

Oaktree School Curriculum Ladder

PSHE

PSHE

RSE

MENTAL HEALTH



Department
for Education

Relationships Education, Relationships and Sex Education (RSE) and Health Education

**Statutory guidance for governing bodies,
proprietors, head teachers, principals**

What this guidance updates

This guidance replaces the Sex and Relationship Education guidance (2000). This guidance will be reviewed three years from first required teaching (September 2020) and every three years after that point.

The guidance should be read in conjunction with:

- **Keeping Children Safe in Education** (statutory guidance)
- **Respectful School Communities: Self Review and Signposting Tool** (a tool to support a whole school approach that promotes respect and discipline)
- **Behaviour and Discipline in Schools** (advice for schools, including advice for appropriate behaviour between pupils)
- **Equality Act 2010 and schools**
- **SEND code of practice: 0 to 25 years** (statutory guidance)
- **Alternative Provision** (statutory guidance)
- **Mental Health and Behaviour in Schools** (advice for schools)
- **Preventing and Tackling Bullying** (advice for schools, including advice on **cyberbullying**)
- **Sexual violence and sexual harassment between children in schools** (advice for schools)
- **The Equality and Human Rights Commission Advice and Guidance** (provides advice on avoiding discrimination in a variety of educational contexts)
- **Promoting Fundamental British Values as part of SMSC in schools** (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, social and cultural (SMSC))
- **SMSC requirements for independent schools** (guidance for independent schools on how they should support pupils' spiritual, moral, social and cultural development).
- **National Citizen Service** guidance for schools

Oaktree School Curriculum Ladder

PSHE Step 1

Name: _____

Learning Objective	Date
I can indicate the need for the toilet – not always in time	
I can get ready for break time when asked	
I can demonstrate what personal space is	
I can show awareness of the fact that my private parts are private	
I can identify 'happy' and 'sad'	
I can identify something that I like and that makes me happy	

No. targets met	1	2	3	4	5	6
Point	1	2	3	4	5	6

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PSHE Step 2

Name: _____

Learning Objective	Date
I can accept boundaries for a short space of time	
I can select an activity with support	
I can match emotions to symbols	
I can demonstrate what personal space is	
I can identify when I am 'happy' and 'sad'	
I can identify something that I don't like and that makes me sad	

No. targets met	1	2	3	4	5	6
Point	7	8	9	10	11	12

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PSHE Step 3

Name: _____

Learning Objective	Date
I can show willing to join activities in class	
I can show awareness of our daily school routine	
I can show awareness of the fact that my private parts are private	
I can be aware of the feelings of others	
I can identify when others are 'happy' and 'sad'	
I can say what 'sad thoughts' are	

No. targets met	1	2	3	4	5	6
Point	13	14	15	16	17	18

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PSHE Step 4

Name: _____

Learning Objective	Date
I can show independence when using the toilet	
I can show pride in my work	
I can acknowledge familiar peers and adults	
I can look to an adult for support	
I can say identify more than two emotions	
I can link 'sad thoughts' to the general concept of depression	

No. targets met	1	2	3	4	5	6
Point	19	20	21	22	23	24

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PSHE Step 5

Name: _____

Learning Objective	Date
I can ask for help by word and/or gesture	
I can demonstrate an awareness of everyday dangers	
I can choose an adult to speak to if I am worried for myself or others	
I can say how my body is going to change when puberty starts	
I can talk about my emotions e.g. being worried or sad or happy	
I can talk about knowing that it's ok to talk to someone about my thoughts	

No. targets met	1	2	3	4	5	6
Point	25	26	27	28	29	30

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PSHE Step 6

Name: _____

Learning Objective	Date
I can join in a range of activities	
I can take turns in a small group	
I can choose & follow through selected activities	
I can identify unacceptable/inappropriate behaviour	
I can understand that I can say 'yes' or 'no' to a situation	
I can say why I like someone	
I can identify whom I can hug and kiss and where (location - as opposed to 'where on the body')	
I can identify adults who help us look after our mental health	
I can give examples of times when I haven't felt happy and I know it is ok not to feel happy all the time	

