

PSHE RSE Knowledge Milestones Whole School

The Big Ideas in PSHE RSE

SPA PSHE and RSE Milestones

Relationships is an umbrella theme that is woven into every Big Idea. We need to be **self-aware** to form good, healthy relationships and ensure we are safe. We learn to **manage our feelings** with every experience of a relationship, including family, friendships, peer relationships, teacher relationships and our relationship with our own beliefs and opinions, including our understanding and implementation of a **healthy lifestyle**, all of which we navigate as we **change and grow**. How we navigate **living in the wider world**, contributing to the community, asking for help and our tolerance, understanding and empathy of others is also interwoven with relationships.

Self-awareness	Self-care, support and safety	Managing Feelings	Changing and growing	Healthy Lifestyles (physical and mental health)	Living in the wider world
What are my interests, strengths, passions, aspirations? How are we all special and unique? Who is my family? What does family mean to me? Who am I? What do I need help with? How can I accept help? How does behaviour affect other people? What is self-respect? Do I feel the same or different to others? How can we express ourselves with respect and why is this important? How can I show respect and tolerance? What are my rights, opinions and beliefs? Who do I trust?	What is the SPA Way? Why do we have rules? How can I keep safe in familiar and unfamiliar environments? Who in the community is here to help me? How can I keep my personal information private? How can I stay safe online? What constitutes an emergency and how can I help? What can people put into their body or onto their skin and how can these affect people? Is it OK to keep some things private or secret? What should I do if I don't feel safe in a relationship?	What are the zones of regulation? What happens to our brains when we don't think through our actions? What am I feeling? What is empathy and how can I use it to navigate relationships? How can I identify feelings? What can I do about my feelings? What strategies can I use to resolve conflict? What is bullying? What do I do if I think someone might be being bullied? How can I express myself confidently and respectfully? How can I manage strong feelings?	What types of relationships are there in the world? What makes families different and similar? What is a positive, healthy family life? What role does friendship play in my life? How do friendships change over time? How can I manage peer influences and friendships? How can I prepare for change and how will change impact me? How will I change as I grow? What happens to my body as I grow? What strategies can I employ to cope with change? What is consent? How can I keep myself safe?	What does it mean to be healthy? How can my habits have both positive and negative effects on a healthy lifestyle? What are the different types of health? What is mental health and who can experience this? Does everyone feel the same? How do I know if I need support with my feelings? How can I express myself in a healthy way? What strategies and behaviours support my mental health? Why is it important to express my feelings?	Does everyone have the same needs? How can I help others? What is diversity and what can I learn from this? What is the rule of law and what consequences can happen if the law is broken? What do we need money for? What does it mean to belong to a community? What communities do I belong to? What different jobs are available? How do I get a job? What might influence career choices?