ROCKCLIFFE FIRST SCHOOL: PSHE Milestones

These milestones are designed around Rockcliffe's PSHE curriculum, the school values of **Ready, Respectful and Responsible**, and the progression model from awareness → understanding → application. They also reflect the statutory Relationships and Health Education expectations for primary pupils.

Year Group	Curriculum Milestones
Nursery	• Recognises and names simple feelings such as happy, sad and angry. • Begins to build positive friendships through play. • Identifies trusted adults who help keep them safe. • Understands simple personal boundaries and can say "stop". • Develops basic self-care skills, including hygiene and healthy habits.
Reception	• Shows increasing awareness of their own and others' feelings. • Understands how to seek help from trusted adults. • Understands basic health routines including dental care and hygiene. • Begins to use strategies to manage emotions and worries.
Year 1	• Identifies qualities of a good friend and demonstrates kindness and respect. • Understands simple rules that help keep people safe. • Recognises unkind behaviour and knows how to ask for help. • Names a wider range of emotions and begins to manage them. • Understands basic online safety and keeping personal information private. • Knows how to make healthy choices about sleep, hygiene, food and exercise.
Year 2	• Understands healthy friendships and how to resolve friendship problems. • Recognises bullying and knows how to respond appropriately.

	• Understands safe and unsafe secrets. • Identifies appropriate and inappropriate touch and knows how to seek support. • Recognises basic online risks and understands the importance of privacy. • Respects differences between people and families. • Develops simple emotional regulation strategies.
Year 3	• Understands personal identity, belonging and inclusion. • Demonstrates respect for differences and challenges stereotypes. • Understands physical and emotional boundaries. • Uses strategies to manage conflict and disagreement safely. • Recognises unsafe situations and knows how to report concerns. • Understands that people online may not be who they say they are. • Begins to assess risk and make responsible choices.
Year 4	• Identifies healthy and unhealthy relationships. • Demonstrates resilience and self-regulation in challenging situations. • Understands peer influence and strategies for resisting pressure. • Understands online risks including misinformation, fake identities and age restrictions for social media. • Recognises increasing responsibilities for personal safety and decision-making. • Understands physical and emotional changes associated with growing up. • Appreciates family diversity and different family structures. • Applies Rockcliffe's values of being Ready, Respectful and Responsible in a wide range of contexts