

PSPD Curriculum Map
Milestone Academy
Phase 1

Vision Statement - *To develop independence and confidence when exploring building relationships, self awareness, managing behaviour and managing our emotions. Allowing us to acquire knowledge, understanding and skills of the world to manage our lives now and in the future independently and safely.*

Brook Pathway - PSPD sessions will be an extension of ILPs to fully embed and generalise skills in a variety of activities and settings across the whole day. ILP targets will be transferred into a range of activities throughout the sessions to consolidate skills across environments from the 'PSEWB, Building Relationships and Managing feelings and behaviour' area of the ILP. Differentiated levels of staff support are available in line with prompts on ILPs to promote independence as appropriate.

Stream Pathway - PSPD sessions will be an extension of **ILPs** to fully embed and generalise skills in a variety of activities and settings across the whole day. ILP targets will be transferred into a range of activities throughout the sessions to consolidate skills across environments from the 'Functional and Citizenship' area of the ILP. Differentiated levels of staff support are available in line with prompts on ILPs to promote independence as appropriate.

River Pathway - PSPD will be embedded across the day to master self help, independence and social skills generalising these skills in a variety of activities. Targets will be transferred into a range of activities experienced in PSPD weekly sessions to consolidate skills across environments with a focus on PSHE and RSE. Differentiated levels of staff support are available to promote independence as appropriate.

*** In addition to ILP targets/ PSPD sessions , there will be timetabled activities for continuous skill development in personal care including: teeth cleaning, hair brushing, handwashing, toileting, dressing and undressing skills and eating and drinking skills.*

- = SEMH focus
- = PSHE/ RSE focus

Year 1	Brook		Stream		River	
Term 1	<i>Being me in my world</i>					
	Week 1	LO: I can explore how it feels to belong and that we are similar and different.	Week 1	LO: I can explore how it feels to belong and that we are similar and different.	Week 1	LO: I can identify some of my hopes and fears for this year.
	Week 2	Examples	Week 2	Examples	Week 2	LO: I can recognise when I feel worried and know who to ask for help. Examples

	Week 3		Week 3		Week 3	LO: I understand the rights and responsibilities for being a member of my class and School.
	Week 4	LO: I can explore how feeling happy and sad can be expressed. Examples	Week 4	LO: I can explore how feeling happy and sad can be expressed. Examples	Week 4	LO: I recognise when I feel worried and know who to ask for help. Examples
	Week 5		Week 5		Week 5	LO: I listen to other people and contribute my own ideas about rewards and consequences.
	Week 6		Week 6		Week 6	LO: I help make my class a safe and fair place. Examples
Term 2	<i>Celebrating differences</i>					
	Week 1	LO: I can explore being proud of something I am good at.	Week 1	LO: I can explore being proud of something I am good at.	Week 1	LO: I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes).
	Week 2	Examples: Lesson Plan - Resources -	Week 2	Examples	Week 2	LO: I understand some ways in which boys and girls are similar. Examples
	Week 3		Week 3		Week 3	LO: I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes). LO: I understand some ways in which boys and girls are different and accept that this is OK. Examples
	Week 4	LO: I can explore how I am special and unique. Examples	Week 4	LO: I can explore how I am special and unique. Examples	Week 4	
	Week 5		Week 5		Week 5	LO: I understand that bullying is sometimes about difference. LO: I can tell you how someone who is bullied feels.

	Week 6		Week 6		Week 6	LO: I can be kind to children who are bullied. Examples
Term 3	<i>Dreams & Goals</i>					
	Week 1	LO: I can explore perseverance in a challenging task. Examples	Week 1	LO: I can explore perseverance in a challenging task. Examples	Week 1	LO: I can choose a realistic goal and think about how to achieve it. LO: I can tell you things I have achieved and say how that makes me feel. Examples
	Week 2		Week 2		Week 2	
	Week 3		Week 3		Week 3	LO: I carry on trying (persevering) even when I find tasks difficult. LO: I can tell you some of my strengths as a learner. Examples
	Week 4	LO: I can demonstrate not giving up in an activity to achieve my goal. Examples	Week 4	LO: I can demonstrate not giving up in an activity to achieve my goal. Examples	Week 4	
	Week 5				Week 5	LO: I can recognise who I work well with and who it is more difficult for me to work with. LO: I can tell you how working with other people helps me learn. Examples
	Week 6				Week 6	
Term 4	<i>Healthy me</i>					
	Week 1	LO: I can explore a range of exercise/ physio activities. Examples: Outdoor learning.	Week 1	LO: I can explore a range of exercise/ physio activities. Examples: Outdoor learning.	Week 1	LO: I know what I need to keep my body healthy. LO: I am motivated to make healthy lifestyle choices. Examples
	Week 2		Week 2		Week 2	

