

Milestone Academy
PSPD framework
River & Waterfall Pathway
Phase 1 & 2

PSPD will be embedded across the day to master self help, independence and social skills generalising these skills in a variety of activities. Targets will be transferred into a range of activities experienced in PSPD weekly sessions to consolidate skills across environments with a focus on PSHE and RSE. There are six key areas covered within the Framework and Curriculum map in line with Government guidance. These include: Self awareness, Managing feelings, Healthy lifestyles, Changing and growing, Selfcare-support and safety and The world I live in. Differentiated levels of staff support are available to promote independence as appropriate.

PSPD objectives are accessed through weekly teaching sessions. In addition to PSPD sessions PSPD objectives are achieved through daily routines and functional activities/ lessons. Alongside structured curriculum objectives PSPD is embedded into continuous learning opportunities including:

- Teeth cleaning
- Hair brushing
- Handwashing
- Toileting
- Dressing and undressing skills
- Eating and drinking skills

Individualised Provision Plan targets may also include a range of PSPD skills to be accessed within learning opportunities.

 = Phase 2 only

Level	Self Awareness
M4	<ul style="list-style-type: none"> ● Respond with curiosity to stimuli about the ways in which we are special. ● Respond with curiosity to stimuli about our family. ● Respond with curiosity to stimuli about what anger is and what being angry feels like. ● Respond to stimuli about what feeling upset means. ● Respond to an adult modelling how we can show we are ready to participate in an activity. ● Respond with curiosity to modelling of 'good listening'. ● Respond to 'taking turns' as modelled by both adults and peers.

	<ul style="list-style-type: none"> ● Respond with anticipation to stimuli depicting people who are special to us. ● Respond to stimuli about different feelings we or others may experience.
M5	<ul style="list-style-type: none"> ● Describe ourselves — recognising that there is self and there are others. ● Describe what feeling angry means. ● Describe what feeling upset means. ● Recognise that behaviour which hurts others' bodies or feelings is wrong. ● Demonstrate being alert and ready to listen. ● Demonstrate good listening and describe how to listen to other people. ● Describe times when we take turns in school. ● Identify people who are special to us. ● Give some examples of ways we might let them know they are special to us. ● Recognise what is meant by 'family'. ● Describe times when we may feel unhappy with our friends or family members. ● Demonstrate positive ways we could let others know how we are feeling.
M6	<ul style="list-style-type: none"> ● Identify things we are good at (strengths/talents). ● Describe the ways in which we are special and unique. ● Identify when people are being kind or unkind — either to us or to others. ● Give examples of how our feelings can be hurt. ● Describe how this may make us feel angry, worried or upset. ● Identify reasons why it is important to listen to other people. ● Identify some actions/ behaviours that show we are being polite and courteous to other people. ● Demonstrate ways of playing and working cooperatively. ● Explain what we mean by 'being fair' to one another. ● Describe what makes our family, friends, teachers, carers special to us. ● Identify the people who make up our family. ● Describe ways in which friends, classmates, family members may disagree and 'fall out'. ● Demonstrate some ways of 'making up' after a falling out.
M7	<ul style="list-style-type: none"> ● Describe things that we enjoy or that make us feel happy. ● Identify what we are good at, both in and out of school. ● Recognise that being unique means we might like and be good at different things from other people. ● Identify what teasing means and how people who are teased might feel. ● Give reasons why teasing or name-calling is not acceptable. ● Identify what we can do if others are excluding us or being unkind. ● Identify times when we have listened to others and worked collaboratively. ● Demonstrate ways of sharing opinions, thoughts and ideas on things that matter to us. ● Identify reasons why it may be upsetting for others if we don't wait for our turn. ● Identify some of the qualities our special people/friends may have.

