

Families and relationships

Health and wellbeing

Safety and the changing body

Citizenship

Economic wellbeing

Transition

Identity



RSE & PSHE Pupil Progression

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		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
Families and relationships	Family	<ul style="list-style-type: none"> Understanding that families can include a range of people and how different members of a family are related to each other 	<ul style="list-style-type: none"> Learning that families can be made up of different people Understanding that families offer care, love and support 	<ul style="list-style-type: none"> Learning that problems can occur in families and that there is help available if needed 	<ul style="list-style-type: none"> Understanding that families are varied, in the UK and across the world and having respect for these differences 	<ul style="list-style-type: none"> Understanding that we all have different positive attributes and we should be proud of these Learning what marriage is and that it is a choice that people make Learning that sometimes families can make children feel unhappy or unsafe and that there is help available 		
Health and wellbeing								
Safety and the changing body								
Citizenship	Friendships	<ul style="list-style-type: none"> To begin to understand the characteristics of positive friendships Learning that friendships can have problems but that these can be overcome Exploring friendly behaviours 	<ul style="list-style-type: none"> Understanding difficulties in friendships and action that can be taken 	<ul style="list-style-type: none"> Exploring ways to resolve friendship problems Developing an understanding of the impact of bullying and what to do if bullying occurs 	<ul style="list-style-type: none"> Exploring physical and emotional boundaries in friendships Exploring different roles related to bullying including victim, bully and bystander 	<ul style="list-style-type: none"> Understanding that friendships will encounter issues but that this may strengthen them Understanding the impact of bullying and what might influence the behaviour of a bully 	<ul style="list-style-type: none"> Learning that friendships can experience conflict, and ways in which to resolve conflict, through negotiation and compromise 	
Economic wellbeing								
Transition								
Identity	Respectful relationships	<ul style="list-style-type: none"> Learning to recognise how other people show their feelings and how to care for others Exploring the ability to successfully work with different people Understanding ways to help others 	<ul style="list-style-type: none"> Learning how other people show their feelings and how to respond to them Exploring the conventions of manners in different situations Developing an understanding of self respect 	<ul style="list-style-type: none"> Understanding what trust is and identifying who I can trust Learning about the effects of non verbal communication Developing listening skills Exploring stereotyping 	<ul style="list-style-type: none"> Understanding expected courtesy and manners in a range of scenarios Understanding how my actions and behaviour affects others Understanding stereotyping 	<ul style="list-style-type: none"> Learning how stereotypes can be unfair, negative and destructive 	<ul style="list-style-type: none"> Learning what respect is and that it is part of a relationship Understanding that everyone deserves to be respected but that respect can be lost Understanding stereotyping and bullying linked to it 	
	Change and loss		<ul style="list-style-type: none"> Exploring how loss and change can affect us 		<ul style="list-style-type: none"> Learning what bereavement is and how to help someone who has experienced bereavement 		<ul style="list-style-type: none"> Understanding grief and the associated emotions To explore the process and emotions relating to grief 	

Families and relationships

Health and prevention

- Understanding the importance of hand hygiene
- Understanding the risks of sun exposure and how to stay safe in the sun
- Developing an understanding of allergies and what to do if someone has an allergic reaction

- Developing an understanding of how to look after my teeth

- Developing independence in looking after my teeth

- Understanding the risks of exposure to the sun and developing independence for protecting myself in the sun

Health and wellbeing

Safety and the changing body

Physical health and wellbeing

- Exploring health related jobs and people who help to keep us healthy
- Understanding the importance of sleep and positive sleep habits
- Exploring two different methods of relaxation: progressive muscle relaxation and laughter

- Understanding the importance of exercise and its effect on the body
- Understanding when relaxation techniques can be useful and learning breathing exercises to aid relaxation

- Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest
- Understanding the positive impact of relaxation on the body and learning relaxation stretches
- Understanding what a balanced diet is and the effects upon mental and physical health

- Identifying what makes me feel calm and relaxed and learning visualization as a tool to aid relaxation
- Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles

- Understanding the benefits of sleep and developing greater responsibility for ensuring good quality sleep
- Understanding the relationship between stress and relaxation and exploring yoga as a technique for relaxation

Citizenship

Economic wellbeing

Transition

Mental wellbeing

- Understanding my strengths and qualities
- Understanding and describing feelings and emotions

- Recognising an increasing range of feelings and some strategies for managing different emotions
- Developing empathy
- Identifying personal goals and how to work towards them
- Exploring the need for perseverance and developing a growth mindset

- Exploring my identity through the groups I belong to
- Identifying my strengths and exploring how I use them to help others
- Understanding how to overcome problems by breaking them into smaller, achievable steps

- Understanding that it is normal to experience a range of emotions
- Developing the ability to appreciate the emotions of others in different situations
- Learning to take responsibility for my emotions and that I can control some things but not others
- Developing an understanding of mental health including experiencing problems
- Developing a growth mindset, acknowledging that mistakes are useful to learning

