

Milestone

RSE/PSHE Lower Key Stage 2 Cycle B

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

	Basic: (All)	Expected: (Most)	Deep: (Some)
LIVING IN THE WIDER WORLD: DIVERSE BRITAIN			
Describe what is like to live in Britain			
Talk about what democracy is			
Talk about what rules and laws are			
Talk about what liberty means			
Describe a diverse society			
Describe what being British means to them			
Describe the benefits of living in a diverse and multicultural society			
Understand why democracy is important			
Identify how rules and laws help them			
Identify the rights of the British people			
Describe what being British means to others			
Show empathy for situations where people are not living in a democracy			
Think in detail about what society would be like without rules and laws			
Explain in detail their own thoughts on human rights			
Discuss with confidence why showing respect and being tolerant of others is important			
Identify how respect of differing opinions and ideas to their own can be shown			
LIVING IN THE WIDER WORLD: ONE WORLD			
Describe similarities and differences between people's lives			
Identify opinions that are different from their own			
Express their own opinions			
Recognise that their actions and impact on people in different countries			
Know what climate change is			
Know there are organisations working to help people in challenging situations in other communities			
Give reasons for similarities and differences between people's lives			
Detail if they feel something is fair or not			
Give reasons for their own opinions			
Recognise how their actions impact on people in different countries			
Discuss climate change in terms of what it is and its effects			
Explain how organisations help people in need			
Explain in detail why similarities and differences between people's arise			
Reflect on ways in which we can tackle inequality			



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	Basic: (All)	Expected: (Most)	Deep: (Some)
Make considered decisions based on all opinions			
Detail to others what actions can be taken to make the world a fairer place			
Describe what can be done to reduce the effects of climate change			
HEALTH & WELLBEING: GROWING UP			
Name the main male and female body parts needed for reproduction			
Describe some of the changes boys go through during puberty			
Describe some of the changes girls go through during puberty			
Describe some feelings young people might experience as they grow up			
Talk about their own family and relationships with it			
Understand that there are many different types of families			
Identify similarities and differences in different loving relationships			
Explain in simple terms how babies are made and how they are born			
Identify someone they could talk to about their changing body should they need to			
Explain what the male and female body parts are for			
Discuss ways in which people can deal with or overcome emotions experienced during puberty			
Show respect for the differences between different families			
Describe the different types of relationships that exist without prejudice			
Show an awareness of myths surrounding pregnancy and birth			
Describe the conception and birth of a baby using some scientific vocabulary			
Use correct scientific vocabulary to discuss male and female body parts and what they are for			
Ask mature questions about puberty and the changes people experience			
Use a range of technical terms when discussing differences in sex, gender identity and sexual orientation			
Use scientific vocabulary to accurately explain how babies are made and how they are born			
Consider why this topic is sensitive and difficult for some people to explore			



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HEALTH & WELLBEING: SAFETY FIRST			
Identify and discuss some school rules for staying safe and healthy			
List some of the dangers we face when we are using roads, water and railways			
Describe drugs, cigarettes, and alcohol in basic terms			
Identify some common injuries and know they can be treated with first aid			
Recognise hazards and dangers in emergency situations			
State 999 as the number to call to seek help in an emergency			
Appreciate what being responsible means and name some of their responsibilities			
Give examples of a range of risky or dangerous situations			
Appreciate that doing something risky may lead to danger			
Describe where pressure to do things can come from; identify people who can help us in an emergency			
Identify safety precautions that can be taken when using roads, water and railways			
Explain some of the ways in which drugs cigarettes and alcohol affect the human body			
Explain some of the ways to treat common injuries			
Explain how to keep themselves and other safe in an emergency situation			
Identify what information will need to be shared with an emergency services operator			
Appreciate that their own decisions and behaviour can impact on their safety and the safety of others			
Appreciate the differences between good risks and dangerous risks			
Consider the impact of accepting a dare			
Appreciate that the most courageous thing is to say no			
Identify sources of pressure to behave in a certain way, other than peer pressure			
Advise others on how to stay safe around roads, water and railways			
Appreciate that some drugs are helpful, others are harmful and all drugs can be harmful if not taken correctly			
Advise others on how to give first aid			
RELATIONSHIPS: VIPS			
With support, discuss how the impact of our attitudes affects us when trying to make new friendships			



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With support, plan out how they will be an anonymous friend over the week			
Use a support sheet to discuss the dares within a story			
Use a support sheet to create a role play about positive resolution techniques			
Create a poster with ideas to help someone is being bullied, with a support sheet of ideas			
Discuss how our attitudes impact new friendships being made			
Create a plan for being an anonymous friend over the course of the week			
Reflect on the different characters in the dares story and discuss the different outcomes for each character			
Work together to create a role play about positive resolution techniques			
Create a poster with ideas to help someone who is being bullied			
Discuss the need to have a variety of friends with differing personalities			
Discuss being supportive and loyal in a healthy friendship and what to do in an unhealthy friendship			
Discuss how the dare story could be resolved			
Discuss times when applying positive resolution techniques could be tricky and discuss how this could be overcome			
Create a storyline to address why a bully might have started bullying			
RELATIONSHIPS: DIGITAL WELLBEING			
Identify some positives and negatives of the internet			
Explain what to do if they experience or see bullying online			
Explain ways to communicate safely online and identify ways to get support if they do not feel safe			
Assess the reliability of online information			
Explain what personal information includes			
Know why we shouldn't share passwords and private information			
Explain why we have rules and restrictions around the technology we use			
Recognise why it is important to balance time online and offline for wellbeing			
Emphasise with a cyberbullying victim			
Respond appropriately to different online scenarios			
Recognise the role they play in sharing information responsibly online			



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Understand the consequences of sharing certain information, images and videos online			
Explain the potential negative impact for sharing things online			
Write their own play to show how to report concerns around cyberbullying			
Discuss why some people trust a person they have never met and how they can maintain their safety when they are communicating			
Create their own manipulated and real messages for other children to assess for reliability and manipulation			
Discuss secure passwords and learn about ways of creating safe and secure passwords			
Create their own examples of when 'The Golden Rule' would be useful to apply, both online and offline			