	<ul style="list-style-type: none"> ● Describe positive feelings we may have when we spend time with friends and family. ● Identify whom to tell if something in our family life makes us unhappy or worried. ● Explain how other people may feel differently to us about the same situation and offer some examples. ● Identify how to treat ourselves and others with respect.
M8	<ul style="list-style-type: none"> ● Describe and demonstrate things we can do well and identify areas where we need help to develop. ● Identify hopes/wishes for our future lives. ● Explain what is meant by hurtful behaviour and bullying (including verbal, physical and emotional, e.g. omission/exclusion). ● Recognise that this can happen online. ● Describe and/or demonstrate what we can say or do if we or someone else is being bullied. ● Identify trusted adults to tell if we think we or someone else is being unkind to us or we think we are being bullied. ● Describe some ways of playing and working with others so that everyone feels happy and is able to do their best. ● Demonstrate working collaboratively towards shared goals. ● Recognise occasions when we have worked as a team or in a group to achieve something. ● Describe how to recognise if someone else has missed their 'turn'; explain how this might make them feel: demonstrate how to resolve this. ● Give some practical examples of the ways our special people care for us and help us with problems and difficulties. ● Identify different types of family. ● Explain why it is important to listen to others' point of view; demonstrate active listening; demonstrate simple ways of resolving disagreements. ● Describe what it means to 'fall out' with friends or family. ● Identify what might make someone feel that they are in an unhappy or unhealthy friendship or relationship.
M9	<ul style="list-style-type: none"> ● Identify things we can do for ourselves to help us develop our strengths and those areas where we need help from others. ● Identify my own hopes/ aspirations; explain in simple terms how we might achieve them. ● Explain that all bullying is abusive and some can be prejudice-based (e.g. because of someone's skin colour, religion, the way they look, their disability or their family setting). ● Recognise that this is unacceptable behaviour and that a trusted adult needs to be told about it. ● Identify different positive responses we can take towards unkind behaviour and bullying. ● Describe what we can do (including whom to tell) if we witness or experience hurtful behaviour or bullying. ● Explain why listening and respecting others' points of view helps us to get on with others. ● Identify and demonstrate ways of improving our own practice when working in a team. ● Offer constructive feedback to support others working in our team. ● Explain why 'turn-taking' can help everyone to feel included. ● Explain that if people we like do unkind things to us or our friends we do not have to tolerate it. ● Identify ways in which we can get help if people have been unkind to us or our friends. ● Describe ways in which families can be different.

	<ul style="list-style-type: none"> ● Explain that our feelings about other people can change and that this is okay. ● Identify kind ways of letting people know our feelings towards them have changed. ● Identify what we can say, do or whom we can tell if we are worried or unhappy in a friendship or relationship.
L1	<ul style="list-style-type: none"> ● Describe some ways of playing and working with others so that everyone feels happy and is able to do their best. ● Demonstrate working collaboratively towards shared goals. ● Give reasons and quantities to where we might get money from. ● I can demonstrate working collaboratively towards a shared goal. ● Explain that if people we like do unkind things to us or our friends we do not have to tolerate it. ● Explore ways the lives of children around the country may be different or the same to our own. ● Explain how other people may feel differently to us about the same situation and demonstrate some examples.
L2	<ul style="list-style-type: none"> ● Describe when we, or adults we know, might need to wait to save up for something. ● I can recognise occasions when we have worked together to achieve a shared goal. ● Identify ways in which we can get help if people have been unkind to us or our friends. Describe ways in which families can be different. ● Describe some of the ways other children may live in different parts of the world Explore how we can connect with people around the world safely. ● I can identify how to treat ourselves and others with respect.
L3	<ul style="list-style-type: none"> ● Identify possible consequences of losing money on self/others. Extent to who to go to or how to seek help. ● I can identify and demonstrate ways of improving our own practise when working as a team. ● Explain that our feelings about other people can change and that this is okay. Identify kind ways of letting people know our feelings towards them have changed. ● compare and give reasons for how children live differently in other countries. Explore how we can connect with people around the world safely. ● Explain why it is important to listen to others point of view, demonstrate active listening, demonstrate simple ways of resolving disagreements.

Level	Self Care, Support & Safety
M4	<ul style="list-style-type: none"> ● Respond to stimuli about the people who look after us. ● Respond to stimuli about keeping physically safe. ● Respond with curiosity to stimuli about the adults who are responsible for keeping us safe. ● Respond to stimuli about the different ways we can communicate with adults in school. ● Respond to stimuli about ways of asking for help. ● Respond to stimuli about what we mean by keeping a secret and what we mean by a surprise.

