St Nicholas C of E Primary School

PSHE Curriculum Journey

Personal, Social and Emotional Development

EYFS

END OF EYFS

Years 1 & 2

How does it feel to belong?

What differences are there between you and your friends?

What healthy choices do you make?

How have you changed since being a baby?

Are there always differences?

How do our faces/ bodies change as we get older?

How does it feel to set a goal and achieve it?

How can we help each other when things are difficult?

Who are the members of your family?

Why is it important to be responsible?

Which foods do our bodies need?

Who are the people around us we can trust?

MILESTONE 1

Years 3 & 4

How can you be more resilient?

What characteristics do you like about you?

What rights should all children have?

Is it good to have dreams and goals?

How are we special, unique and different?

What do you need in order to learn?

Do relationships stay the same?

How do people in our school community help us to learn?

How are the changes that happen to a boy and girl different?

How would you help someone else in a scary situation?

Is being healthy only about eating well and being active?

How do you manage change?

MILESTONE 2

Years 5 & 6

Can you recognise when your mind is open and ready to learn?

Do you understand the different types of bullying?

Can you think of realistic dreams and goals?

Can you keep safe in the online community?

What skills do you need in an emergency situation?

How do you maintain positive body image throughout puberty?

Can you be an advocate to help make the world a better place?

How can you make a decision a democratic one?

What strategies could you use to solve a conflict?

How can you take care of your mental health?

What ways can you manage stress?

How do maintain positive self-esteem?

MILESTONE 3

Year 7

	Being me in my World
	Celebrating differences
	Dreams and Goals
	Healthy Me
	Relationships
	Changing Me