

PSHE:			
Step	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
	Ourselves - Growing and Changing	Ourselves - Growing and Changing	
1	Being Ourselves <ul style="list-style-type: none"> Recognise what makes them special. Recognise the ways in which we are all unique. Identify what they are good at, what they like and dislike. 	Being Ourselves <ul style="list-style-type: none"> Recognise the ways in which we are all unique Know about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes) 	Being Ourselves <ul style="list-style-type: none"> Recognise their individuality and personal qualities. Identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth Know about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes). Know that for some people gender identity does not correspond with their biological sex
2	Resilience <ul style="list-style-type: none"> Know how to manage when finding things difficult. 	Resilience <ul style="list-style-type: none"> Know about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking. 	Resilience <ul style="list-style-type: none"> Know about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.
3	Our Bodies <ul style="list-style-type: none"> Name the main parts of the body including external genitalia. 	Our Bodies <ul style="list-style-type: none"> Identify the external genitalia. 	Our Bodies <ul style="list-style-type: none"> Identify the external genitalia. and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.
4	Growing and Changing <ul style="list-style-type: none"> Know about growing and changing from young to old and how people's needs change. Know about dealing with changes in life, e.g. preparing to move to a new class/year group. 	Growing and Changing <ul style="list-style-type: none"> Know about growing and changing from young to old and how people's needs change. Know about dealing with changes in life, e.g. preparing to move to a new class/year group/school. Know about the human life cycle. Develop strategies to manage transitions between classes and key stages. 	Growing and Changing <ul style="list-style-type: none"> Know about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams). Know about the processes of reproduction and birth as part of the human life cycle; how babies are born and how babies need to be cared for. Know about where to get more information, help and advice about growing and changing, especially about puberty. Know about the new opportunities and responsibilities that increasing independence may bring. Develop strategies to manage transitions between classes, key stages and schools.