	<ul style="list-style-type: none"> ● Respond with curiosity to adult modelling of different ways that people communicate with each other. ● Respond to stimuli about things that belong to us. ● Respond to stimuli about what is meant by the word private. ● Respond to stimuli about things we might do with other people and things we would do on our own.
M5	<ul style="list-style-type: none"> ● Identify people who look after us and help us to take care of ourselves. ● Describe some simple ways we can help keep ourselves physically safe in school. ● Identify trusted adults in school. ● Recognise things we would call 'personal' and things we would call 'private'. ● Recognise what keeping something secret means. ● Identify someone who can help us if we are afraid or worried. ● Describe some ways that we use to communicate, including online. ● Identify and recognise some personal belongings. ● Recognise the difference between something that is private and something that is public. ● Explain that we have a right to keep our bodies private.
M6	<ul style="list-style-type: none"> ● Identify some of the ways in which we may be cared for by our families, friends and other adults. ● Identify some simple self-care techniques (e.g. brushing teeth, washing hands, getting dressed etc.). ● Give simple reasons why it is important to help keep ourselves physically safe. ● Describe ways to help keep ourselves physically safe out of school, on the way to school and when out with family, carers or friends. ● Explain how we know when we might need to ask for help. ● Identify people at home, school and in other settings who are responsible for helping us keep physically safe. ● Explain why 'trust' is not the same as 'like'. ● Give examples of what is meant by trust. ● Identify how we feel when we trust someone. ● Identify some reasons for keeping personal information private. ● Identify the difference between a 'surprise' and a 'secret'. ● Recognise that people do not have to keep secrets; that it is important to tell or show someone if we are worried, afraid or sad. ● Demonstrate how to ask for help or attract someone's attention if something happens that makes us feel sad, worried or frightened. ● Demonstrate simple ways of communicating our choices to others. ● Give examples of how people might use technology to communicate with others. ● Identify some risks of communicating online. ● Describe ways we take care of our personal belongings. ● Identify places that are public and places that are private. ● Identify some of the places/times/situations which we or others would expect to be 'private'. ● Give simple examples of some things we might do in private but never in public.

M7	<ul style="list-style-type: none"> ● Identify things we can do by ourselves to look after ourselves and stay healthy and things we need adult help with. ● Name and describe feelings associated with not feeling safe (e.g. worried, scared, frightened) and identify trusted adults who can help us if we feel this way. ● Demonstrate ways of making it clear to others when we need help. ● Describe some simple rules for keeping safe near water, railways, roads and fire. ● Recognise that we do not have to trust someone just because they say we should. ● Recognise that no adult should ever ask us to keep a secret but that sometimes we don't tell others about a nice surprise that they will find out about eventually, so as not to spoil the surprise. ● Explain that we should not keep any secret that makes us feel uncomfortable, afraid, worried or anxious, no matter who asks us. ● Explain when and why to ask an adult for help if we're asked to share information or keep a secret. ● Describe simple ways of keeping safe online, such as using passwords or having adult help to access the internet. ● Explain that there may be people online who do not have our best interests at heart. ● Identify things that we should never share online without checking with a trusted adult first. ● Demonstrate how to ask to borrow or use something that belongs to someone else. ● Explain what is/is not appropriate to do in a public place; give reasons why this is the case (include masturbation if appropriate). ● Explain that there are likely to be things about ourselves we are comfortable sharing with everyone; things we are comfortable sharing with our friends; things we are comfortable sharing with our most special people and things we do not want to, or should not share with anyone.
M8	<ul style="list-style-type: none"> ● Identify some simple ways we can help to keep ourselves well. ● Identify simple ways some germs/illnesses may be spread. ● Identify some different responsibilities we may have to help keep ourselves and others safe. ● Identify when someone might need first aid because they are hurt/ injured. ● Explain why it is important to persist with asking for help if our initial requests are not met or understood. ● Describe 'degrees of trust'— those people we can trust with less important things, and those we can trust with our most important things (e.g. possessions, information about us or our feelings). ● Explain that if we don't feel sure about sharing information or feel pressured, we don't have to. ● Give examples of how others may put us under pressure to do something. ● Explain what a 'dare' is and what people might say or do if they are 'daring' us. ● Identify some basic strategies for saying 'no' to pressure or dares. ● Identify whom to tell in different situations and what we could say. ● Explain how other people's identity online can be different to what it actually is in real life. ● Explain how to respond if we're not sure if someone online is who they say they are. ● Identify some benefits of balancing time on electronic devices with other activities. ● Describe how we might feel if our personal belongings are lost or damaged. ● Demonstrate how to tell a trusted adult if someone damages, or we have lost, our personal belongings. ● Explain the importance of respecting others' belongings, privacy and feelings. ● Identify practical strategies to ensure our privacy and that of others.