No. targets met	1	2	3	4	5	6	7	8	9
Point	31	32	33	34	35	36	37	38	39

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PSHE Step 7

Name: _____

Learning Objective	Date
I can initiate an activity	
I can show an awareness of how to join in different situations e.g. playing games	
I can acknowledge familiar peers & adults	
I can show consideration for the needs & feelings of others	
I can point out main differences between males and females	
I can reaffirm how my body changes during puberty (revisited)	
I can understand the idea that different reproductive organs have different functions	
I can identify things that I might find stressful	
I can show awareness of the fact that stress, anger & tiredness may make me feel unhappy & how this may impact on my behaviour	

No. targets met	1	2	3	4	5	6	7	8	9
Point	40	41	42	43	44	45	46	47	48

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PSHE Step 8

Name: _____

Learning Objective	Date
I can demonstrate an awareness of personal hygiene	
I can get involved with jobs in the classroom	
I can independently take my turn	
I can demonstrate appropriate language (referencing RSE)	
I can tell what inappropriate touching is	
I can explain what 'boundaries' are	
I can begin to say what a "healthy relationship" is	
I can say what helps to make me feel better when I am feeling unhappy	
I can begin to develop other strategies to help me feel better	

No. targets met	1	2	3	4	5	6	7	8	9
Point	49	50	51	52	53	54	55	56	57

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PSHE Step 9

Name: _____

Learning Objective	Date
I can say my full name & address	
I can independently give & receive an apology	
I can describe/say/show/identify various emotions	
I can explain why I have to ask if I want to hug someone	
I can protect myself if I am in danger	
I can show awareness of the fact that my body is a part of my 'personal space'	
I can identify which body parts are private	
I can talk about/name different mental illnesses	
I can understand that emotional difficulties/mental illness can affect anybody	

No. targets met	1	2	3	4	5	6	7	8	9
Point	58	59	60	61	62	63	64	65	66

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PSHE Step 10

Name: _____

Learning Objective	Date
I can identify & demonstrate my 'personal space'	
I can co-operatively play 1:1	
I can demonstrate an understanding of how my behaviour impacts on others	
I can approach an adult or group that I would like to join	
I can talk about what marriage is – and the different gender combinations that can marry	
I can explain how I can report inappropriate behaviour or something that concerns me	
I can start to talk about what sex is	
I can state three symptoms of depression	
I can state three symptoms of anxiety	

No. targets met	1	2	3	4	5	6	7	8	9
Point	67	68	69	70	71	72	73	74	75

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PSHE Step 11

Name: _____

Learning Objective	Date
I can demonstrate where my possessions are kept in the classroom	
I can successfully carry out all my daily routines	
I can accept being directed to stay on-task	
I can use appropriate language to talk about anything sex-related	
I can show awareness of different types of committed, stable relationships: hetero, homo and bi etc	
I can identify what inappropriate touching is – of self and others	
I can identify sexual behaviours: kissing, touching, etc	
I can explain that bi-polar disorder involves manic and depressive episodes	
I can explain that schizophrenia includes 'internal voices', different personalities & difficulty making sense of everyday events	

No. targets met	1	2	3	4	5	6	7	8	9
Point	76	77	78	79	80	81	82	83	84

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Oaktree School Curriculum Ladder
PSHE Step 12

Name: _____

Learning Objective	Date
I can share equipment with others – on all levels	
I can show consideration of the needs & feelings of others	
I can prepare myself & be ready to go out with a group	
I can talk about different types of relationships: heterosexual, homosexual, bisexual, etc & that different sex acts can be performed by different gender combinations	
I can learn about the LGBTQ community and their differences – celebrating diversity	
I can explain what consent is & that it can be withdrawn at any time	
I can say what periods are and talk about them using appropriate terms	
I can identify where to go for advice at school	
I can identify where to go for professional advice / counselling outside of school	

