

It is our intent that the Milford children leave our school **ready** to move onto new challenges and to be **successful** in wherever their lives take them. Through their PSHE learning, Milford children have a positive start to life-long learning and have the **confidence, ability and resilience** to develop their skills and understanding when having new experiences, meeting new challenges and finding themselves in unfamiliar situations. We share a cohesive vision to help children to **understand and value** how they and others are **connected** and how they **contribute** to the world.

	Preschool	EYFS	Year 1	Year 2
Relationships/ Family	<ul style="list-style-type: none"> Share my likes and dislikes with my friends and adults in my classroom Name the different features of my face and parts of my body. Use my senses to explore the world around me. Speak positively about myself Name different feelings and say why I am feeling this way. Say who can help me when I am feeling sad/worried/scared. Talk about my family and my special people Say who looks after me and keeps me safe. Talk about different types of homes. Talk the similarities and differences amongst my friends Know that having differences is a good thing. Talk about differences between my family and my friend's family Talk about differences between my family and my friend's family Play with boys and girls. Think about what a family is Beginning to understand that not all families are the same as mine 	<ul style="list-style-type: none"> Talk about similarities and differences. Name the special people in my life at home Name the people who care for me outside of my home Know that we all have different special people Talk about my own interests. Talk about my family. Talk about how I am the same or different to others. Share my favourite interests and objects. Talk about myself positively. Listen to what others say and respond. Know that every family is different Talk about the similarities and differences between themselves and their friends. Be sensitive towards others and celebrate what makes us all unique. Recognise that I can have things in common with others. Use speaking and listening skills to learn about the lives of my friends. Know the importance of showing care and kindness towards others. Demonstrate skills in building friendships and cooperation. Share my likes and dislikes. Listen to and respect the ideas of my friends. Recognise the similarities and differences between my friends. Talk about why differences should be celebrated. Talk about my family, our customs and traditions. Listen to my friends talk about their experiences. Compare my experiences with my friends. Recognise the similarities and differences between my home and my friends Say what makes my home special and safe. Be sensitive towards my friends Say how we can be kind to others Show how to be friendly Make friends Know that every family is different Talk about the similarities and differences between themselves and their friends. Know that we are all unique. 	<ul style="list-style-type: none"> Know that I belong to a community Say why I feel safe and happy at school Think about how I can feel safe and content in my class. Know how to take care of my belongings Apply our Golden Rules Think about the Golden Rules that help keep us safe and happy Talk about how family and friends should look after each other. Know that we are the same, yet different and are all special Say how I am the same as other people in my class and how I am different Think about the differences between people Know how to make people feel better by listening and talking to them. Know if people are feeling sad. Think about how important it is to think about other people's feelings if they are feeling sad Know how to make someone feel welcome Make someone new feel welcome in my class Think about how important it is to make others feel welcome. Know what bullying behaviour looks like. Ask for help from a trusted adult when I need it. Think about what I can do if I am being bullied. Know how to help a friend. Know how to be a good friend. Think about the importance of having friends and how I can be a good friend to someone when they need it. Say who is in my family. Think about how my family may be different to my friends. Know what I can do with my friends. Name all of my friends. Think about how I can be a good friend. 	<ul style="list-style-type: none"> Know how I can help make my classroom a safe and happy place. Talk about our class charter. Think about feeling safe and happy at school. Know the reasons why we have rules. Apply the school rules. Think about how rules help us to keep safe. Know how to welcome people to our class. Make someone new feel welcome. Think about how to welcome people to our class. Know that we have different likes and dislikes. Talk about my likes and dislikes. Think about how it is okay to be different. Know what helps us learn. Play and learn with others. Think about what helps us learn with others. Know that sometimes I need to listen to other people's ideas. Work with others. Think about how we can work with others by using each other's skills
Rights and responsibilities	<ul style="list-style-type: none"> Say how I can help other people Say why I should help other people Know how to look after my home, my school and the environment 	<ul style="list-style-type: none"> Understand that I can make a difference Say/show how I care and look after my home. Say/show how I care and look after my school and classroom. 	<ul style="list-style-type: none"> Think about how I can feel safe and content in my class. Know how to take care of my belongings Apply our Golden Rules 	<ul style="list-style-type: none"> Talk about our class charter. Think about feeling safe and happy at school. Know the reasons why we have rules. Apply the school rules.