M9	<ul style="list-style-type: none"> ● Describe different ways we keep ourselves healthy and well. ● Explain or demonstrate what we and others can do to prevent the spread of germs and why this is important. ● Evaluate ways of keeping safe in a variety of relevant situations and identify possible risks and hazards. ● Describe some simple strategies for keeping physically safe in situations when we might feel afraid. ● Recognise when a situation is an emergency and explain or demonstrate how to get help, including how to call 999. ● Give examples of when we might take back our trust if we feel someone no longer deserves it. ● Describe how we might feel if someone has dared us to do something. ● Explain or demonstrate strategies to resist pressure to behave in inappropriate ways. ● Demonstrate what we can say and do and where to get help if we have been pressured, or seen someone else being pressured, to do something risky. ● Demonstrate practical strategies for keeping safe when using specific digital devices and platforms. ● Explain how what we post online might affect ourselves or others ● Describe strategies to help us stop and think about the possible consequences for ourselves or others before we post something online. ● Identify basic rules for using social media, including age restrictions and why they exist. ● Identify whom we can talk to, or report concerns to, if someone asks us for, or sends us, an image or information that makes us feel uncomfortable. ● Demonstrate ways to give and not give permission when asked to lend belongings. ● Explain why we must respect the rights of others who may refuse to lend something to us; explain why this does not mean they do not like us. ● Explain what we can do/ say or whom we can tell if someone does not respect our privacy, or shares something with us that makes us feel uncomfortable. ● Explain why we should tell a trusted adult even if someone has told us not to.
L1	<ul style="list-style-type: none"> ● Identify practical strategies to ensure our privacy and that of others. ● Identify some different responsibilities we may have to help keep ourselves and others safe. ● Describe when we, or adults we know, might need to wait to save up for something. ● Identify some things that we should never share online without checking with a trusted adult first. ● Demonstrate ways to give and not give permission when asked to lend belongings. ● Begin to compare the durations of different events. ● Demonstrate ways of making it clear to others when we need help.
L2	<ul style="list-style-type: none"> ● Explain what we can do/ say or whom we can tell if someone does not respect our privacy, or shares something with us that makes us feel uncomfortable. ● Describe some of the ways other children may live in different parts of the world Explore how we can connect with people around the world safely. ● Explain how others' identity online may not be who they are in real life. ● Explain how to respond if we're not sure if someone online is who they say they are.

	<ul style="list-style-type: none"> ● Explain why we must respect the rights of others who may refuse to lend something to us; explain why this does not mean they do not like us. ● Describe when we, or adults we know, might need to wait to save up for something. ● Identify some different responsibilities we may have to help keep ourselves and others safe including punctuality.
L3	<ul style="list-style-type: none"> ● Explain why we should tell a trusted adult even if someone has told us not to. ● Compare and give reasons for how children live differently in other countries ● Explore how we can connect with people around the world safely. ● Demonstrate practical strategies for keeping safe when using specific digital devices and platforms. Explain how what we post online might affect ourselves or others. ● Identify possible consequences of losing money on self/others. Extent to who to go to or how to seek help. ● Explain why it is important to persist in asking for help if our initial requests are not met or understood. Evaluate ways of keeping safe in a variety of relevant situations and identify risks and hazards.

Level	Managing feelings
M4	<ul style="list-style-type: none"> ● Respond with curiosity to stimuli about different emotions. ● Respond with curiosity to stimuli which depict facial expressions representing different emotions/feelings. ● Respond to stimuli about some of the different ways we can communicate our feelings and needs to others.
M5	<ul style="list-style-type: none"> ● Describe different kinds of feelings we may have experienced; those we like and those we don't like. ● Identify things that make us feel happy. ● Identify things that may make us cry/feel sad. ● Identify what makes us feel upset, angry, worried, anxious, frightened. ● Identify some different ways of communicating feelings and needs to others.
M6	<ul style="list-style-type: none"> ● Describe some good (comfortable) and not so good (uncomfortable) feelings; describe how they might make our body feel. ● Recognise that when we experience a change or a loss we may feel sad/ unhappy. ● Identify signs, actions, facial expressions, body language which can help us identify how others might be feeling. ● Demonstrate vocabulary/ communication skills to express a range of different feelings. ● Recognise ways we can help ourselves to feel better if we are feeling sad or upset.
M7	<ul style="list-style-type: none"> ● Explain why no-one has the right to make us feel unhappy, afraid, worried, and sad or make us do things we do not want to. ● Describe and demonstrate simple strategies that can help us manage not so good (uncomfortable) feelings and the people who can help us.

