**PSD**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Key Stage** | | **Pathway** | | **Topics** | **Description** | **Key Stage End Point (KSEP)** |
| KS1&2 | | 1 | | Communicating Basic Needs, Friendships & Relationship Education, Behaviours for Learning, Attention & Listening, Self-care and Intimate Care | I can play and work alongside my peers. I am interested in the actions of my peers. I can begin to copy the actions of adults or peers. I can take turns with support from an adult. I can wait with support from an adult. I can listen and follow instructions when embedded in routine. I can communicate my basic needs and wants. I can communicate my likes and dislikes. I can express how I am feeling. I can request help in an appropriate way if needed. I can shift my attention in class. I can show awareness of class rewards and sanctions. I can cooperate with adult-led approaches to regulate my emotional and behavioural responses. I am able to locate a toilet or changing facilities independently in a familiar setting. I can cooperate with a trusted adult to complete toileting or changing routines. I can show an awareness of what the toilet is used for. I can communicate a need for the toilet or a need to be changed. I can recognise and name equipment used in daily self-care routines. I will respond to visual cues to support daily self-care routines. I can begin to show some independence during daily self-care routines. | Age 11 |
| KS1&2 | | 2 | | Rules and Responsibilities, Feelings and Emotions, Relationships Education, Interacting with Peers, Independence | I can identify and name different feelings and emotions. I am beginning to understand my own feelings. I can recognise how others are feeling. With support from an adult, I am beginning to regulate my feelings. I can recognise when and tell an adult if someone or something is upsetting me. I can say 'no' or 'stop' if I do not like something using my preferred method of communication. I try to take turns. I can play a game nicely with my friends. I show sportsmanship by saying well done and I am not unkind if I lose. I am aware of other’s feelings and I take them into account when interacting with them. I am beginning to show empathy when someone has hurt themselves or is sad. I try to follow instructions. I am aware that actions have consequences. I abide by the rules in the classroom as much as I can. I am aware of the consequences if I break rules. I am becoming aware that I am growing up. I know that I will become an adult one day. I know some things that happen when I am growing up e.g. getting taller. I am aware that I should keep my clothes on in public. I am beginning to identify my relationships with different people e.g. friends, family, teachers. | Age 11 |
| KS1&2 | | 3 | | Regulating Emotions and Positive Self-Image, Respecting Others, Changes to our Body, Rules and Responsibilities, Qualities of a Good Friend, Consent and Appropriate Touch, Understanding Laws and Knife Crime, Resolving Conflict, Public and Private | I am aware of my feelings and I can sometimes use techniques to help me regulate my emotions and behaviour. I try my best to follow class rules. I am aware that I must take responsibility for my actions. I know when a peer is not being kind to me and that I can say 'stop' or tell an adult. I am beginning to develop strategies for conflict resolution with peers. I am aware there are laws around conflict. I know about the law around knife crime and that it is against the law to carry a knife. I can inform adults of my wants and needs in a polite way. I am polite with members of staff. I know some qualities of a good friend. I can demonstrate how to be a good friend. I listen carefully in assemblies and large group settings and contribute where I can. I am aware that my body will go through changes in the next few years. I know how to cope with changes to my body. I am aware of appropriate ways of touching my peers. I use kind hands and feet. I am aware of some different types of relationships and know some people that I have a relationship with e.g. friends, teachers. I am able to take part respectfully in celebrating some different religious festivals. I am able to identify some protected characteristics and can accept that we are all different. I know the meaning of public and private and can sometimes demonstrate an understanding of this. | Age 11 |
| KS3 | | 1 | | Emotional Regulation, Rules, Rights and Responsibilities, Contributing to My Local Community, Friendship Skills, Personal Skills, Relationships and Sex Education, Well-Being, Communication and Interaction Skills, Morality, Diversity and Religion | I can demonstrate some positive ways to interact with peers. I am aware of the difference between actions that are kind and unkind. I am aware of different relationship types. I know who it is appropriate to hug and kiss. I know who it is appropriate to have a relationship with. I can take part in a game with my peers that requires turn taking. I can respond to a question when asked and know this shows good manners. I can follow rules in the classroom which are shared in an understandable way. I understand there is a consequence when rules are not followed. I am aware of some rules or laws that must be followed in the community. I can take part in techniques to promote my wellbeing and help regulate my emotions. I can identify feelings that correspond to observable behaviour. I am aware that people can be hurt physically and emotionally. I am developing an awareness of personal space. I can act appropriately in public most of the time. I am aware that my body changes during puberty. I know the importance of personal hygiene during puberty. I can communicate if I like or dislike something that is happening to me. I know which parts of my body are intimate and private. I am developing an awareness of different cultures, religions and beliefs. | Age 14 |
