



Learning for Life Curriculum

(PSHE / Relationships & Health Education)

Expectations for the end of Key Stage 1

Families and People who care for me

- Who is in my family?
- What does my family do for me?
- Who do I care for?
- Who is special to me
- Are all families the same as
- Is family life the same for everyone?

Caring Friendships

- How do I make friends?
- How do I look after my friends?
- What makes a good friend?
- How should I treat my friends?

Respectful Relationships

- What is the same and what is different about us?
- How can I be kind to others?
- How should I treat people who are different to me?
- What is bullying and what should I do about it?

Online Relationships

- How does the internet let me talk to family and friends?
- How can I meet my friends online?
- What is my Personal Information?
- What do I do if someone I don't know wants to be my friend online?
- How do I treat people online?

Expectations for the end of lower KS 2

Families and People who care for me

- What is a family?
- What are families like?
- Why do families not all look the same?
- What is marriage?

Caring Friendships

- Why might friendships change?
- How can I be a good friend?

Respectful Relationships

- What does respect mean? Can I respect myself?
- Why do manners matter?
- How can people be different to me?
- What are some of the bad ways people can behave towards each other?
- Is it OK not to like someone?
- How should I treat people who are not my friends?
- How do I know if I am being bullied and what can I do about it?

Online Relationships

- How do I know if I can trust people I meet online?
- How do I keep myself online?
- How should I behave online?

Expectations for the end of Upper KS 2

Families and People who care for me

- What are the different kinds of families and partnerships?
- Why are families important for having babies and bringing them up?

Caring Friendships

- How do I know if someone will be a trustworthy friend?
- What is a healthy friendship?
- What should I do if I fall out with my friends?
- How do friendships change as we grow?

Respectful Relationships

- What are the important relationships in my life now?
- Can relationships be harmful?
- What is love and how do we show love?
- What is a stereo-type?
- Can people of the same sex love one another?
- What do the words 'lesbian' and 'gay' mean?
- How can I say 'no' to someone if I feel uncomfortable in a relationship?
- What should I do if someone is being bullied or abused?

Online Relationships

- What are the risks of meeting people online?
- What are the important things I must do when talking to people online?
- How can my data be used online?
- What must I do if I am not happy with how I ma being treated online?

Expectations for the end of Key Stage 1

Being Safe

- Who keeps me safe at home?
- Who can I go to if I am worried about something or feel unsafe?
- Should I always keep secrets?
- What is safe touch and unsafe touch?
- What things do I need to keep safe?
- Who helps me to stay safe outside of my home?
- What rules are there to keep me safe and how do they do this
- What can I do to help others stay safe?

Well-Being, Feeling healthy

- How do I feel?
- How do we recognise our feelings?
- How can I keep myself healthy?
- What helps us grow and stay health
- What makes me special?
- What helps us grow and stay healthy
- What can I do to keep myself healthy?

Changes

- How do I manage changes that happen to me?
- How can I make positive changes in my life?

Living Together

- What jobs do people in my community do?
- How can I be a responsible member of our community?
- What we can we do with money?

Expectations for the end of Lower KS 2

Being Safe

- What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable?
- What is the difference between good and bad choices?
- How might my choices affect people around me?
- How could I ask for help if I feel unsafe?

Well-Being, Feeling healthy

- How can we manage our feelings?
- How can we manage risk in different places?
- What is my personal space?
- Why is it important to look after my health
- How can I do this?

Good to be Me

- What is self – esteem?
- What makes me feel good about myself?
- How do I face personal challenges?

Changes

- What is puberty?
- What changes will take place when I start puberty?
- How do I care for myself?

Living Together

- What are my responsibilities as a member of the global community?
- How do my actions affect the wider world?

Expectations for the end of Upper KS 2

Being Safe

- What are the dangers away from home
- Why do we have rules and laws?
- How are these enforced and what can I do to help?

Well-Being, Feeling healthy

- How do I change as I grow?
- What makes up our identity?
- How can drugs affect health?
- How can we get help in an accident or emergency?
- How are physical and mental health linked?
- How can I recognise a mental health difficulty?
- What are the important factors in ensuring good health
- How can I care for my physical and mental health?

Changes

- How do I change as I grow?
- What changes for me as I grow?

The Media

- What is the media?
- Should I believe everything I read online?
- What things can I share on social media?
- What should I do if I see something inappropriate online?
- Can I believe everything I see on TV about perfect bodies/relationships/girls and boys... to be true?

Living Together

- What decisions can people make with money?

Sex Education

- Why does my body change during puberty?
- How are babies made?