- Understanding what can cause stress and how to deal with it
- Exploring ways to achieve a goal, setting short-term, medium-term and long-term targets
- Developing the ability to take responsibility for and manage my feelings
- Identifying how failure can make me feel, learning to manage those feelings and that failure is an important part of success

achieve them

- Understanding ways of preventing illness and the benefits of immunisation
 - Developing an understanding of possible signs of illness and some actions I can take
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- Understanding that I have a responsibility to look after my overall health, including, diet, oral hygiene, physical activity, rest and relaxation
 - Understanding the factors which contribute to my physical and mental health
 - Identifying a range of relaxation strategies and situations in which they would be useful
 - Learning about the affects technology can have on mental health
 - Exploring my personal qualities and how to build on them
 - Learning the importance of resilience and developing strategies for being resilient in challenging situations
 - Identifying long-term goals and developing a plan as to how to

		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and relationships	Being safe (including online)	<ul style="list-style-type: none"> Understanding how to respond appropriately to adults in a range of settings Understanding what to do if I get lost Exploring potential hazards in the home and how to avoid these Understanding the roles people have within the local community to help keep me safe Developing an understanding of appropriate physical contact 	<ul style="list-style-type: none"> Developing an understanding of being safe near roads and learning how to cross roads safely Understanding the safe use of medicines Beginning to understand the importance of staying safe online Understanding the difference between secrets and surprises Understanding the concept of privacy and naming the private parts of my body 	<ul style="list-style-type: none"> Understanding ways to keep safe when crossing and near roads Developing skills as a responsible digital citizen Recognising and responding to cyberbullying Beginning to recognise unsafe digital content 	4	<ul style="list-style-type: none"> Developing an understanding of being safe online Understanding how to seek help if I need to Exploring the difference between private and public Understanding that age restrictions are designed to protect me Learning about the benefits and risks of sharing information online 	<ul style="list-style-type: none"> Developing an understanding of how to ensure relationships online are safe Recognising an increasing number of online risks and ways to stay safe online
Health and wellbeing							
Safety and the changing body							
Citizenship							
Economic wellbeing	Drugs, alcohol and tobacco	<ul style="list-style-type: none"> Exploring what is and isn't safe to put in or on my body 	<ul style="list-style-type: none"> Learning how to be safe around medicines 	<ul style="list-style-type: none"> Exploring that people and things can influence me and I need to make the right decision for me Exploring choices and decisions that I can make 		<ul style="list-style-type: none"> Understanding the risks associated with tobacco 	<ul style="list-style-type: none"> Understanding the influence others can have on me Learning strategies I can use to overcome pressure from others
Transition							
Identity	The changing adolescent body		<ul style="list-style-type: none"> Knowing the names of parts of my body 			<ul style="list-style-type: none"> Developing an understanding of physical and emotional changes as I grow up 	<ul style="list-style-type: none"> Understanding the physical changes from childhood to adulthood Developing an understanding of the main aspects of puberty, including menstruation Learning about the emotional changes during puberty
	Basic first aid	<ul style="list-style-type: none"> Understanding what classes as an emergency and how to make a call to the emergency services 		<ul style="list-style-type: none"> Knowing how to call the emergency services Knowing how to respond to bites and stings 		<ul style="list-style-type: none"> Knowing how to help someone with asthma 	<ul style="list-style-type: none"> Knowing how to help someone who is bleeding

- Developing an understanding about the reliability of online information
- Exploring online relationships including dealing with problems
- Understanding that online relationships should be treated in the same way as face to face relationships
- Knowing where to get help with any online problems

- Knowing how to help someone who is choking
- Knowing how to help someone who is unresponsive

- Understanding the risks associated with alcohol

- Knowing the changes experienced during puberty
- Understanding how a baby is conceived and develops