| KS3 | | 2 | | Emotional Regulation, Rules, Rights and Responsibilities, Contributing to My Local Community, Friendships, Personal Skills, Relationships and Sex Education, Drug Abuse Resistance Education (DARE programme), Well-Being, Morality, Diversity and Religion | I can greet both adults and pupils appropriately. I understand the meaning of personal space and demonstrate this when talking to people. I can continue a conversation with friends and adults, and I answer questions that are directed to me. I try to maintain attention during large group activities, e.g. assemblies, and I engage in lessons and I know to try my best even when something challenges me. I am aware of most of my feelings, and I try to use techniques to help me keep control of them as I get older. I understand what self-love is and I know some techniques to help me when I feel worried or sad. I am aware of some appropriate ways to resolve conflict with my peers. I know what bullying is and I do my best to prevent and report it. I understand that there are different types of relationship and who it is appropriate to have a romantic relationship with, e.g. not teachers. I know my body is going through changes and that it may cause me to have different feelings. I know the meaning of public and private and demonstrate this consistently. I know what masturbation is and I know that it should be private. I know what sex is and why adults do it, e.g. to show love, make a baby. I know and understand some of the protected characteristics. I am aware that I have rights and I know that I have responsibility to respect the rights of myself and others. I respect people of different cultures, religions and ethnicities to my own. I can take part in celebrating different religious festivals respectfully. I know the difference between rules and laws and can identify some consequences. I know and I am beginning to understand the law around knife crime and that it is against the law to carry a knife. I am beginning to understand the negative effects of drugs and alcohol. | Age 14 |
| KS3 | | 3 | | Emotional Regulation, Rules, Rights and Responsibilities, Contributing to My Local Community, Friendships, Personal Skills, Relationships and Sex Education, Well-Being, Drug Abuse Resistance Education (DARE programme), Peer Pressure, Bullying and Empathy, Morality, Diversity and Religion | I can express my feelings appropriately and assertively. I value other’s opinions and I share my own appropriately. I know that people can have conflicting interest. I can use techniques to resolve these or reach a compromise. I know the laws around conflict and that breaking these laws have consequences. I know and understand the law around knife crime and that it is against the law to carry a knife. I understand what I should share and what is not necessary to share, including secrets. I know what peer pressure is and I am aware of what I should and should not agree to. I understand who I can trust. I understand what jealousy is and how to deal with it appropriately. I am driven to be ambitious and to achieve my goals. I know good qualities to look for in a partner. I am aware of how to meet new people safely both online and in person. I understand that emotional wellbeing is important and how I can stay kind to myself. I know the negative personal and social impacts and consequences of drug and alcohol use. I know what sex is and why people do it and I understand that it must be consensual. I know and understand rules and laws around public and private behaviours and the consequences of breaking these. I know and understand the meaning of the protected characteristics and understand that discrimination is unacceptable. I know and respect some elements of different cultures & religions and can celebrate different religious festivals respectfully. I am aware of some struggles in different communities and can work alongside my peers to contribute positively to this. | Age 14 |
