

Year Group	KS1 Milestones Autumn/Spring/Summer/All terms			Cross curricular
Yr2	Health and Wellbeing	Physical	<ul style="list-style-type: none"> • I can recognise foods that help keep us healthy and understand the risks of eating too much sugar. • I can explain how physical activity helps us to stay healthy and describe different ways to be active every day. • I can explain why sleep is important for our health and overall wellbeing. • I can explain the importance of personal hygiene and how I can be responsible for helping to stop the spread of germs. • I understand how medicines, including vaccinations, can help us to stay healthy when used appropriately. • I understand the different ways in which we can learn and play. 	
		Mental	<ul style="list-style-type: none"> • I can explain what I can do to help myself manage big feelings. • I can recognise different times when I may need help with managing my feelings. • I can recognise the feelings associated with change and loss. 	
		Ourselves growing and changing	<ul style="list-style-type: none"> • I can describe different ways in which we are all unique. • I can identify different strategies to manage difficult situations. • I can name the main parts of the body, including external genitalia. • I understand how people's needs change as we grow from young to old. • I can use a range of strategies to help me prepare for a new class and year group. 	
		Keeping Safe	<ul style="list-style-type: none"> • I understand why there are rules and age restrictions. • I understand how household products need to be used safely and correctly. • I can describe different ways to keep safe in different environments. • I can describe and put into practice simple rules to keep safe online, including seeking help from trusted adults. • I understand how I can help if someone is hurt or if there is an accident. • I know how to seek help in an emergency. 	

		Drugs, alcohol and tobacco	<ul style="list-style-type: none"> I understand the importance of how to use medicines and other substances safely. 	
	Relationships	Families and Close positive relationships	<ul style="list-style-type: none"> I can recognise and describe different family structures. I can identify common features of family life. I understand the importance of talking to a trusted adult if something in my family life is make me feel unhappy or worried. 	
		Friendships	<ul style="list-style-type: none"> I can recognise signs of loneliness and strategies to overcome this feeling. I have a range of strategies to help resolve arguments positively. 	
		managing hurtful behaviour and bullying	<ul style="list-style-type: none"> I understand and can explain how others may feel if they experience hurtful behaviour. I know who to talk to if I experience bullying or see someone else experience bullying. 	
		Safe relationships	<ul style="list-style-type: none"> I know the importance of respecting privacy, can recognise times when I or others have the right to privacy and that the parts of our body covered by underwear are private. I understand that people online can pretend to be someone they are not. I can respond safely to adults I don't know. I understand how to respond if physical contact makes me feel uncomfortable or unsafe. I can recognise different situations where permission should be asked for and when I should ask for permission. I can understand when something makes me feel unsafe and how to resist pressure. I understand how to seek help and who I can seek help from when feeling unsafe or worried. 	
		Respecting self and others	<ul style="list-style-type: none"> I can show how to treat myself and others with respect. I can recognise different ways in which I am the same and different to others. I can talk to others about my opinions and things that matter to me. 	
	Living in the wider world	Shared responsibilities	<ul style="list-style-type: none"> I understand the importance of rules and why different rules are needed for different situations. I can identify the different needs of people and other living things and the responsibilities of caring for them. I can recognise how I can help look after the environment. 	

		Communities	<ul style="list-style-type: none"> • I can describe the different roles people have in their community. • I can recognise the ways in which I am the same and different to other people. 	
		Media Literacy and digital resilience	<ul style="list-style-type: none"> • I understand how the internet is used in everyday life. • I understand that not all internet sources are reliable. 	
		Economic wellbeing: Money	<ul style="list-style-type: none"> • I can explain the different ways in which money can be saved and spent. • I can explain different ways to look after money. 	
		Economic wellbeing: Aspirations, work and career	<ul style="list-style-type: none"> • I can recognise that everyone has different strengths. • I can name different jobs that people have in the community. • I can identify different strengths and interests that people need for different jobs. 	