	<ul style="list-style-type: none"> • Say how I can help at home • Talk about how I can look after people in my family • Talk about how I can look after my friends • Talk about what is special in the natural world. • Talk about looking after my world. 	<ul style="list-style-type: none"> • Say/show how I care for my special people. • Say who my special people are. • Understand that my special people might be different to my friends. • Talk about how I can care and look after the natural world. (e.g. recycling, using less energy, wasting less) • Talk about what can happen to living things if the world is not cared for. • Talk about similarities and differences between myself and my friends • Talk about being a good friend • Say why friends are important and how they can help us. • Say/show how to care for a friend that needs help. • Say how I can help people at home, in our school and the wider community. • Think about what makes our world special and beautiful. • Recognise coins and other items relating to money. • Talk about different uses of money. • Talk about why it is important to keep money safe. • Talk about how to save money. 	<ul style="list-style-type: none"> • Think about the Golden Rules that help keep us safe and happy • Know that we all have needs and we need to make sure they are met. • Think about why it is important to follow rules and instructions and to treat my body well. 	<ul style="list-style-type: none"> • Think about how rules help us to keep safe. • Think about why people go to work. • Know where money comes from. • Use money. • Think about where money comes from. • Know I am aware that people in some places are less fortunate than me. • Talk about how others live. • Think about the choices that people have in terms of spending and saving. • Understand that people have choices about what they do with their money. • Know that money can be saved for a use at a future time. • Say how I might feel when I spend money on different things.
<p>Keeping Safe</p>	<ul style="list-style-type: none"> • Say who looks after me at home and at school • Recognise how I feel when something feels wrong and what to do to make it feel better • Talk about what makes me feel safe • Say what I should do if I feel unsafe • Know that there are things at home that should only be used by grown ups • Sort items depending on what they are used for. • Say who can give medicine to children and why. • Know why it is important to stay safe around medicines. • Know why I should safe around unknown products. • Talk about how to stay safe at home and outside. 	<ul style="list-style-type: none"> • Talk about how to keep my body healthy and safe. • Name ways to stay safe around medicines. • Know how to stay safe in my home, classroom and outside. • Know ways to stay safe online. • Name adults in my life that can keep me safe at home and school. • Name things that keep my body safe. • Name things that keep my body clean and safe • Think about how to recognise things that might not be safe. • Take care of myself when I use the internet. • Think about what might happen if unkind messages are sent by email. • Make choices to keep myself safe. • Share my likes and dislikes. 	<ul style="list-style-type: none"> • Know how dangerous fireworks and bonfires can be. • Keep safe if there are fireworks near me. • Think about why it is important to know the fireworks safety code. • Know what bullying behaviour looks like. • Ask for help from a trusted adult when I need it. • Think about what I can do if I am being bullied. • Know how to help a friend. • Know how to be a good friend. • Think about the importance of having friends and how I can be a good friend to someone when they need it. • Know and understand the potential dangers in different environments. • Ask for appropriate help when necessary. • Think about the importance of being able to develop and practice simple ways of keeping safe and for finding help. • Know some rules to help me safely cross a road. • Ask for help from the appropriate people when I need it. • Think about why I should use the safety rules when I am out. • Know that I should not play with fire or I could be burned. I know that fires can be dangerous. • Know how to get help if a fire is started. • Think about why it is important to have a fire escape plan at home and at school. • Know the difference between secrets and surprises • Talk about who to talk to if I am worried • Think about how to keep myself safe 	<ul style="list-style-type: none"> • Know when I am starting to feel angry and know some ways to calm down. • Get along with others even if they do not always see things in the same way as I do. • Think about why it is important to use peaceful problem solving to sort out problems so that both people feel OK. • Know that people will help me if I feel worried by the actions of others. • Ask for help if I am being bullied or if I see someone being bullied. • Think about why I should tell a trusted person about what is happening. • Know how to recognise the feelings of others around me. • Speak thoughtfully so that I don't upset the feelings of others. • Think about how my behaviour affects those around me. • Know that the dark can be dangerous. • Keep myself safe when out in the dark. • Think about what I can do when I go out at night. • Know how to tell someone that there has been an accident. • Keep myself safe when indoors. • Think about the different types of dangers there are indoors. • Know how to be safe when I play and how to get help if I need it. • Take extra care when I play. • Think about the importance of being aware of the things that could possibly happen when I play. • Name and label parts of the body. • Know that my body belongs to me. • Say No! and Stop! • Think about what feels ok and not ok.