	<ul style="list-style-type: none"> • Demonstrate simple strategies to help us manage very strong feelings, including in response to change and loss.
M8	<ul style="list-style-type: none"> • Demonstrate vocabulary/ communication skills for expressing the intensity of a feeling. • Give simple reasons why it is important that others know how we are feeling. • Describe some simple ways we can help others to feel better if they are feeling sad or upset. • Explain how rest and spending time doing things we enjoy can help to make us feel happy.
M9	<ul style="list-style-type: none"> • Explain that everyone experiences a range of feelings at different times (e.g. feeling happy, excited, sad, angry, fearful, surprised, nervous). • Explain that when we get upset, angry or frustrated our actions can affect others as well as ourselves. • Describe or demonstrate how to respond appropriately to others' feelings.
L1	<ul style="list-style-type: none"> • Give simple reasons why it is important that others know how we are feeling. Describe some simple ways we can help others to feel better if they are feeling sad or upset. • Explain why no-one has the right to make us feel unhappy, afraid, worried, and sad or make us do things we do not want to. • Explain why no-one has the right to make us feel sad, scared, frightened, anxious or sad or make us do things that we don't want to do.
L2	<ul style="list-style-type: none"> • Explain how rest and spending time doing things we enjoy can help to make us feel happy. • Demonstrate vocabulary/ communication skills for expressing the intensity of a feeling. • Demonstrate vocabulary to express the different intensities of feelings you have inside, or towards others.
L3	<ul style="list-style-type: none"> • Explain that when we get upset, angry or frustrated our actions can affect others as well as ourselves. Describe or demonstrate how to respond appropriately to others' feelings. • Explain that everyone experiences a range of feelings at different times (e.g. feeling happy, excited, sad, angry, fearful, surprised, nervous). • Explain that when we experience negative emotions these can affect others around us especially through our actions.

Level	Changing and Growing
M4	<ul style="list-style-type: none"> • Respond with curiosity to prompting about babies, what they look like and how they behave; about how we have changed since we were a baby. • Respond with curiosity to adult prompting of the names for body parts and changes of puberty. • Respond with interest to stimuli about different kinds of daily physical contact we experience. • Respond to adult modelling/visual stimuli for how to show through our responses if we are unhappy/uncomfortable with the way someone is touching us. • Respond to stimuli about some of the different kinds of relationships there are within families.

M5	<ul style="list-style-type: none"> ● Identify some of the differences between a baby, child and adult. ● Recognise correct vocabulary for some of the main body parts, including genitalia. ● Recognise that bodies change as people become adults, including the onset of menstruation (when appropriate). ● Identify some of the ways trusted adults/family members may physically touch us as part of our daily care, during play or to show affection. ● Demonstrate ways we can let people who help us know if we are not comfortable with the way we are being touched. ● Give examples of different types of relationships. ● Identify the people who make up our family.
M6	<ul style="list-style-type: none"> ● Describe how our needs have changed since we were a baby. ● Describe the main physical differences between male and female bodies, including the onset of menstruation at puberty (when appropriate). ● Identify whom we can talk to about growing and changing. ● Explain that our bodies belong to us and that we have a right to feel safe. ● Recognise the need to respect other people's bodies and to ask for permission before we touch them. ● Explain when and why physical contact may be inappropriate (e.g. it causes us to feel upset, hurts us, we feel uncomfortable about it). ● Identify occasions when it might be okay for someone to make us feel uncomfortable (injections, cleaning cuts or grazes); that these might be when we are unwell, injured or need medical treatment. ● Identify different types of family. ● Recognizing others' families in school may be different from their family.
M7	<ul style="list-style-type: none"> ● Describe some of the things we can do now that we couldn't do when we were younger. ● Describe some of the physical changes that occur as we grow up (e.g. body shape, height, menstruation). ● Describe different types of physical contact; explain how to differentiate between acceptable and unacceptable, comfortable and uncomfortable necessary and unnecessary physical contact. ● Describe or demonstrate how to respond to unwanted physical contact; how to let someone know we don't like it or want it. ● Identify trusted adults we can tell. ● Identify some of the ways in which we may be cared for by our families, friends and other adults who care for us. ● Explain that two people who love and care for one another can be in a romantic relationship; that this is different from a friendship.
M8	<ul style="list-style-type: none"> ● Identify stages of the human life cycle. ● Describe what happens during puberty, including mood swings, emotional changes, menstruation and wet dreams/ejaculation, hair growth, skin and voice changes (where appropriate). ● Use correct vocabulary to name male and female reproductive organs. ● Recognise that during and after puberty, some people enjoy masturbating, and this should be done in private (where appropriate).

