

EYFS-Year 6 PSHE/RSE Progression

EYFS - Nursery			
Self -Regulation	Managing Self	Managing Self – Self care	Building Relationships
<p>Children in Nursery will:</p> <ul style="list-style-type: none"> • Allow an adult to comfort them. • Achieve a goal they have chosen, or one which is suggested to them. • Talk about their feelings using words like ‘happy’ and ‘sad’ • Seek adult support to help them in managing emotions. • Recognise when a peer is upset. • Talk about their feelings using a developing vocabulary <i>e.g. frightened, frustrated.</i> • Explain to an adult what has happened when they are upset. • Begin to control their own emotions. • Begin to understand how others feel. 	<ul style="list-style-type: none"> • Select and use activities and resources with help. • Follow a simple instruction as part of a group. • Join in an activity when invited by an adult. • Select and use activities and resources independently. • Remember basic setting rules and follow them most of the time. • Explain why rules are important. • Care for plants, animals and their immediate environment. • Talk confidently in front of a group of their peers. 	<ul style="list-style-type: none"> • Use the toilet independently. • Wash and dry their hands. • Take their coat off and put it on. • Put on shoes without fastening • Pull zips up and down. • Pull up trousers independently. • Put T-Shirt and jumper on/off independently. • Show independence in managing own needs including at snack time. • Give simple explanations about healthy lifestyle choices. 	<ul style="list-style-type: none"> • Take turns, with adult support. • Play with one or more other children. • Join in with a group of children who are playing. • Speak to peers within a game or activity. • Seek adult support to help them in managing emotions and conflicts. • Play with other children extending and elaborating play ideas. • Find solutions to conflicts and rivalries.



EYFS-Year 6 PSHE/RSE Progression

EYFS - Reception			
Self -Regulation	Managing Self	Managing Self – Self care	Building Relationships
<ul style="list-style-type: none"> • Identify and name feelings in themselves and others, e.g. cross, lonely, worried. • Bounce back quickly after they have been upset and with more independence. • Reflect on feelings they encounter in stories and make links to their own experiences. • Follow two-step instructions. • Wait with increased patience for attention or a turn in a game/with a toy. <p>ELG</p> <ul style="list-style-type: none"> • Recognise, moderate and express their own feelings and show an understanding of the feelings of others. • Set and work towards simple goals. • Wait for what they want and control their immediate impulses when appropriate. • Give focused attention to the teacher, responding appropriately. 	<ul style="list-style-type: none"> • Abide by most of the rules of the classroom. • Try new activities independently or with peers. • Talk positively about themselves and what they can do. • Begin to understand and discuss consequences of our behaviour. • Shows increasing independence, working on short activities independently. • Persevere when something is challenging. <p>ELG</p> <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly. 	<ul style="list-style-type: none"> • Put on socks and shoes. • Fasten zips independently • Explain why handwashing is important. • Undress independently with help for buttons • Dress and undress independently. • Know and talk about the different factors that support their overall health and wellbeing: <i>regular physical activity, healthy eating, tooth brushing, sensible amounts of 'screen time', having a good sleep routine ,being a safe pedestrian.</i> <p>ELG</p> <ul style="list-style-type: none"> • Manage their own basic hygiene and personal needs, including dressing (with support for small buttons), going to the toilet and understanding the importance of healthy food choices 	<ul style="list-style-type: none"> • Take turns when playing simple games. • Show empathy towards their peers. • Show understanding of another child's perspective. • Solve small conflicts through speaking to each other and being assertive. <p>ELG</p> <ul style="list-style-type: none"> • Form positive attachments with adult peers, working and playing cooperatively and showing sensitivity to their own and to others' needs.



EYFS-Year 6 PSHE/RSE Progression

Year 1/2 – Cycle A

Autumn

Vertical concept – Living in the Wider World

Belonging to a community

Children will learn:

- about what rules are, in school, at home and outside.
- how we care for people, animals and other living things in different ways.
- how they can look after the environment, e.g. recycling.