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and relationships	<ul style="list-style-type: none"> Understanding rules in school 	<ul style="list-style-type: none"> Understanding rules in the community 	<ul style="list-style-type: none"> Developing an understanding of children's rights and how they help children 	<ul style="list-style-type: none"> Understanding that human rights apply to everyone and who protects these 	<ul style="list-style-type: none"> Understanding the law and what happens when someone breaks it 	<ul style="list-style-type: none"> Understanding how human rights protect people
Health and wellbeing	<ul style="list-style-type: none"> Recognising why rules are necessary 	<ul style="list-style-type: none"> Understanding how rules are made 	<ul style="list-style-type: none"> Considering the responsibilities adults and children have to maintain children's rights 	<ul style="list-style-type: none"> Understanding how reusing items is of benefit to the environment 	<ul style="list-style-type: none"> Understanding how rights and responsibilities link 	<ul style="list-style-type: none"> Developing an understanding of the importance of education
Safety and the changing body	<ul style="list-style-type: none"> Understanding the needs of different animals and how to meet these 	<ul style="list-style-type: none"> Recognising the importance of looking after the school environment 	<ul style="list-style-type: none"> Understand how recycling can have a positive impact on the environment 	<ul style="list-style-type: none"> Understanding the role of local government 	<ul style="list-style-type: none"> Developing an understanding of freedom of expression 	<ul style="list-style-type: none"> Developing an understanding of environmental issues relating to food
Citizenship	<ul style="list-style-type: none"> Understanding the needs of younger children and how these change 	<ul style="list-style-type: none"> Identifying ways to help look after the school environment 	<ul style="list-style-type: none"> Developing an understanding of how democracy works at a local level 	<ul style="list-style-type: none"> Understanding the groups which make up a community and the benefits they bring 	<ul style="list-style-type: none"> Understanding why reducing use of materials is positive for the environment 	<ul style="list-style-type: none"> Developing an understanding of causes which are important personally
Economic wellbeing	<ul style="list-style-type: none"> Understanding how voting can be used to make decisions 	<ul style="list-style-type: none"> Understanding the jobs people do to look after the environment in school and the local community 	<ul style="list-style-type: none"> Understanding the need for rules and the consequences of breaking these 	<ul style="list-style-type: none"> Understanding the positives diversity brings to a community 	<ul style="list-style-type: none"> Developing an understanding of how parliament and Government work 	<ul style="list-style-type: none"> Understanding how government works
Transition	<ul style="list-style-type: none"> Understanding differences between people 	<ul style="list-style-type: none"> Understanding how democracy works in school through the School Council 	<ul style="list-style-type: none"> Developing an understanding of groups within the local community and how these support the local community 		<ul style="list-style-type: none"> Understanding the contribution people make to the community and how this is recognised 	<ul style="list-style-type: none"> Understanding what prejudice and discrimination are
Identity	<ul style="list-style-type: none"> Recognising the groups we belong to 	<ul style="list-style-type: none"> Understanding that everyone is unique 			<ul style="list-style-type: none"> Developing an understanding of pressure groups 	<ul style="list-style-type: none"> Understanding how prejudice and discrimination can be overcome
Identity		<ul style="list-style-type: none"> Recognising the contribution people make to the local community 				

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Families and relationships
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Citizenship

<ul style="list-style-type: none"> Developing an understanding of the value of money and how to keep it safe 	<ul style="list-style-type: none"> Understanding the value of money and where it comes from 	<ul style="list-style-type: none"> Understanding that there are different ways to pay for things 	<ul style="list-style-type: none"> Understanding the factors which affect whether something is value for money 	<ul style="list-style-type: none"> Understand how to create a budget based on priorities 	<ul style="list-style-type: none"> Recognising differences in how people deal with money and the role of emotions in this
<ul style="list-style-type: none"> Understanding where money comes from 	<ul style="list-style-type: none"> Developing an understanding of wants and needs 	<ul style="list-style-type: none"> Developing an understanding of budgeting 	<ul style="list-style-type: none"> Understand the importance of tracking money 	<ul style="list-style-type: none"> Developing an understanding of borrowing money 	<ul style="list-style-type: none"> Understanding how to keep bank accounts safe
<ul style="list-style-type: none"> Developing an understanding of how banks work 	<ul style="list-style-type: none"> Recognising that people make choices about how to spend money 	<ul style="list-style-type: none"> Understanding that money can cause a range of feelings 	<ul style="list-style-type: none"> Understanding the impact of losing money 	<ul style="list-style-type: none"> Beginning to understand income and expenditure 	<ul style="list-style-type: none"> Developing an understanding of gambling
<ul style="list-style-type: none"> Recognising the range of jobs available in school and the skills people need to do these 	<ul style="list-style-type: none"> Developing an understanding of how to select a bank account 	<ul style="list-style-type: none"> Understanding that people have different attitudes to money 	<ul style="list-style-type: none"> Developing an understanding of what might influence job choices 	<ul style="list-style-type: none"> Developing an understanding about risks associated with money 	<ul style="list-style-type: none"> Understanding the routes into different jobs
	<ul style="list-style-type: none"> Beginning to understand how people select the job they want to do 	<ul style="list-style-type: none"> Growing understanding of the range of jobs available 	<ul style="list-style-type: none"> Understanding how work can change over time 	<ul style="list-style-type: none"> Understand stereotypes in work and how these can be overcome 	<ul style="list-style-type: none"> Recognising that people change jobs for a number of reasons

Economic wellbeing

		<ul style="list-style-type: none"> Understanding the stereotypes which can exist around jobs but that these should not affect people's choices 		<ul style="list-style-type: none"> Understanding the role of money in selecting a job 	
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Transition

Identity

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Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

Families and relationships

- Recognising own strengths

- Understanding that change is part of life

- Learning strategies to deal with change

- Recognising own achievements

- Understanding the skills needed for roles in school

- Recognising that change can cause mixed feelings

Health and

wellbeing

- Understanding that changes can be both positive and negative

- Recognising ways to deal with change

- Understanding opportunities and responsibilities

- Understanding how to set goals

- Recognising own skills and how these can be developed

- Understanding a greater range of strategies to deal with feelings associated with change

Safety and the changing body

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Transition

Identity

Families and relationships

- Understanding what makes identity
- Recognising the difference between how we see ourselves and how others see us

Health and wellbeing

- Exploring the role of gender in identity
- Exploring how the media might influence our identity

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Identity