	<ul style="list-style-type: none"> ● Explain that we have the right to protect our bodies from inappropriate/ unwanted touching. ● Explain how we can respect other people's right to protect their bodies from inappropriate/ unwanted touching. ● Explain when and whom to tell if we are worried, and the importance of persisting in telling until we feel comfortable and safe. ● Recognise that two people in a long term relationship might live together or be married (or in a civil partnership); that getting married must always be a choice both people make together. ● Recognise that two people who love and care for one another may or may not have children. ● Identify some of the roles and responsibilities of parents and carers.
M9	<ul style="list-style-type: none"> ● Explain how the needs of babies, children, adults and older people differ. ● Recognise that people experience the physical and emotional changes of puberty over different lengths of time. ● Identify reliable sources of advice on growing and changing. ● Identify someone we could safely go to for help if we are worried about ourselves or someone else. ● Explain the features of a healthy and positive friendship or family relationship. ● Identify whom to tell if something in our family life makes us unhappy or worried. ● Recognise that relationships, including marriage and civil partnership, can be between people of any gender.
L1	<ul style="list-style-type: none"> ● Explain how we can respect other people's right to protect their bodies from inappropriate/ unwanted touching. ● Identify some substances or chemicals around the home that we should never taste or swallow and where we might come across them. ● Identify patterns in behaviour and needs associated with different stages of the human life cycle. ● Demonstrate how we might disagree with someone and still be friends. Recognise that friends do not always know what is best for us.
L2	<ul style="list-style-type: none"> ● Explain when and whom to tell if we are worried, and the importance of persisting in telling until we feel comfortable and safe. ● Explain the choices we might make (or an adult who takes care of us might make) about how to keep well. ● Explain how the needs of babies, children, adults and older people differ. Include medical and first aid needs. ● Describe the ways in which friends may show that they care about us. Explain that sometimes friendships may end.
L3	<ul style="list-style-type: none"> ● Identify someone we could safely go to for help if we are worried about ourselves or someone else. ● Recognise and give examples of the difference between someone who is responsible (e.g. doctors/pharmacists) to give us medicines or a drug, and someone who is not (e.g. friend or stranger.). ● Identify individual needs associated with different stages of the human life cycle. ● Identify positive strategies to manage inappropriate behaviour towards us.

Level	Healthy Lifestyles
M4	<ul style="list-style-type: none"> ● Respond to different stimuli about what it means to be 'healthy'. ● Respond with curiosity to adult modelling/sensory stimuli about ways we take care of our bodies. ● Respond to stimuli about the ways pain can affect different parts of our body and how we can communicate to someone that we are in pain. ● Respond with curiosity to stimuli about the people who help us when we are feeling unwell.
M5	<ul style="list-style-type: none"> ● Identify foods that we like and dislike to eat. ● Demonstrate or communicate an example of taking care of our bodies (e.g. skin, hair or teeth). ● Recognise the importance of simple rules for sun safety. ● Recognise how we feel if we have not had enough sleep. ● Demonstrate how to tell someone that we are feeling ill, uncomfortable, or are in pain. ● Explain that when we are hurt or unwell we may have to go to bed, see a nurse or doctor, or go to the hospital. ● Recognise that we may be given medicines to help us get better and that these will be given to us by a nurse or doctor (or by our parents/carer looking after us).
M6	<ul style="list-style-type: none"> ● Identify some examples of healthy foods. ● Identify some examples of foods that should only be eaten once in a while. ● Describe or demonstrate simple hygiene routines. ● Identify the physical activities we like doing; describe how they might make us feel (physically and emotionally). ● Describe some simple ways of staying safe in the sun. ● Recognise that sleeping well is one way we can stay healthy. ● Explain what it means to be hurt, unwell, uncomfortable or in pain. ● Identify medication that can help people to keep well; give examples of when this might be used. ● Identify the difference between things that go on our body (creams, lotions) and things that go in our bodies (injections, tablets, liquid medicine). ● Identify some substances or chemicals around the home that we should never taste or swallow; and where we might come across them.
M7	<ul style="list-style-type: none"> ● Explain why some foods are healthier than others. ● Explain why we might need to eat foods we might not like very much.

