



East Preston Infant School

End of Year Milestones – PSHE/RSE

What must children achieve in PSHE/RSE in order to be ready for next year?

Reception:

Self-Regulation:

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

Managing Self:

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge
- Explain the reasons for rules, know right from wrong and try to behave accordingly
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.

Building Relationships:

- Work and play cooperatively and take turns with others
- Form positive attachments to adults and friendships with peers
- Show sensitivity to their own and to others' needs.

Year One:

Families and people who care for me

Pupils should be beginning to know:

- that families are important for children growing up because they can give love, security and stability.
- the characteristics of healthy family life
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Caring friendships

Pupils should be beginning to know:

- how important friendships are in making us feel happy and secure
- the characteristics of friendships
- that healthy friendships are positive and welcoming towards others, do not make others feel lonely or excluded and that most friendships have ups and downs
- how to recognise who to trust and who not to trust



- how to judge when a friendship is making them feel unhappy or uncomfortable and how to seek help or advice from others, if needed

Respectful relationships

Pupils should be beginning to know:

- the importance of respecting others, even when they are very different from them.
- practical steps they can take in a range of different contexts to improve or support respectful relationships.
- the conventions of courtesy and manners.
- the importance of self-respect and how this links to their own happiness.
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- what a stereotype is, and how stereotypes can be unfair
- the importance of permission-seeking and giving in relationships with friends, peers and adults.

Online relationships

Pupils should be beginning to know:

- that people sometimes behave differently online, including by pretending to be someone they are not.
- the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- how information and data is shared and used online.

Being safe

Pupils should be beginning to know:

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- about the concept of privacy, including that it is not always right to keep secrets if they relate to being safe.
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- how to recognise and report feelings of being unsafe
- how to report concerns or abuse, the vocabulary and confidence needed to do so and where to get advice e.g. family, school and/or other sources

Year Two:

Families and people who care for me

Pupils should know:

- that families are important for children growing up because they can give love, security and stability.



- the characteristics of healthy family life
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

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