



Personal, Social, Health and Economic (PSHE) Learning Milestones



Curriculum area \ Key Stage	End of Key Stage 1	End of Lower Key Stage 2	End of Upper Key Stage 2
Health and Wellbeing	<p>Recognises safe and unsafe situations in public and online and responds appropriately.</p> <p>Understands how to stay healthy and physically active.</p> <p>Understands a range of feelings, their effects and how to manage them.</p>	<p>Understands that people are unique and their attributes, and the way they express and manage their feelings is part of this.</p> <p>Knows about puberty and how bodies change during it.</p> <p>How to recognise, predict, assess and manage risk in different situations including online, and the purpose of law.</p>	<p>Understands the importance of, and relationship between, physical and mental health, including the ways this can be affected by factors such as choices, friendships and drugs.</p>
Relationships	<p>Understands what makes a good friend and what is appropriate physical contact.</p> <p>Recognises types of bullying including online and how to report it.</p>	<p>Recognises how behaviour (including online) affects others and responds appropriately and understands what constitutes respectful behaviour.</p>	<p>Understands different types of relationship and how they can change over time.</p> <p>Understands puberty, reproduction and how babies are cared for.</p>
Living in the wider world	<p>Understands that money is earned through working and recognises a variety of jobs, requiring varying skills.</p>	<p>Can show care for people and animals and recognises a collective responsibility to help protect the world.</p> <p>Discusses topical issues, sharing their thoughts and opinions.</p>	<p>Recognises the potential impact of the media on people's wellbeing.</p> <p>Recognises and appropriately responds to unsafe or suspicious content that is upsetting, frightening or untrue.</p>