	<ul style="list-style-type: none"> ● Give reasons why it is important to take care of personal hygiene. ● Describe some of the different ways to be physically healthy. ● Explain how the physical activities we enjoy doing help to keep us healthy. ● Describe simple routines for going to bed/going to sleep. ● Identify some symptoms we may experience when we are not feeling well. ● Explain the decisions we (or an adult who takes care of us) might make about how to keep us well. ● Recognise that people sometimes need to take medicines in different forms, including tablets, injections, inhalers. ● Explain why it is important not to touch, taste or take medicines without a trusted adult being with us. ● Explain why we should never take someone else's medication.
M8	<ul style="list-style-type: none"> ● Explain what it means to eat a healthy, balanced diet. ● Give examples of occasions when we can make choices about the foods that we like to eat. ● Explain what can help us choose what to eat. ● Recognise that some people may not be able to eat certain foods because they will make them ill (allergies). ● Describe what might happen if we don't take care of our personal hygiene. ● Explain some of the benefits of balancing exercise, food and rest. ● Identify what might happen to our bodies if we don't protect them from overexposure to the sun. ● Recognise and give examples of the difference between someone who can give us medicines/ drugs (e.g. doctors, nurses, pharmacists) and someone who cannot (e.g. our friends). ● Describe that sometimes we may be given an injection by a doctor or nurse to help to prevent us from catching a disease (vaccination). ● Explain why we should not accept medicines/ drugs from anyone (unless a responsible/ qualified person has given it to them for us, e.g. our parents/carers/trusted adults). ● Describe how smoking and drinking alcohol can affect people's health. ● Identify whom we can talk to if we are worried about health.
M9	<ul style="list-style-type: none"> ● Describe which foods we should only eat occasionally and explain why eating too much of them could harm our health. ● Identify some influences on our food choices, and when these might be positive or negative. ● Explain why it is important to take care of our bodies both now and in the future. ● Explain some things that can stop us sleeping well, and suggest ways to manage these. ● Recognise how spending excessive time on electronic devices can affect sleep, mental and physical

	<p>wellbeing.</p> <ul style="list-style-type: none"> • Give reasons why there are rules about what we can and should not put inside our bodies; and explain what these are. • Identify some possible side effects of substances that are not meant for children to consume (e.g. alcohol). • Explain that no-one should ever make us, or try and persuade us to drink alcohol, smoke, taste or swallow anything we are not sure is safe or that is against our wishes, and that we have a right to say no. • Identify simple strategies we can use if we are offered a cigarette, alcohol or other type of substance.
L1	<ul style="list-style-type: none"> • Recognise and give examples of the difference between someone who can give us medicines/ drugs (e.g. doctors, nurses, pharmacists) and someone who cannot (e.g. our friends). • Describe that sometimes we may be given an injection by a doctor or nurse to help to prevent us from catching a disease (Holiday). • Explain how the physical activities we like doing help to keep us healthy. • Describe some simple routines for going to bed and to sleep. • Explain that we have the right to protect our bodies from Inappropriate/ unwanted touching. • Explain how we can respect other people's rights to protect their bodies from inappropriate touching.
L2	<ul style="list-style-type: none"> • Recognise and give examples of the difference between someone who can give us medicines/ drugs (e.g. doctors, nurses, pharmacists) and someone who cannot (e.g. our friends). • Describe that sometimes we may be given an injection by a doctor or nurse to help to prevent us from catching a disease (vaccination). • Describe what might happen if we don't take care of our personal hygiene or basic sun safety. • Explain how we can respect other people's right to protect their bodies from inappropriate/ unwanted touching. • Explain when and whom to tell if we are worried, and the importance of persisting in telling until we feel comfortable and safe.
L3	<ul style="list-style-type: none"> • Give reasons why there are rules about what we can and should not put inside our bodies; and explain what these are. • Identify some possible side effects of substances that are not meant for children to consume (e.g. alcohol). • Explain that no-one should ever make us, or try and persuade us to drink alcohol, smoke, taste or swallow anything we are not sure is safe or that is against our wishes, and that we have a right to say no. • Explain some of the benefits of balancing exercise, food and rest. • Explain that our bodies should be looked after and that female genital mutilation (FGM) (removing or injuring female genitalia for non medical reasons) is wrong and illegal, even if some adults think it is necessary. (Where appropriate.)

