

**Milestone**

**RSE/PSHE Upper Key Stage 2 Cycle B**

To be on target, most Year 6 children will be at the 'expected' level.

	Basic: (All)	Expected: (Most)	Deep: (Some)
<b>LIVING IN THE WIDER WORLD: DIVERSE BRITAIN</b>			
Talk about the range of faiths and ethnicities in Britain			
Explain how and why laws are made			
Explain what a community is			
Discuss some roles of local government			
Describe the basic structure of national government			
Talk about the role of charities and voluntary groups in the community			
Identify ways of showing respect to people of all faiths and ethnicities			
Explain what it means to belong to a community			
Identify how laws help them			
Discuss local Government in relation to democracy and human rights			
Discuss national government in relation to democracy and human rights			
Identify how charities and voluntary groups help meet the needs of all people in the community			
Show empathy for different people, including those who might have experience of not being respected			
Think in detail about what society would be like without rules and laws			
Explain in detail how they can make a positive contribution to their community			
Discuss, with confidence, how they make would be actively involved in local and national government			
Identify how they can make a positive difference to their community and country			
<b>LIVING IN THE WIDER WORLD: ONE WORLD</b>			
Explain what a global citizen is			
Say what global warming is			
Understand that human energy use can harm the environment			
Understand the importance of not wasting water			
Understand what biodiversity is			
Understand that their choices can have far reaching consequences			
Explain how to be a responsible global citizen			
Describe what can be done to help prevent global warming from getting worse			
Explain how energy use can be changed to help the environment			
Detail the responsible use of water			
Understand the importance of biodiversity			



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Describe the impact of their choices for people and places around the world			
Encourage others to be responsible global citizens			
Reflect on how the impact of global warming may affect future lives			
Develop their own thoughts and ideas on sustainability			
Reflect on the ways in which water supply and use is affected by global warming			
Develop a secure knowledge of what can be done to encourage and sustain biodiversity			
Begin to analyse their decisions and choices to greater depth			
<b>HEALTH &amp; WELL-BEING: GROWING UP</b>			
Name physical changes young people will experience during puberty			
Describe emotional changes young people might experience during puberty			
Appreciate that there is no such thing as a perfect body			
List things that all loving relationships have in common			
Explain what a sexual relationship is			
Understand that some infections can be passed on during sexual intercourse, but that contraception can help this			
Explain how babies are conceived and how they are born			
Identify someone they could talk to about their changing body should they need to			
Explain how to look after their bodies during puberty			
Name some ways to cope with new and or difficult emotions			
Describe some of the ways in which the media fuels the notions of a perfect body			
Describe the different types of loving relationships that exist			
Explain the laws around sexual relationships			
Explain what contraception is, how it is used and what it is used for			
Use a range of key vocabulary when discussing differences in sex, gender identify and sexual orientation			
Use scientific vocabulary to accurately explain how babies are made and how they are born			
Describe the process from conception to birth and needs of the foetus			
Explain why young people experience physical and emotional changes during puberty			



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Tailor advice to others in specific situations, regarding how to manage changing emotions			
Challenge society's perceptions of a perfect body			
Discuss the way different types of relationships are viewed in society			
Consider how some couples in loving relationships have children in ways other than male-female reproduction through sexual intercourse			
Ask mature questions about puberty and the changes people experience			
Consider the sensitive nature of this topic, why it can be difficult to discuss and what could be done to improve this			
<b>HEALTH &amp; WELL-BEING: SAFETY FIRST</b>			
Describe what a dare is and identify situations involving peer pressure			
Know when to seek help in risky and dangerous situations			
Identify and discuss some school rules for staying safe and healthy			
Recall the number to dial in an emergency			
List some of the hazards you might find at home			
Understand some substances at home can be dangerous			
List some of the dangers we face when we are around roads, railways and water			
Know the key points of the firework code			
Appreciate what being responsible means			
Assess the situation for the level of risk			
Appreciate that doing something risky may lead to danger			
Identify people who can help us in an emergency			
Understand the importance of taking action to reduce the risk of harm			
Explain how we know which substances around the home are chemicals			
Identify safety precautions that can be taken when using roads, railways and water			
Appreciate that their own decisions and behaviour can impact on their safety and the safety of others			
Consider the impact of accepting a dare			
Appreciate that the most courageous thing is to refuse a dare			
Identify sources of pressure to behave in a certain way, other than peer pressure			



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Discuss a range of emergencies and the different responses that would be most appropriate			
Understand some basic first-aid			
Identify points of action to take responsibility for my own safety at home			
Advise others on how to stay safe around roads, water and railways			
<b>RELATIONSHIPS: VIPS</b>			
Share ideas for ways we can care for our VIPs			
Create a poster to show a calming technique with support			
Discuss how a disagreement can be handled with support			
Explain ways to resist pressure with support			
Identify which secrets are ok to keep and which need to be shared and support			
Identify some aspects of healthy and unhealthy relationships			
Identify different types of relationships			
Create a list to show different ways we can care for our VIPs			
Show a calming technique on a poster			
Discuss how a disagreement could either be avoided or handled			
Write and explain what to do when feeling pressured			
Identify and discuss which secrets are ok to keep and which need to be shared			
Identify healthy and unhealthy types of relationships			
Generate further ways we can care for our VIPs			
Identify the best calming technique to use in a particular situation			
Give clear examples of how different opinions can be given in a respectful way			
Consider different ways to resist behaving under pressure, in a range of situations			
Debate whether keeping secrets for other people is ok			
Take part in a discussion on how unhealthy relationships could be identified			
<b>RELATIONSHIPS: DIGITAL WELLBEING</b>			
Identify the benefits and risks of the internet			
Understand it is important to look after their digital wellbeing			
Recognise the signs of inappropriate and harmful online relationships			
Identify the benefits and risks of social media			



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Understand that online bullying is wrong and what to do to get help to make it stop			
Explain that not all information online is true			
Explain how they can look after their digital wellbeing			
Discuss how to stay safe, healthy and happy online when using digital technology			
Explain how to develop safe, respectful and healthy online relationships			
Understand how to use social media responsibly			
Identify online bullying behaviours and talk about what they can do to help themselves and others if it seen or experienced			
Describe strategies they can use to assess the reliability of online information and images			
Support others in looking after their digital wellbeing			
Explain how time spent online affects their wellbeing			
Describe how responsible social media use helps protect the wellbeing and rights of people			
Encourage others to say no to online bullying			
Reflect on actions they are going to take to help stop the spread of fake news			