



Personal, Social, Health and Emotional Education and Relationships and Sex Education

Threshold Concepts and Milestones

In each subject area, we have identified threshold concepts which are the key aspects of the subject. They are chosen to help our children build conceptual understanding within a subject and are repeated in each unit of learning. Threshold concepts enable us to build upon and reinforce prior learning, make connections in learning and develop subject specific language. Our milestones help to define the standard for each threshold concept at identified phases within school. They help us to assess the accumulation of knowledge and skills over time.

	Milestone 1 Year 1 and 2	Milestone 2 Year 3 and 4	Milestone 3 Year 5 and 6
Being Me in My World	<ul style="list-style-type: none"> To understand that we have rights and responsibilities To feel belonging in the class To recognise that the choices they make have consequences 	<ul style="list-style-type: none"> To understand that choices have an impact on others and care how others feel. To face new challenges positively, make responsible choices and ask for help when they need it To understand why rules are needed and how they relate to rights and responsibilities 	<ul style="list-style-type: none"> I can identify my goals for this year, understand my fears and worries about the future and know how to express them I know that there are universal rights for all children but for many children these rights are not met I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities I understand how democracy and having a voice benefits the school community
Celebrating Difference	<ul style="list-style-type: none"> I can identify similarities and differences between people in their class. I know what bullying can be. I know who I can speak to if they are worried or sad. 	<ul style="list-style-type: none"> I understand that everybody's family is different and important to them I understand that differences and conflicts sometimes happen among family members I know what it means to be a witness to bullying I know that witnesses can make the situation better or worse by what they do 	<ul style="list-style-type: none"> I understand there are different perceptions about what normal means I can explain some of the ways in which one person or a group can have power over another I know some of the reasons why people use bullying behaviours I can give examples of people with disabilities who lead amazing lives I can explain ways in which difference can be a source of conflict and a cause for celebration
Dreams and Goals	<ul style="list-style-type: none"> I can set a goal and work out how to achieve it I can tackle a new challenge and understand this might stretch my learning 	<ul style="list-style-type: none"> I understand that sometimes hopes and dreams do not come true and that this can hurt I can identify the contributions made by myself and others to the group's achievement 	<ul style="list-style-type: none"> I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal) I can identify problems in the world that concern me and talk to other people about them

	<ul style="list-style-type: none"> I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them 	<ul style="list-style-type: none"> I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group 	<ul style="list-style-type: none"> I can describe some ways in which I can work with other people to help make the world a better place
Healthy Me	<ul style="list-style-type: none"> I know what I need to keep my body healthy I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy 	<ul style="list-style-type: none"> I recognise how different friendship groups are formed, how I fit into them and the friends I value the most I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke I can recognise when people are putting me under pressure and can explain ways to resist this when I want 	<ul style="list-style-type: none"> I can take responsibility for my health and make choices that benefit my health and well-being I understand that some people can be exploited and made to do things that are against the law I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness
Relationships	<ul style="list-style-type: none"> I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate I can identify some of the things that cause conflict with my friends I recognise and appreciate people who can help me in my family, my school and my community 	<ul style="list-style-type: none"> I can recognise situations which can cause jealousy in relationships I can tell you about someone I know that I no longer see I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older I know how to show love and appreciation to the people and animals who are special to me 	<ul style="list-style-type: none"> I know how to take care of my mental health I understand that there are different stages of grief and that there are different types of loss that cause people to grieve I can recognise when people are trying to gain power or control I can judge whether something online is safe and helpful for me I can use technology positively and safely to communicate with my friends and family
Changing Me	<ul style="list-style-type: none"> I can tell you about the natural process of growing from young to old and understand that this is not in my control I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private I understand there are different types of touch and can tell you which ones I like and don't like I can identify what I am looking forward to when I move to my next class 	<ul style="list-style-type: none"> I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this I can identify changes that have been and may continue to be outside of my control that I learnt to accept 	<ul style="list-style-type: none"> I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally I am aware of my own self-image and how my body image fits into that I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend I am aware of the importance of a positive self-esteem and what I can do to develop it I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.