Learning Goals

Proposed ELGs	<u>Self-regulation</u>	<u>Managing self</u>	<u>Building relationships</u>
<p>* additional outcomes to be assessed against current ELGS just for 2021</p>	<p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>Talk about their own and others behaviour, its consequences, They adjust their behaviour to different situations, and take changes in routine in their stride. (Managing Feelings and Behaviour)</p> <p>Say why they like some activities more than others Confident to speak in a familiar group and talk about their ideas Chooses the resources they need for their chosen activities They say when they do and don't need help. (Self-confidence and Self-awareness)</p>	<p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; Explain the reasons for rules, know right from wrong and try to behave accordingly; Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices</p> <p>Knows the importance for good health of physical exercise. (Health and Self-Care)</p>	<p>Work and play cooperatively and take turns with others; Form positive attachments to adults and friendships with peers; Show sensitivity to their own and to others' needs</p> <p>Take account of one another's ideas about how to organise their activity. (Making relationships)</p>



## Townfield Primary School

### PSHE Milestones (includes RSE and No Outsiders)

#### KS1 and KS2

	<b>Relationships</b>	<b>Health and Wellbeing</b>	<b>Living in the Wider World</b>
	<p>Pupils should be taught:</p> <ol style="list-style-type: none"> <li>1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts</li> <li>2. how to recognise and manage emotions within a range of relationships</li> <li>3. how to recognise risky or negative relationships including all forms of bullying and abuse</li> <li>4. how to respond to risky or negative relationships and ask for help</li> <li>5. how to respect equality and diversity in relationships.</li> </ol>	<p>Pupils should be taught:</p> <ol style="list-style-type: none"> <li>1. what is meant by a healthy lifestyle</li> <li>2. how to maintain physical, mental and emotional health and wellbeing</li> <li>3. how to manage risks to physical and emotional health and wellbeing</li> <li>4. ways of keeping physically and emotionally safe</li> <li>5. about managing change, including puberty, transition and loss</li> <li>6. how to make informed choices about health and wellbeing and to recognise sources of help with this</li> <li>7. how to respond in an emergency</li> <li>8. to identify different influences on health and wellbeing</li> </ol>	<p>Pupils should be taught:</p> <ol style="list-style-type: none"> <li>1. about respect for self and others and the importance of responsible behaviours and actions</li> <li>2. about rights and responsibilities as members of families, other groups and ultimately as citizens</li> <li>3. about different groups and communities</li> <li>4. to respect equality and to be a productive member of a diverse community</li> <li>5. about the importance of respecting and protecting the environment</li> <li>6. about where money comes from, keeping it safe and the importance of managing it effectively</li> <li>7. how money plays an important part in people's lives</li> <li>8. a basic understanding of enterprise.</li> </ol>



## Townfield Primary School

### PSHE Milestones (includes RSE and No Outsiders)

<p><b>Year 4</b></p>	<p>They can express their views confidently and listen to and show respect for the views of others.</p> <p>They know what a friend is and does and how to cope with some friendship problems.</p>	<p>They can list the commonly available substances and drugs that are legal and illegal, and can describe some of the effects and risks of these.</p> <p>They understand when they should keep secrets and promises, and when they should tell somebody about them.</p>	<p>They can describe the nature and consequences of bullying, and can express ways of responding to it. They can identify different types of relationship (for example marriage or friendships), and can show ways to maintain good relationships (for example listening, supporting, caring).</p>
<p><b>Year 5</b></p>	<p>They can identify ways to face new challenges. They can discuss some of the bodily and emotional changes at puberty, and can demonstrate some ways of dealing with these in a positive way.</p>	<p>They can identify some factors that affect emotional health and well-being. They can identify and explain how to manage the risks in different familiar situations.</p>	<p>Children can respond to, or challenge, negative behaviours such as stereotyping and aggression.</p>
<p><b>Year 6</b></p>	<p>They can identify positive ways to face new challenges (for example the transition to secondary school).</p> <p>They can discuss some of the bodily and emotional changes at puberty, and can demonstrate some ways of dealing with these in a positive way. They can talk about a range of jobs, and explain how they will develop skills to work in the future.</p> <p>They can demonstrate how to look after and save money.</p>	<p>They can make judgements and decisions and can list some ways of resisting negative peer pressure around issues affecting their health and well-being.</p> <p>They can list the commonly available substances and drugs that are legal and illegal, and can describe some of the effects and risks of these.</p>	<p>They can describe some of the different beliefs and values in society, and can demonstrate respect and tolerance towards people different from themselves.</p>