			<ul style="list-style-type: none"> • Know some ways to help keep me safe when I am out and about. • Take care when playing outside. • Know what to do if I get lost at the beach. • Keep safe in the sun. • Think about how we can have fun on the beach if we take care. • Know some rules to help keep me safe on the internet. • Take care of myself when I use the internet. • Think about what might happen if unkind messages are sent by email. • Make choices to keep myself safe. 	<ul style="list-style-type: none"> • Think about who I can talk to • Think about how to keep myself safe • Know whose job it is to help us wherever we are. • Say how people can help us. • Think about why I might need help at different times. • Be prepared to stand up for myself when it is right to do so
Goals and ambitions	<ul style="list-style-type: none"> • Keep going with my learning • Work with my friends to complete a challenge • Say how I might feel if I find something hard • Say how to help other people to keep going • Challenge myself • Explore planning and reviewing something using trial and error. • Challenge myself to try new activities • Talk to my friends, sharing ideas and listening to each other • Talk about the things that I am good at. • Talk about the things my friends are good at. 	<ul style="list-style-type: none"> • Know that I can be brave like a lion when learning new things. • Say what I am good at. • Say what helps me do my best learning. • Know that there are different ways of dealing with new challenges. • Set myself achievable goals. • Say what I can do if I do not achieve a goal. • Know what to do to be the best I can be. • Talk about ways to overcome a hurdle in my learning. • Know that some skills take time to learn. • Celebrate my friend's successes. • Show skills how to cooperate with my friends. • Recognise coins and other items relating to money. • Talk about different uses of money. • Talk about why it is important to keep money safe. • Talk about how to save money. 	<ul style="list-style-type: none"> • Know that we learn in different ways. • Find things out in different ways. • Think about how I learn best. • Know that we need people with lots of different skills to help us. • Ask questions to find out new information. • Think about the different jobs that people do and the special skills they need. • Know that my senses help me learn. • Use my senses to help me learn. • Know how to break my goal down into small steps. • Set myself a realistic goal. • Think about how we can make a difference by encouraging each other to achieve our goals. • Know what to do if I get stuck. • Ask others for help. • Plan how to keep going towards my goal. • Know some of my strengths as a learner. • Reflect on my goal journey. • Think about how I have achieved my goals/achievements 	<ul style="list-style-type: none"> • Know how I learn best and understand what stops us from learning. • Say what I am good at. • Think about how we learn best. • Know some of the reasons why people go to work. • Ask suitable questions about people's jobs. • Think about why people go to work. • Think about where money comes from. • Know where money comes from. • Use money. • Know I am aware that people in some places are less fortunate than me. I can talk about how others live. • Think about the choices that people have in terms of spending and saving. • Know that together we can help others. • Work with others. • Understand that people have choices about what they do with their money • Know that money can be saved for a use at a future time • Say how I might feel when I spend money on different things.