	Week 3		Week 3		Week 3	LO: I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.
	Week 4	LO: I can explore movement and rests during exercise/ physio activities.	Week 4	LO: I can explore movement and rests during exercise/ physio activities.	Week 4	LO: I can tell you when a feeling is weak and when a feeling is strong.
	Week 5	Examples	Week 5	Examples	Week 5	LO: I understand how medicines work in my body and how important it is to use them safely.
	Week 6		Week 6		Week 6	LO: I feel positive about caring for my body and keeping it healthy.
						Examples
Term 5	<i>Relationships</i>					
	Week 1	LO: I can explore relationships in my family.	Week 1	LO: I can explore relationships in my family.	Week 1	LO: I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate.
	Week 2	Examples	Week 2	Examples	Week 2	LO: I accept that everyone's family is different and understand that most people value their family.
	Week 3		Week 3		Week 3	LO: I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.
	Week 4		Week 4		Week 4	LO: I know which types of physical contact I like and don't like and can talk about this.
	Week 5	LO: I can show awareness of others and begin to explore building positive relationships.	Week 5	LO: I can show awareness of others and begin to explore building positive relationships.	Week 5	LO: I can identify some of the things that cause conflict with my friends.
		Examples		Examples		LO: I can demonstrate how to use the

	Week 6		Week 6		Week 6	positive problem-solving technique to resolve conflicts with my friends. Examples	
Term 6	<i>Changing me</i>						
	Week 1	LO: I can explore parts of my body and show respect for myself.	Week 1	LO: I can explore parts of my body and show respect for myself.	Week 1	LO: I can recognise cycles of life in nature. LO: I understand there are some changes that are outside my control and can recognise how I feel about this. Examples	
	Week 2	Examples	Week 2	Examples	Week 2	Examples	
	Week 3		Week 3		Week 3		LO: I can tell you about the natural process of growing from young to old and understand that this is not in my control. LO: I can identify people I respect who are older than me. Examples
	Week 4		Week 4		Week 4		Examples
	Week 5	Week 2	Week 5	LO: I can identify what I am looking forward to when I move to my next class. LO: I can start to think about changes I will make when I am in my next class and know how to go about this. Examples			
	Week 6	Week 3	Week 6				

Year 2	Brook		Stream		River	
Term 1	<i>Being me in my world</i>					
	Week 1	LO: I can explore sharing my space and be aware of others.	Week 1	LO: I can explore sharing my space and be aware of others.	Week 1	LO: I can listen to other people and contribute my own ideas about rewards and consequences.

	Week 2	Examples	Week 2	Examples	Week 2	LO: I can help make my class a safe and fair place. Examples
	Week 3		Week 3		Week 3	LO: I understand how following the Class Rules will help me and others learn. LO: I work cooperatively with others.
	Week 4		LO: I can explore good touch and being kind.		Week 4	LO: I can explore good touch and being kind.
	Week 5	Examples	Week 5	Examples	Week 5	LO: I recognise the choices I make and understand the consequences. LO: I can follow the Class PSPD Rules.
	Week 6		Week 6		Week 6	Examples
	Term 2	<i>Celebrating differences</i>				
	Week 1	LO: I can explore my family and people who are important to me. Examples	Week 1	LO: I can explore my family and people who are important to me. Examples	Week 1	LO: I can recognise what is right and wrong and know how to look after myself. LO: I know when and how to stand up for myself and others. LO: I know how to get help if I am being bullied. Examples
	Week 2		Week 2		Week 2	
	Week 3		Week 3		Week 3	LO: I understand that it is OK to be different from other people and to be friends with them. LO: I understand we shouldn't judge people if they are different. LO: I know how it feels to be a friend and have a friend. Examples
	Week 4	LO: I can explore different homes all over the world. Examples	Week 4	LO: I can explore different homes all over the world. Examples	Week 4	Examples
	Week 5		Week 5		Week 5	LO: I can tell you some ways I am different from my friends. LO: I understand these differences make