| 14-19 | 1 | | Healthy Living, Community Action, Environmental Awareness, Managing own Money, Personal Safety in the Home and Community, Making the Most of Leisure Time, Using Technology in the Home and Community, Preparation for Work, Parenting Awareness  Ongoing development of Relationships and Sex Education | | I can choose and prepare food and drink options as part of a balanced diet. I am physically active and will exercise as part of a healthy lifestyle. I can carry out self-care routines as independently as possible. I can express my emotions and select a strategy to help me regulate. I will communicate a preference as to who helps and supports me. I will take part in projects that aim to protect and enhance the environment. I can actively participate in leisure activities and evaluate them. I can pay for items purchased on a regular basis. I will carry out a task consistently to earn a monetary reward or equivalent. I understand the difference between a public and private space and can behave appropriately. I am aware of and can respect personal space most of the time. I know that my intimate body parts are private and should not be touched unless I have given consent. I can interact appropriately with others depending on the relationship. I can safely use common household appliances, tools and equipment. I will show an awareness of risk when out in the local community. I act in accordance with rules and laws. I can trial different work-related chores and tasks and express a preference. can identify and access commonly-used technology. I accept and engage with safe practices when using tech devices. I take part in cultural and religious events that celebrate diversity. | Age 18 |
| 14-19 | 2 | | Healthy Living, Managing Social Relationships, Environmental Awareness, Developing Self, Community Action, Personal Safety in the Home and Community, Dealing with Problems in Daily Life, Working as Part of a Group, Parenting Awareness  Ongoing development of Relationships and Sex Education | | I know how to practise a healthy lifestyle. I am mostly independent with my personal care. I can identify some ways that I can care for my environment and make a positive contribution to society. I understand why it is important to look after my environment and I can demonstrate this. I am aware of other people that may need help and how I can help them. I understand my feelings and I know techniques to help regulate them. I know how to use technological equipment safely and I am aware of the risks I might face when at home or when out and about. I know about the skills I might need to develop to work, volunteer or be part of society. I know who my friends are and I can describe the difference between a relationship and a friendship. I know some positive qualities I should look for in a friendship or relationship. I know ways to work as a team and I can demonstrate this consistently. I can consider other’s opinions when working as part of a group. I practise conflict resolution strategies to prevent arguments. I know the laws around conflict and that breaking these laws have consequences for me. I know and understand the law around knife crime and that it is against the law to carry a knife. I am aware of problems I may face as I get older, and I know what to do in these situations. I understand the difference between public and private and demonstrate this by behaving appropriately. I know that there are laws around inappropriate sexualised behaviour. I understand what sex is, why people do it and some ways to stay safe during sex. I know what a baby needs to survive, and I am aware of the demands and commitment required to raise a child. | Age 18 |
| 14-19 | 3 | | Healthy Living, Managing Social Relationships, Environmental Awareness, Healthy Eating, Community Action, Identity and Cultural Diversity, Food Safety in the Home and Community, Your Money in the Future, Parenting Awareness  Ongoing development of Relationships and Sex Education | | I practise a healthy lifestyle and I am independent with my personal care routines. I know about the importance of a balanced diet and how I can keep my own diet balanced and nutritious. I can prepare a meal safely in the kitchen. I understand that my friends and family and I may not always get on, but I can handle conflict resolution well and with maturity. I can manage my relationships with others and recognise that sometimes I can be wrong. I know the laws around conflict, and I understand the consequences for me of breaking these laws. I am aware of the environment and can come up with my own ways to help. I understand issues that others may face within the community, and can demonstrate awareness of ways to help. I am aware of my own identity, the identity of others and I respect this. I know some ways that I can embrace cultural diversity and I demonstrate this. I know, understand and respect the protected characteristics and understand the laws around respecting these. I know where my source of income comes from and I am aware of banks and how to look after my money. I know what a budget is and what sort of products are a necessity and which products are less essential. I am aware of who would be an appropriate partner for me and can say why. I have an understanding of who I can talk to if I need help or advice regarding sex and relationships. I know how to keep myself safe and have appropriate healthy relationships online and in the community. I am aware of laws and know the consequences around inappropriate sexualised behaviour. I know that two adults have sex to make a baby and I am aware that there are preventative measures to getting pregnant. I know that two adults should only have a child if both people are ready for a child and can look after it. I know what a baby needs to survive, and I am aware of the demands and commitment required to raise a child, e.g. a stable income, time. | Age 16-18 |