

P.S.H.C.E.

PSHE

Me and My Relationships

	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
Feelings	To be able to recognise and be sensitive to the differences of others	To be able to talk about feelings and what can cause them	To be able to name different feelings and how they might make me behave	To be able to suggest ways of dealing with 'not so good' feelings and how to help others	To be able to express my feelings in a safe, controlled way	To be able to tell someone how they are making me feel				
Getting Help	To be able to name people who help me and describe ways to help others	To be able to tell you which trusted adults I can ask for help	To be able to recognise when I need help and who to ask	To be able to tell you which trusted adults at home and school keep me safe	To be able to tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me					
Being a Good Friend	To be able to help a friend if they are sad or worried	To be able to listen to others and wait my turn to speak	To be able to give you lots of ideas about being what makes a good friend and also tell you how I try to be a good friend							

Valuing Difference

	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
Recognising and Respecting Difference	To be able to celebrate our differences	To be able to talk about my family life	To be able to listen and be polite to what others tell me about their lives	To be able to say ways in which people are similar as well as different	To be able to say why things sometimes seem unfair, even if they are not to me	To be able to be respectful of those who are different to me				
Being Kind and Caring	To be able to be kind, caring and helpful to others	To be able to talk about what bullying is	To be able to say ways to show kindness towards others	To be able to describe how someone can change someone's feelings	To be able to name and suggest strategies to someone who feels left out	To be able to be kind and use kind words to my friends				

P.S.H.C.E. Continued

Valuing Difference Continued

	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
Listening Skills	To be able to show good listening	To be able to tell you why it is important to show good listening to people who think differently to me	To be able to tell you why it is important to show good listening to people who think differently to me							

Keeping Safe

	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
Asking for Help and Staying Safe	To be able to name some things that can be dangerous inside and outside	To be able to tell you what is safe to play online and who to talk to if I feel worried.	To be able to name the adults who keep me safe and when I might need their help	To be able to say what I can do if I have strong, but not so good feelings, to help me stay safe	To be able to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping myself and others safe.	To be able to say what I do and don't like and who to ask for help	To be able to give some examples of safe and unsafe secrets and I can think of safe people who can help if something feels wrong			
Healthy and Safe Body	To be able to tell you what my body needs to stay healthy	To be able to talk about the things my body needs to stay well (exercise, sleep, healthy foods)	To be able to say 'no' to unwanted touch and ask for help from a trusted adult	To be able to give examples of touches that are ok or not ok (even if they haven't happened to me) and I can identify a safe person to tell if I felt 'not OK' about something						
Medicines	To be able to make safe decisions around medicines and things I don't know	To be able to say when medicines can be helpful or might be harmful	To be able to tell you how to stay safe around medicine	To be able to keep myself safe around medicines. I can explain that they can be helpful or harmful, and say how they can be used safely						

P.S.H.C.E. Continued

Rights and Responsibilities

	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
Looking After Myself	To be able to wash my hands correctly	To be able to ask for help from a trusted adult								
Looking After Environment	To be able to help my family	To be able to help to clean and tidy my home and classroom	To be able to tell you some ways to look after our world	To be able to name ways to look after my home and school	To be able to look after a special person or thing	To be able to name some ways I can look after my environment				
Looking After Money	To be able to talk about looking after money	To be able to tell you some things that money is spent on	To be able to make choices with money							
Co-operation and Self-Regulation	To be able to be kind to friends and others	To be able to get help if someone has hurt themselves	To be able to make choices that help me play and work well with others	To be able to use some strategies when I feel upset or angry						

P.S.H.C.E. Continued

Being My Best										
	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
Keeping Healthy	To be able to make my own healthy food choices	I To be able to make healthy sleep and exercise choices	To be able to choose a healthy meal with different food groups	To be able to explain how hand hygiene stops virus' and germs from spreading	To be able to give examples of what I can do and give to my body to stay healthy	To be able to name different parts of my body that are inside me and help to turn food into energy				
Growth Mindset	To be able to keep trying if the way I choose doesn't work	To be able to talk about the different types of feelings we have	To be able to have a go at something new	To be able to be persistent when learning a new skill	To be able to name a few different ideas of what I can do if I find something difficult	To be able to help my friends when they fall out.	To be able to explain why praise helps me to keep trying.	To be able to explain what happens when I learn something new	To be able to explain how setting a goal or goals will help me to achieve what I want to be able to do	
Growing and Changing										
	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10
Life Cycles	To be able to describe the life cycle of an animal	To be able to describe how a baby grows to an adult and what they might need	To be able to tell you some things about how babies are made							
My Body	To be able to tell you the scientific names for my body parts	To be able to tell you the PANTS rule	To be able to name the body parts girls and boys have that are the same and which body parts are different	To be able to describe the stages of growth I have been through and what I look forward to in my future	To be able to name the human private parts that are used to make a baby	To be able to talk about keeping private parts private				
Becoming Independent / Asking for Help	To be able to tell you some things that babies need	To be able to tell you what I can do now that I couldn't do as a toddler and some things that I am still learning to do	To be able to talk about how safe secrets and surprises make me feel and who to talk to if I am worried	To be able to name the adults I can talk to at home and school if I need help	To be able to give support to a friend	To be able to describe feelings of loss and suggest what someone can do if a friend moves away				