No. targets met	1	2	3	4	5	6	7	8	9
Point	85	86	87	88	89	90	91	92	93

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Oaktree School Curriculum Ladder
PSHE Step 13

Name: _____

Learning Objective	Date
I can identify simple forms of bullying & know what to do if I feel I am being bullied	
I can understand when my behaviour is inappropriate	
I can identify ways to care for the school environment	
I can explain how our bodies change during puberty and why they change	
I can say what FGM is, that it is illegal & to whom I can speak if I have any concerns	
I can show an awareness of the fact that sex can lead to pregnancy and STIs	
I can explain what STIs are and how they can be prevented	
I talk about what 'therapy' is	
I can identify different types of 'therapy'	

No. targets met	1	2	3	4	5	6	7	8	9
Point	94	95	96	97	98	99	100	101	102

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Oaktree School Curriculum Ladder
PSHE Step 14

Name: _____

Learning Objective	Date
I can discuss why we need rules – at home, in school, in the community	
I can be aware of emergency signage/emergency services	
I can identify ways to overcome problems	
I can talk about masturbation being self-pleasure	
I can talk about what pornography is and the impact it can have on people's lives	
I can talk about the legal age that adults may watch pornography	
I can demonstrate how to keep myself safe if I am on-line & the dangers of sexting	
I can understand how sometimes controlled medication can make a difference (legal drugs vs. illegal substances)	
I can identify well-known people (past & present) who suffer from/have suffered from a form of mental illness	

No. targets met	1	2	3	4	5	6	7	8	9
Point	103	104	105	106	107	108	109	110	111

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Oaktree School Curriculum Ladder
PSHE Step 15

Name: _____

Learning Objective	Date
I can identify my personal strengths and give reasons for why they are positive	
I can identify my weaknesses & find/develop strategies to overcome these	
I can describe the positive attributes of others	
I can talk about puberty having an effect on my emotions	
I can talk about the fact that individuals will go through puberty at different ages/stages	
I can show an understanding that sex should be pleasurable and should never be violent	
I can show an understanding that sexual conduct is a completely acceptable part of human development	
I can identify different strategies I can use to make myself feel better - self-help	
I can say why we have to take 'feeling blue' so seriously	

No. targets met	1	2	3	4	5	6	7	8	9
Point	112	113	114	115	116	117	118	119	120

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Oaktree School Curriculum Ladder
PSHE Step 16

Name: _____

Learning Objective	Date
I can admit when I am wrong and can seek solutions to rectify negative situations	
I can show a concrete understanding of right/wrong in familiar situations	
I can consider others by saying 'please' & 'thank you' – and discuss advanced use of more adult-type language and manners	
I can identify different types of contraception	
I can talk about the age of consent, what consent is and that it must be given – and that it can be withdrawn at any time	
I can demonstrate what a 'healthy relationship' looks like (re-visited)	
I can show that I have an understanding of what physical, emotional & verbal abuse is and can give examples of each	
I can talk about the importance of 'healthy mind/healthy body'	
I can show that/talk about an emotional disorder can be/being as dangerous as having a physical disorder (healthy mind/healthy body)	

No. targets met	1	2	3	4	5	6	7	8	9
Point	121	122	123	124	125	126	127	128	129

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Oaktree School Curriculum Ladder
PSHE Step 17

Name: _____

Learning Objective	Date
I can treat all living things with care and demonstrate what they need for survival	
I can listen to the points of views of others whether I agree with them or not	
I can identify the age that I can legally source alcohol	
I can talk about whom I can contact if I have any concerns or fears around anything to do with sex and sexuality – including sexual health clinics	
I can talk about the fact that sex can involve toys and why lubricant may sometimes be necessary	
I can say what rape is	
I can demonstrate my understanding of my rights within the legal framework	
I can say why problems of an emotional nature can become overwhelming if not treated and that they can affect more than the person suffering	
I can speak about depression being of a minor or major nature and I can identify symptoms accordingly	

No. targets met	1	2	3	4	5	6	7	8	9
Point	130	131	132	133	134	135	136	137	138

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