

PSHE / RHE		Early	Middle	Later
A: Relationships Education	Families and people who care for me	PSHE A1.1 I can describe a family as a safe place at home where people care for children and that some families are different	PSHE A2.1 I appreciate that families take many forms and provide love, security, and stability	PSHE A3.1 I can discuss the characteristics of healthy family life including how marriage is a commitment of 2 people to each other.
		PSHE A1.2 I can describe happy relationships that I have with different family members	PSHE A2.2 I appreciate and respect that other families may look different from my own	PSHE A3.2 I can recognise when family relationships are unhealthy and can seek support for myself or others.
	Caring friendships	PSHE A1.3 I can show kindness to my friends and peers and do not exclude people when playing	PSHE A2.3 I can identify the characteristics of what makes a good friend	PSHE A3.3 I can identify the positive characteristics of a good friend and how I might show these
		PSHE A1.4 I can discuss what I might do to make up with a friend if we fall out	PSHE A2.4 I can describe the importance of forgiveness and moving forward in friendships, and that sometimes friendships have ups and downs.	PSHE A3.4 I can discuss scenarios of problem solving and how I might solve these within friendships
		PSHE A1.5 I know what to do if a friendship is making me unhappy	PSHE A2.5 I recognise who are the right kind of people to trust and have friendships with	PSHE A3.5 I can discuss how friendships can be strengthened or conflict worked through but can recognise when violence or other behaviours should be reported
	Respectful relationships	PSHE A1.6 I can describe the importance of telling the truth	PSHE A2.6 I realise that telling the truth and honesty is important in building friendships and healthy relationships	PSHE A3.6 I recognise the importance of permission seeking and giving in different types of relationships
		PSHE A1.7 I can identify when working together is important	PSHE A2.7 I can recognise the importance of working together and what this looks like when done well	PSHE A3.7 I can recognise that my preferences, thoughts, and feelings may be different to others
		PSHE A1.8 I show how to be polite and have good manners	PSHE A2.8 I can describe what being respectful to others means and looks like	PSHE A3.8 I recognise that we should respect everyone and how to improve a relationship by being more respectful
		PSHE A1.9 I can identify when someone has a different opinion to me and recognise that this is ok	PSHE A2.9 I can recognise that different people have different beliefs, choices, or preferences and that this makes us all individual	PSHE A3.9 I can explore the importance of self-respect and how this links to people's individual happiness
		PSHE A1.10 I can talk about behaviours that are unkind to others and the emotions that this may make them feel.	PSHE A2.10 I can explain different types of bullying and how to help if someone is being bullied	PSHE A3.10 I understand the term stereotyping and how this can be unfair, negative, or destructive.

	Online relationships	PSHE A1.11 I can notice that friends online cannot always be seen in real life and that this might be a problem	PSHE A2.11 I can recognise the dangers of speaking to people online when we don't know who they definitely are	PSHE A3.11 I can critically consider my online friendships (including apps) and if there are risks associated to these
		PSHE A1.12 I know how to report something online that makes me feel unsafe or unsure	PSHE A2.12 I know to keep my personal information private from people online and in person	PSHE A3.12 I recognise risks, harmful content and behavior online from other people and where to seek help
	Being safe	PSHE A1.13 I can identify who to speak to if I feel unsafe with my body	PSHE A2.13 I can discuss who to access support from if I have concerns about my body or my safety	PSHE A3.13 I know the importance of persevering when communicating concerns to appropriate adults about concerns, and that it's not always right to keep secrets
		PSHE A1.14 I know how to keep certain parts my body private and covered and follow the PANTS rules.	PSHE A2.14 I recognise the differences between appropriate and inappropriate physical and other contact	PSHE A3.14 I understand that there are boundaries of appropriateness in friendships with peers and others including online
B. Physical and Mental Wellbeing	Mental Health	PSHE B1.1 I can identify times when there has been change in my life	PSHE B2.1 I can reflect on changes and how felt during this time	PSHE B3.1 can discuss the challenges of making choices
		PSHE B1.2 I can identify ways that I could get help if I were in need	PSHE B2.2 I can identify choices that I might make when there is change in my life	PSHE B3.2 I can describe how times of change can be difficult
		PSHE B1.3 I can list a normal range of emotions (happiness, sadness, anger, fear, surprise)	PSHE B2.3 I can plan things that I can do to help me feel better if I am finding life hard	PSHE B3.3 I can plan ways to support my peers and self in times of need and develop resilience
		PSHE B1.4 I can show or express my emotions	PSHE B2.4 I can describe the importance of expressing emotions	PSHE B3.4 I can discuss when emotions relate to real life situations
			PSHE B2.5 I can explain that my mental wellbeing is as important as my physical health	PSHE B3.5 I can practice short self-care techniques (e.g., mindfulness, importance of rest, time spent with friends and family, benefits of hobbies and interests)
		PSHE B1.5 I can explain who to go to if I am worried about myself or someone else	PSHE B2.6 I know how to speak to someone if I feel isolated or lonely.	PSHE B3.6 I can explore emotions that are multifaceted with intention and outcome
				PSHE B3.7 I can identify when emotions are expressed in healthy and unhealthy ways