Feelings	<ul style="list-style-type: none"> • Name different feelings and say why I am feeling this way. • Say who can help me when I am feeling sad/worried/scared. • Be kind to my friends • Show kindness by playing with my friends • Talk about how to help my friends when they are sad/lonely/worried 	<ul style="list-style-type: none"> • Describe different feelings. • Name and discuss different emotions. • Say who can help if I am sad, worried or scared. • Identify ways to help others or myself if I am sad or worried. • Talk about when I might feel unhappy or unsafe • Name the people who can help me when I feel sad or unsafe • Identify when a friend needs help • Describe different emotions • Talk about how I feel at different times • Identify different ways to change feelings and calm down • Say what makes me feel sad • Identify ways to help a friend who is feeling sad • Think of ways to help myself when I feel sad 	<ul style="list-style-type: none"> • Know what to say when my friend has done something well. • Say how I feel when my friend has done something well. • Think about what it is like to feel proud of myself and my friends. • Know my family care about me. • Know how I can feel better when I am sad or missing someone or something. • Say how I feel when I love or care for someone or something. • Think about what it feels like to lose someone or something. • Know I can choose to make someone happy. • Know how I can make people happy. • Think about how it feels when someone makes me happy. 	<ul style="list-style-type: none"> • Know what it feels like to be relaxed. • Know how to stand up for myself. • Recognise when I am getting stressed. • Be still and quiet and relax my body. • Think about being prepared to stand up for myself when it is right to do so. • Know that it is normal for everyone to have strong feelings at different times. • Know how to control strong feelings and emotions. • Say how I feel and put a name to it. • Tell when I am feeling stressed. • Know that I can make a choice at this time. • Know some techniques to help me stay calm. • Think about how to use calming techniques when I need to. • Think about how I can deal with these emotions or ask for help when it is necessary.
Keeping Healthy	<ul style="list-style-type: none"> • Talk about different ways to be healthy • Talk about healthy choices and activities • Say what my body need for energy (food, water, exercise, sleep) 	<ul style="list-style-type: none"> • Name and choose healthy foods and drink • Know that some foods are treat foods. • Talk about the jobs of different food groups. • Talk about changes in my body during exercise. 	<ul style="list-style-type: none"> • Demonstrate how I feel. • Know how to express my feelings. • Think about how it is OK to be proud about what I can do/achieve. 	<ul style="list-style-type: none"> • Know where parts of my body are. • Name and label parts of the body. • Think about how my body looks. • Know that my body belongs to me.

	<ul style="list-style-type: none"> • Say how I feel when I don't have enough food, water, exercise or sleep • Make healthy choices at home and at school • Talk about how healthy food and keeping clean can keep me healthy • Talk about how to keep clean • Talk about healthy foods • Try new things 	<ul style="list-style-type: none"> • Talk about how exercise keeps us well – physically and mentally • Name different ways to keep fit. • Understand why our body needs sleep • Talk about my own bedtime routine • Suggest different ways to have a calm bedtime routine. • Make healthy choices. • Say how healthy choices keep us feeling well. 	<ul style="list-style-type: none"> • Think for myself/be my own person to make a choice. • Know what will usually be safe and what could be dangerous for my body. • Think about the need to respect my body and to ask for help if I need it. • Tell a grown up that I trust when I need help • Know that medicines can make me feel better when I take them correctly. • Know that all medicines are drugs and that if I do not take them correctly they will hurt my body. • Know what to do if something makes me feel ill. • Know how to recognise some basic warning symbols on packaging. • Think about why it is important to follow rules and instructions and to treat my body well. • Know that the sun can harm my body if I do not protect it. • Protect my body in the sunshine. • Think about why it is important to look after my body from an early age and make the correct choice when protecting myself from the sun. • Know that I need to do some sort of exercise every day to keep my body (particularly my heart and lungs) healthy. • Choose the kind of exercise I enjoy to keep my body healthy. • Think about why it is important to exercise for 60 minutes each day (now and in the future!) • Know that it is important to rest my body at regular times and how my body feels when it is in need of sleep. • Say when I am tired and know what I can do to help myself. • Talk with a trusted grown up about how I feel when I am tired, and if I am scared of going to sleep. • Think about why it is important to sleep for the right amount of time to rest my body. • Think about why it's great to get out and about. 	