

KS1 PSHE Phase Ladder

Relationships Education

Families and People who care for me	R8	Identify and respect the difference and similarities between people	
	R9	Identify their special people (family, friends, carers), what makes them special and how special people should care for one another	
	L4	that they belong to different groups and communities such as family and school	
	H13	about people who look after them, their family networks, who to go to if they are worried and how to attract their attraction	
Caring friendships	R2	to recognise that their behaviour can affect other people	
	R4	to recognise what is fair and unfair, kind and unkind, what is right and wrong	
	R11	that people's bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)	
	R6	to listen to other people and play and work co-operatively (including strategies to solve simple arguments)	
	R12	to recognise when people are being unkind, either to them or others, how to respond, who to tell and what to say	
Respectful relationships	R13	to recognise different types of teasing and bullying, to understand that these are wrong and unacceptable.	
	L3	that living people and other living things have rights and that everyone has responsibilities to protect those rights (including protecting others' bodies and feelings; being able to take turns, share and understand the need to return things that have been borrowed)	
	R14	strategies to resist teasing or bullying if they experience or witness it, who to go to and how to get help.	
Online Relationships	H12	Rules for and ways of keeping physically and emotionally safe, including responsibly ICT use and online safety.	
	H15	To recognise that they share a responsibility for keep themselves and other safe, when to say "yes, no, I'll ask " and "I'll tell"	
Being Safe	R10	to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond	
	H16	What is meant by 'privacy'; their right to keep things 'private'; the importance of respecting others; privacy.	
	R3	The difference between secrets and nice surprises (that everyone will find out eventually) and the importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid.	

Physical Health and Mental Wellbeing

Mental Wellbeing	H1	what constitutes, and how to maintain, a healthy lifestyle including the benefits or physical activity, rest.	
	H4	about good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings	
	H1	what constitutes, and how to maintain, a healthy lifestyle including the benefits or physical activity, rest. (include Internet Safety and harms and healthy eating)	
	R13	to recognise different types of teasing and bullying, to understand that these are wrong and unacceptable.	
	H13	about people who look after them, their family networks, who to go to if they are worried and how to attract their attraction	
Physical Health and Fitness	H2	to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences	
	H14	about the ways that pupils can help the people who look after them to more easily to protect them	
Drugs, Alcohol and Tobacco	H11	that household products, including medicines can be harmful if not used properly	
Health and Prevention	H6	the importance of, and how to, maintain personal hygiene	
	H7	how some diseases are spread and can be controlled; the responsibilities they have for their own health and that of others; to develop simple skills to help prevent diseases spreading	
Basic First Aid	L10	about the (special people) who work in their community and who are responsible for looking after them and protecting them; how people contact those special people when they need their help, including dialling 999 in an emergency	

* some objectives will be repeated during other topics