	Internet safety and harms	PSHE B1.6 I can make positive choices about how to use the internet for learning and enjoyment	PSHE B2.7 I understand that there is a consequence to my online actions	PSHE B3.8 I can recognise that things I share online leave a digital footprint
		PSHE B1.7 I know what to do if I feel unsafe when using the internet	PSHE B2.8 I understand what bullying looks like in real life and online	PSHE B3.9 I can discuss how cyber bullying (and other forms of bullying) has a negative and often long-lasting effect on wellbeing
	Physical fitness and health	PSHE B1.8 I can name ways to be physically active each day and week	PSHE B2.9 I can record how active I am each week and recognise if this is healthy or unhealthy	PSHE B3.10 I can explain why regular, safe exercise is good for fitness and health, and risks associated with an inactive lifestyle
		Healthy eating	PSHE B1.9 I can describe what constitutes a healthy diet	PSHE B2.10 I can describe the nutrition of a healthy diet including the balanced plate
	PSHE B1.10 I can plan and prepare a healthy dish		PSHE B2.11 I know how to plan a healthy meal	PSHE B3.12 I can identify the risks associated with an unhealthy eating and other behaviours
	Drugs, alcohol and tobacco		PSHE B2.12 I can identify the importance of looking after my body through healthy lifestyles	PSHE B3.13 I can explain how legal and illegal harmful substances can affect humans and their associated risks
				PSHE B3.14 I can identify who to access support from if me or someone I know has issues with drugs
	Health and prevention	PSHE B1.11 I know how I need to brush my teeth and keep myself clean and hygienic	PSHE B2.13 I practice daily good hygiene (dental and body) and understand how germs can be spread	PSHE B3.15 I recognise how viruses, bacteria and germs can be spread amongst people and why vaccination is important
		PSHE B1.12 I can list the things that I need to help keep me well – good sleep, a healthy diet and access to medicine when needed	PSHE B2.14 I can recognise when someone might not be as healthy by some of the changes that may take place to their body	PSHE B3.16 I can discuss how factors such as sun damage, lack of sleep or illnesses can have short and long term effects on our bodies

	Basic first aid	PSHE B1.13 I know how to make a clear call to emergency services	PSHE B2.15 I know how to react if someone is hurt or ill	PSHE B3.17 I know how to administer basic first aid including common injuries or head injuries
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	Changing adolescent body			PSHE B3.18 I can identify changes in my body that happen in puberty
				PSHE B3.19 I can recognise that my emotions may also change in relation to my changing body
Aspect C: Living in the Wider World	Roles and Responsibilities	PSHE C1.1 I can discuss 'trying my best' and when this is good enough	PSHE C2.1 I can consider the different pathways that people might take in life	PSHE C3.1 I can discuss the importance of role models in the community
		PSHE C1.2 I can describe what values/ behaviors a person can show and what a role model is	PSHE C2.2 I can explain how good values and behaviors can make someone a positive person or hero	PSHE C3.2 I understand that it is important to behave responsibly and how the consequences of people's behaviours can affect others
		PSHE C1.3 I know why we have rules and the importance of following these in class or in school	PSHE C2.3 I can discuss the idea of 'personal strengths' and 'equal rights' and what these mean	PSHE C3.3 I can identify organisations in communities and the wider world that help people with their rights
				PSHE C3.4 I understand the concepts of anarchy, democracy, and monarchy in society
	Communities	PSHE C1.4 I can identify jobs in my community	PSHE C2.4 I can identify my personal community	PSHE C3.5 I am aware of what anti-social behavior means and its effect in the community
		PSHE C1.5 I can describe what a community is	PSHE C2.5 I can discuss the importance of being connected to others and how this can support them	PSHE C3.6 I can plan ways in which to actively help an identified community
		PSHE C1.6 I can describe ways in which we show thanks to others and help others	PSHE C2.6 I can explore cultural connectedness and identify	PSHE C3.7 I can reflect on making a positive difference or change in my school and local community
		PSHE C1.7 I can describe how I have done something to help our community	PSHE C2.7 I know how to treat people the way we expect to be treated, with respect, including those in positions of authority	PSHE C3.8 I can consider how to create change locally, nationally, or globally using words and actions to address global issues
	Money and finance	PSHE C1.8 I can recognise money in coin and note form	PSHE C2.8 I can discuss how money is earned and spent	PSHE C3.9 I recognise how money works in society and how it can sometimes affect a society
		PSHE C1.9 I can plan how to spend a given amount of money and if I can afford to buy what I want with the money I have	PSHE C2.9 I can reflect on why I may not be able to afford to buy certain things with a given amount of money	PSHE C3.10 I can consider effective budgeting and choices when considering spending money

		PSHE C1.10 I can recognise different jobs that people do to earn money	PSHE C2.10 I have aspirations for how I will work in the future and how this will affect my economic wellbeing	PSHE C3.11 I can discuss financial terms such as loan, interest, tax, and discount
Discrimination and Diversity		PSHE C1.11 I can describe what I am like as a person that is different from someone else	PSHE C2.11 I can identify what makes me unique	PSHE C3.12 I can celebrate differences between my uniqueness and others
			PSHE C2.12 I can recognise that all people are equal, countless of gender, race, and life choices	PSHE C3.13 I can use the words 'discrimination' and 'stereotype' when discussing scenarios about people and life

Notes: Boxes shaded orange have a direct relationship to the Science National Curriculum