

**Milestone**

**RSE/PSHE Lower Key Stage 2 Cycle A**

To be on target, most Year 4 children will be at the 'expected' level.

	Basic: (All)	Expected: (Most)	Deep: (Some)
<b>LIVING IN THE WIDER WORLD: AIMING HIGH</b>			
Discuss their personal achievements and skills			
Identify what a positive learning attitude is			
Talk about a range of jobs that people do			
Discuss what skills and interests are needed for different jobs			
Talk about jobs they might do in the future			
Discuss what skills they need to do certain jobs			
Identify skills and attributes that are useful in many roles			
Identify elements of a growth mindset			
Identify and challenge stereotypes			
Discuss goals they should set to work towards their ambitions			
Discuss challenges many people face and how some overcome these			
Discuss the impact that a growth mindset can have achieving our goals			
Understand that our goals can change and explain why this might happen			
Explain the impact of stereotypes and why they need to be challenged			
Identify limitations to achieving goals and discuss how challenges can be overcome			
<b>LIVING IN THE WIDER WORLD: MONEY MATTERS</b>			
Discuss where money comes from			
Talk about reasons people go to work			
Discuss payment resources we can use to spend money			
Consider why and how people might borrow money			
Discuss the choices we have about how to spend our money			
Explain ways we can keep track of what we spend			
Discuss some consequences financial decisions can have on our emotional wellbeing			
Discuss the importance of prioritising our spending			
Discuss advertisements that try to influence what we buy			
Explain why it is important to keep track of what we spend			
Discuss what is meant by ethical spending			
Discuss choices people can make about borrowing and saving			
Talk about how prioritising can lead to saving money for expenses we might need			



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Discuss why advertisements try to influence what we buy			
Identify how keeping track of our spending can help us prioritise and save for other spending that we need to do			
Explain some ways spending decisions can have environmental impact			
<b>HEALTH &amp; WELLBEING: THINK POSITIVE</b>			
Understand that it is important to look after our mental health			
Recognise and describe a range of positive and negative emotions			
Discuss changes people may experience in their lives and how they might make them feel			
Talk about things that make them happy and help them to stay calm			
Identify uncomfortable emotions and what can cause them			
Discuss the characteristics of a good learner			
Understand that having a positive attitude is good for our mental health			
Understand the causes of negative thoughts			
Identify ways to cope with negative thoughts			
Understand the impact certain changes can have on people and how it can affect them emotionally			
Identify some mindfulness techniques and discuss which they like us to use			
Identify strategies to cope with uncomfortable emotions			
Understand the implications of having negative thoughts and their impact on our actions and behaviour			
Describe the mindfulness and why it is helpful in supporting good mental health			
Understand that puberty and the hormonal changes our bodies go through can be the cause of new and difficult emotions			
Understand the need for our thinking brain to gain control over our feelings brain			
Understand the implications of having a positive attitude towards of learning			
<b>HEALTH &amp; WELLBEING: IT'S MY BODY</b>			
Understand the importance of sleep, exercise and healthy eating			
Discuss what happens to muscles when we exercise them			



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Understand they can choose what happens to their body and know when a 'secret' should be shared			
Explain that too much sugar is bad for health			
Know the difference between medicine and harmful drugs and chemicals			
Explain how germs travel and spread disease			
Identify ways to protect their bodies from ill health			
List some effects of sleep deprivation			
Explain the effect of exercise on the heart			
Know how to get help for themselves or another in the case of serious problems			
Explain why eating a balanced diet is important			
Know how to check medicine instructions			
Know how to inhibit the spread of germs			
Explain the importance of vaccinations and immunisations			
Describe how a bedtime routine improves the chance of a good night's sleep			
Explain why muscles tremble when fatigued			
Know the signs of serious problems			
Explain why eating a rainbow of food increases minerals and micronutrient intake			
Explain what different hazard signs mean			
Explain the difference between bacterial and viral infections			
<b>RELATIONSHIPS: TEAM</b>			
Use pictures to express their thoughts, feelings and worries			
Plan and create a role play about a team scenario			
With support, read clues and work as a team to solve a crime			
With support, identify a feeling and how it is being expressed			
Show the resolution to a dispute through pictures and with the key words given			
Use a word mat to create a list of good deeds they can contribute			
Work with a partner to write down a change that has come with starting a new class			
Create a role play scenario about a team scenario			
Read clues and work as a team to solve a crime			
Identify a feeling and how it is expressed			
Show the resolution to a dispute through pictures			
Create a list of good deed ideas			
Discuss why we have worries and concerns at times of change			



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Discuss who would benefit in the team scenarios acted out in role play			
Discuss the impact on resolving the crime if one team mate had not read their clue			
Recreate a feelings scenario using a freeze frame			
Explain how a dispute can be resolved using pictures and words			
Analyse how their good deed ideas would benefit the team and beyond			
<b>RELATIONSHIPS: BE YOURSELF</b>			
List some of their achievements and say why they are proud of them			
Identify facial expressions associated with different feelings			
Describe some strategies that they could use to help them cope with uncomfortable feelings			
Suggest assertive solutions to scenarios			
Explain that the messages they receive from the media about how they should look, think and behave are not always realistic			
Suggest ways to make things right after a mistake has been made			
Explain that mistakes help them to learn and grow			
Identify their own strengths			
Explain that how they are feeling on the inside can affect their facial expressions and body language			
Identify and begin to implement strategies to help them cope with uncomfortable feelings			
Begin to demonstrate appropriately assertive behaviour			
Analyse messages given by the media about how they should look and behave			
Demonstrate how they are going to make things right after mistakes have been made			
Explain what they have learnt and how they have grown from mistakes they have made			
Discuss how they could use their strengths and achievements to set aspirational goals			
Support others with their internal feelings according to their facial expressions and body language			
Suggest strategies to others to help them cope with any uncomfortable feelings they may be experiencing			
Identify if behaviour is aggressive, passive or assertive			
Discuss the impact on others of making amends after a mistake has been made			