	Week 6		Week 6		Week 6	us all special and unique. Examples
Term 3	<i>Dreams & Goals</i>					
	Week 1	LO: I can work towards a goal with determination.	Week 1	LO: I can work towards a goal with determination.	Week 1	LO: I can work well in a group to create an end product. LO: I can work with other people in a group to solve problems.
	Week 2	Examples	Week 2	Examples	Week 2	Examples
	Week 3		Week 3		Week 3	LO: I can explain some of the ways I worked well in my group to create the end product. LO: I can express how I felt to be working as part of this group.
	Week 4		Week 4		Week 4	Examples
	Week 5	LO: I can explore relationships with others through showing a positive response. Examples		Examples	Week 5	LO: I know how to share success with other people. LO: I know how contributing to the success of a group feels and I am able to store those feelings in my internal treasure chest (proud).
	Week 6				Week 6	Examples
Term 4	<i>Healthy me</i>					
	Week 1	LO: I can explore healthy and unhealthy foods.	Week 1	LO: I can explore healthy and unhealthy foods.	Week 1	LO: I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy. LO: I have a healthy relationship with food and know which foods I enjoy the most.
	Week 2	Examples	Week 2	Examples	Week 2	Examples

	Week 3		Week 3		Week 3	LO: I can make some healthy snacks and explain why they are good for my body.
	Week 4	LO: I can explore healthy and unhealthy choices.	Week 4	LO: I can explore healthy and unhealthy choices.	Week 4	LO: I can express how it feels to share healthy food with my friends. Examples
	Week 5	Examples: Outdoor learning .		Examples: Outdoor learning .	Week 5	LO: I understand which foods to eat to give my body energy. LO: I have a healthy relationship with food and I know which foods are most nutritious for my body. Examples
	Week 6				Week 6	
Term 5	<i>Relationships</i>					
	Week 1	LO: I can explore sharing space and resources with my peers. Examples	Week 1	LO: I can explore sharing space and resources with my peers. Examples	Week 1	LO: I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret. LO: I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this. Examples
	Week 2		Week 2		Week 2	
	Week 3		Week 3		Week 3	LO: I recognise and appreciate people who can help me in my family, my school and my community. LO: I understand how it feels to trust someone. Examples
	Week 4	LO: I can explore how being kind/ unkind can be expressed. or	Week 4	LO: I can explore how being kind/ unkind can be expressed. or	Week 4	
	Week 5	LO: I can explore how being happy and sad can be expressed. Examples	Week 5	LO: I can explore how being happy and sad can be expressed. Examples	Week 5	LO: I can express my appreciation for the people in my special relationships. LO: I am comfortable accepting appreciation from others. Examples
	Week 6		Week 6		Week 6	
Term 6	<i>Changing me</i>					

	Week 1	LO: I can explore development in living things. Examples	Week 1	LO: I can explore development in living things. Examples	Week 1	LO: I understand there are different types of touch and can tell you which ones I like and don't like. LO: I am confident to say what I like and don't like and can ask for help. Examples
	Week 2		Week 2		Week 2	
	Week 3		Week 3		Week 3	LO: I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old. LO: I feel proud about becoming more independent. Examples
	Week 4	LO: I can explore how I have grown and changed. Examples	Week 4	LO: I can explore how I have grown and changed. Examples	Week 4	
	Week 5		Week 5		Week 5	LO: I can identify what I am looking forward to when I move to my next class. LO: I can start to think about changes I will make when I am in my next class and know how to go about this. Examples
	Week 6		Week 6		Week 6	

Year 3	Brook		Stream		River	
Term 1	<i>Being me in my world</i>					
	Week 1	LO: I can explore my rights, having the opportunity to explore and play.	Week 1	LO: I can explore my rights, having the opportunity to explore and play.	Week 1	LO: I understand that my actions affect myself and others and I care about other people's feelings.
	Week 2	Examples	Week 2	Examples: Lesson Plan - Resources	Week 2	LO: I understand that my behaviour brings rewards/consequences. Examples