<ul style="list-style-type: none"> • Say No! and Stop! • Think about what feels ok and not ok. • Think about who I can talk to • Think about how to keep myself safe • Know why I must wash my hands after certain activities. • Wash my hands properly. • Think about why I should wash my hands. • Know how to keep my teeth healthy. • Say why I should keep my teeth healthy. • Thought about why it is important to keep my teeth healthy. • Know whose job it is to help us wherever we are. • Say how people can help us. • Think about why I might need help at different times. • Know how to make healthy eating choices. • Sort different foods into the 5 main food groups. • Think about how important it is to keep my body healthy by eating a variety of foods over a day. • Know that each day I should eat at least 5 portions of fruit and vegetables that have a variety of colours. • Know that I am what I eat! • Make a fruit jelly. • Think about the importance of eating fruit and vegetables as a part of a balanced diet
<p>Change/The Future</p>	<ul style="list-style-type: none"> • Talk about changes in my environment • Talk about changes in babies, young animals, plants and myself as we grow • Talk about what babies need and how this changes as they grow. • Understand that it is alright to like and do the same things as some friends and different things to other friends. • Spot similarities and differences in nature. • Talk about differences in nature • Explore and use different materials • Talk about the changes in the seasons • Describe natural changes • Talk about the lifecycle of an animal • Talk about my experiences • Listen to my friends talk about their experiences • Talk about the similarities and differences between males and females 	<ul style="list-style-type: none"> • Understand that nature can change • Understand that humans can change over time. • Talk about how I have changed over time. • Name the different stages in a human life cycle. (baby, child, teenager, adult, older adult) • Talk about the differences between each part of the human life cycle. • Understand that babies are made by a man and a woman. • Know that babies grow inside a mother's tummy. • Name the different parts of the body- using the correct terms (including reproductive parts of the body) • Know how to keep my body safe. • Talk about why I need to keep my body safe. • Say who to ask for help to if I do not feel safe. • Name the different seasons and talk about their differences. • Talk about the changes in each season. 	<ul style="list-style-type: none"> • Know that some changes are natural and happen by themselves. • Cope with changes. • Think about how change can be a good thing. • Know how to support other people. • Listen to other peoples' ideas. • Think about how we need to be able to work with other people sometimes. • Know some things I need to think about before making choices. • Make choices to keep myself safe. • Think about how changes can be exciting. 	<ul style="list-style-type: none"> • Know that we change as we grow older. • Talk about the ways I've changed since I was a toddler. • Think about how change can be a good thing. • Know that some changes are natural and happen by themselves. • Name things that change naturally in the world around us. • Think about the beauty of natural changes in the world. • Know what it means when something is or isn't your fault. • Use strategies to help deal with changes that are difficult. • Know that it's okay to have a mixture of feelings about change. • Know some of the choice I make every day. • Make choices for myself. • Think about why it is important to think about my choices carefully.

		<ul style="list-style-type: none">• Talk about how I have grown in resilience.• Know that animals change over time.• Use the correct vocabulary to describe a life cycle• Use the correct names for young animals.• Talk about changes I have seen in living things.• Retell a story and answer questions about it.• Talk about their own life so far.		<ul style="list-style-type: none">• Know that some changes are difficult to make and can take a long time.• Make some changes happen.• Think about how I can make some changes happen.• Know that I am changing.• Say what I am looking forward to.• Think about changes that can be exciting.
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