Level	The world I live in
M4	<ul style="list-style-type: none"> ● Respond to stimuli with awareness and curiosity about the physical differences between people. ● Respond to stimuli about the different jobs adults in school do. ● Respond to stimuli or adult modelling about the things we are allowed to do in school. ● Respond to stimuli which demonstrate the ways in which we are cared for by trusted adults. ● Respond to stimuli about the different pets people have and ways of caring for them. ● Respond to stimuli about the different groups we belong to (e.g. family, school, clubs, faith). ● Respond with curiosity to stimuli about what money looks like. ● Respond with curiosity to stimuli about different items that shops sell. ● Respond with curiosity to stimuli about some of the uses of money.
M5	<ul style="list-style-type: none"> ● Identify simple differences and similarities between people. ● Identify some different jobs that people we know do. ● Give some simple examples of things we are allowed/not allowed to do in school (rules). ● Identify simple ways in which we may take care of people and/or animals. ● Identify some different groups that we may belong to (e.g. family, school, clubs, faith). ● Recognise money (e.g. coins and notes) and what it is used for. ● Identify items in shops that are sold for money (including online).
M6	<ul style="list-style-type: none"> ● Describe things that all people have in common. ● Identify some differences and similarities between people in terms of ethnicity, culture, religious identity etc. (protected characteristics in the Equality Act 2010). ● Identify some of the ways in which different adults who work in school contribute to school life. ● Explain how rules help us; rules we have in the classroom and at home. ● Give reasons why it is important to take care of people, animals and all living things. ● Describe things we do in the groups we belong to. ● Identify places or situations where money is used to pay for things (e.g. shops, cafés, on the bus/ train). ● Recognise some different ways to pay for things (e.g. coins, notes, bank cards, online, phone payment). ● Explain some different ways of keeping money safe.
M7	<ul style="list-style-type: none"> ● Recognise that people who share one characteristic (e.g. race, religion, gender or disability) are all different and unique. ● Explain that we should never make assumptions about people because they belong to a particular group or share

	<p>a particular characteristic.</p> <ul style="list-style-type: none"> ● Describe a range of jobs that people might have and the qualities they might need to do them. ● Identify a job we might like to do in the future. ● Identify particular rules in school that help to keep us safe and how they do this. ● Describe our own home and explain how we and family members may take care of it. ● Describe how being part of a group makes us feel. ● Identify specific things we take part in as a member of these groups. ● Identify where we may get money from and for what reasons (e.g. presents from relatives or pocket money from a family member). ● Identify things we (or adults we know) might spend money on, such as food, clothes and things we need to help us to live. ● Identify why some ways of keeping money safe might be better than others.
M8	<ul style="list-style-type: none"> ● Identify possible reasons for why some people might be rude or unkind towards others because they are 'different' (prejudiced) and treat them unfairly because of it (discriminate). ● Give reasons why it is always unacceptable to be rude or unkind towards other people; identify whom we could talk to if we experienced or observed this. ● Identify jobs people do in the wider community that can help in an emergency (fire-fighters, police, ambulance staff, hospital staff); explain how the community is helped through the work they do. ● Explain how rules and laws help us to live and work with other people outside of school. ● Explain how we can take care of our school environment. ● Explain the importance of routines in taking care of people or pets. ● Describe what it means to be part of a community. ● Identify different groups that make up our community. ● Identify what is meant by a 'need' and a 'want' in relation to spending money. ● Give some simple examples of what might be a 'need' and a 'want'. ● Explain what it means to save money and why we might do it.
M9	<ul style="list-style-type: none"> ● Recognise that we may sometimes hear or read something (including online) that is rude and unkind about other people and explain ways we can safely respond, including how to report it. ● Explain why we should not 'like' or 'forward' such comments online; identify whom we could talk to about them. ● Explain why we should not call emergency services for a joke or a dare; describe the possible impact this might have on ourselves or others.

	<ul style="list-style-type: none"> ● Recognise how strengths, qualities and things we learn in school might link to possible future jobs. ● Identify what might happen if we did not have rules and laws or if people ignored them. ● Explain what might happen if the wider environment is not taken care of (e.g. litter, graffiti, vandalism, pollution). ● Explain how it feels to be part of a community. ● Suggest ways we can help people to feel welcome in the different groups and communities we belong to. ● Explain what is meant by the term 'afford' (in the context of money). ● Identify possible consequences of losing money on ourselves or others; whom to go to or how to seek help if this happens to us.
L1	<ul style="list-style-type: none"> ● Explain how other people's identity may not be who they say they are online. ● Identify what might happen if we didn't have rules or if people ignored them. ● Give reasons and quantities to where we might get money from. ● Describe some ways in which things may be bought (coins, notes, cards, using smartphones, contactless payment).
L2	<ul style="list-style-type: none"> ● Identify what we should do if we suspect someone online is not who they say they are, or if we experience negativity through online platforms. ● Explain why we should not call emergency services or do activities online for a 'joke' or a 'dare'; describe the possible impact this might have on self and others. ● Describe when we, or adults we know, might need to wait to save up for something. ● Explain what is meant by the term 'afford' (in the context of money).
L3	<ul style="list-style-type: none"> ● Explain how what we post online might affect ourselves and others. ● Describe some of the ways other children may live in different parts of the world; give simple reasons for how these may be different to our lives (clothes, appearance, daily routines). ● Identify possible consequences of losing money on self/others. Extent to who to go to or how to seek help. ● Give some simple examples of what is a 'need' and what is a 'want' in terms of buying something.