	Week 3		Week 3		Week 3	LO: I can make responsible choices and take action.
	Week 4	LO: I can be responsible for my own belongings.	Week 4	LO: I can be responsible for my own belongings.	Week 4	LO: I can work cooperatively in a group.
	Week 5	Examples	Week 5	Examples	Week 5	LO: I understand my actions affect others and try to see things from their points of view.
	Week 6		Week 6		Week 6	LO: I am choosing to follow the class rules.
						Examples
Term 2	<i>Celebrating differences</i>					
	Week 1	LO: I can begin to show awareness of others.	Week 1	LO: I can begin to show awareness of others.	Week 1	LO: I know that witnesses can make the situation better or worse by what they do.
	Week 2	Examples	Week 2	Examples	Week 2	LO: I can problem-solve a bullying situation with others.
	Week 3		Week 3		Week 3	LO: I recognise that some words are used in hurtful ways.
	Week 4	LO: I can explore feeling confident.	Week 4	LO: I can explore feeling confident.	Week 4	LO: I try hard not to use hurtful words (e.g. ugly, fat).
	Week 5	Examples	Week 5	Examples	Week 5	LO: I can tell you about a time when my words affected someone's feelings and what the consequences were.
	Week 6		Week 6		Week 6	LO: I can give and receive compliments and know how this feels.
						Examples
Term 3	<i>Dreams & Goals</i>					

	Week 1	LO: I can explore different professions through a range of experiences.	Week 1	LO: I can explore different professions through a range of experiences.	Week 1	LO: I can be motivated and enthusiastic about achieving our new challenge.
	Week 2	Examples	Week 2	Examples	Week 2	LO: I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge. Examples
	Week 3		Week 3		Week 3	LO: I can recognise obstacles which might hinder my achievement and take steps to overcome them. LO: I know how to manage the feelings of frustration that may arise when obstacles occur. Examples
	Week 4	LO: I can explore feeling happy and proud once I have achieved a goal.	Week 4	LO: I can explore feeling happy and proud once I have achieved a goal.	Week 4	Examples
	Week 5	Examples		Examples	Week 5	LO: I can evaluate my own learning process and identify how it can be better next time. LO: I can be confident in sharing my success with others.
	Week 6				Week 6	Examples
Term 4	<i>Healthy me</i>					
	Week 1	LO: I can explore a range of personal care/ hygiene activities with confidence.	Week 1	LO: I can explore a range of personal care/ hygiene activities with confidence.	Week 1	LO: I can identify things, people and places that I need to keep safe from LO: I know some strategies for keeping myself safe, who to go to for help and how to call emergency services.
	Week 2	Examples	Week 2	Examples	Week 2	LO: I can express how being anxious or scared feels. Examples
	Week 3		Week 3		Week 3	LO: I can identify when something feels safe or unsafe. LO: I can take responsibility for keeping

	Week 4	LO: I can explore a range of safe adults through different experiences. Examples: Outdoor learning.	Week 4	LO: I can explore a range of safe adults through different experiences. Examples: Outdoor learning.	Week 4	myself and others safe. Examples
	Week 5				Week 5	LO: I understand how complex my body is and how important it is to take care of it.
	Week 6				Week 6	LO: I respect my body and appreciate what it does for me. Examples
Term 5	<i>Relationships</i>					
	Week 1	LO: I can explore self regulation and how being calm can be expressed and feels. Examples	Week 1	LO: I can explore self regulation and how being calm can be expressed and feels. Examples	Week 1	LO: I can explain how some of the actions and work of people around the world help and influence my life.
	Week 2		Week 2		Week 2	LO: I can show an awareness of how this could affect my choices. Examples
	Week 3		Week 3		Week 3	LO: I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.
	Week 4	LO: I can work alongside/ with others and be happy with my peers. Examples	Week 4	LO: I can work alongside/ with others and be happy with my peers. Examples	Week 4	LO: I can empathise with children whose lives are different to mine and appreciate what I may learn from them. Examples
	Week 5		Week 5		Week 5	LO: I know how to express my appreciation to my friends and family.
	Week 6		Week 6		Week 6	LO: I enjoy being part of a family and friendship groups. Examples
Term 6	<i>Changing me</i>					

	Week 1	LO: I can explore things I enjoy in my class. Examples		LO: I can explore things I enjoy in my class. Examples	Week 1	LO: I can recognise cycles of life in nature. LO: I understand there are some changes that are outside my control and can recognise how I feel about this.
	Week 2		Week 2		Week 2	Examples
	Week 3		Week 3		Week 3	LO: I can tell you about the natural process of growing from young to old and understand that this is not in my control. LO: I can identify people I respect who are older than me.
	Week 4	LO: I can explore things I enjoy at school. Examples	Week 4	LO: I can explore things I enjoy at school. Examples	Week 4	Examples
	Week 5		Week 5		Week 5	LO: I can identify what I am looking forward to when I move to my next class. LO: I can start to think about changes I will make when I am in my next class and know how to go about this.
	Week 6		Week 6		Week 6	Examples