Media literacy and Digital resilience

Children will learn:

- how and why people use the internet.
- the benefits of using the internet.
- how people find things out.
- how to communicate safely with others online.

Money and Work

Children will learn:

- about a range of different jobs and the work people do, including those done by people they know or people who work in their community.
- that some people can make assumptions about jobs based on gender stereotypes.
- how people have different strengths and interests that enable them to do different jobs.
- what money is



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EYFS-Year 6 PSHE/RSE Progression

Spring	<u>Vertical concept – Relationships</u>
	<p><u>Relationships</u></p> <p><u>Families and Friendships</u> Children will learn:</p> <ul style="list-style-type: none">- about people who care for them and the role these different people play in children’s lives.- what it means to be a family and how families are different.- How to tell someone if they are worried about something in their family. <p><u>Safe Relationships</u> Children will learn:</p> <ul style="list-style-type: none">- what it means to keep something private, including parts of the body that are private.- that they have the right to protect their body from inappropriate or unwanted touch.- how to respond and who to talk to if being touched makes them feel uncomfortable or unsafe.- when it is important to ask for permission to touch others. <p><u>Respecting ourselves and others</u> Children will learn:</p> <ul style="list-style-type: none">- how kind and unkind behaviour can make people feel- what respect means.- about class rules, being polite to others, sharing and taking turns



EYFS-Year 6 PSHE/RSE Progression

Summer	<u>Vertical concept – Health and Wellbeing</u>
	<p><u>Physical health and Mental wellbeing</u> Children will learn:</p> <ul style="list-style-type: none">- what it means to be healthy and why it is important.- about basic hygiene routines, e.g. hand washing.- about healthy and unhealthy foods and how physical activity keeps people healthy.- how to keep safe in the sun. <p><u>Growing and changing</u> Children will learn:</p> <ul style="list-style-type: none">- about the human life cycle and how people grow from young to old.- to recognise what makes them special and unique and how they are the same and different to others.- about different kinds of feelings.- how to recognise feelings in themselves and others and that feelings can affect how people behave. <p><u>Keeping Safe</u> Children will learn:</p> <ul style="list-style-type: none">- how rules can help to keep us safe and why some things have age restrictions.- basic rules for keeping safe online and who to tell if they see something online that makes them feel unhappy, worried, or scared.



EYFS-Year 6 PSHE/RSE Progression

Year 1/2 – Cycle B

Autumn

Vertical concept – Living in the Wider World

Belonging to a community

Children will learn:

- what a community is and what communities they belong to.
- about different rights and responsibilities that they have in school and the wider community
- the ways in which they are the same and different to others in their community.

Media literacy and Digital resilience

Children will learn:

- the different ways in which people can access the internet.
- to recognise the purpose and value of the internet in everyday life.
- that information online might not always be true.

Money and Work

Children will learn:

- about what money is and its different forms.
- how money can be kept and looked after.
- that people are paid money for the job they do.
- to recognise the difference between needs and wants and how this helps people make choices about spending money.



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EYFS-Year 6 PSHE/RSE Progression

Spring	<u>Vertical concept – Relationships</u>
	<p><u>Families and friendships</u> Children will learn:</p> <ul style="list-style-type: none">- how to make friends and how to be a good friend.- about what causes arguments between friends and how to positively resolve them.- how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else. <p><u>Safe Relationships</u> Children will learn:</p> <ul style="list-style-type: none">- how to recognise hurtful behaviour, including online and who to tell.- about what bullying is and how someone may feel if they are being bullied.- about the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help.- how to ask for help if they feel unsafe or worried and what vocabulary to use. <p><u>Respecting ourselves and others</u> Children will learn:</p> <ul style="list-style-type: none">- how friends can have both similarities and differences.- how to play and work cooperatively in different groups and situations.- how to share their ideas and listen to others.



EYFS-Year 6 PSHE/RSE Progression

Summer	<u>Vertical concept – Health and Wellbeing</u>
	<p><u>Physical health and Mental wellbeing</u> Children will learn:</p> <ul style="list-style-type: none">- why sleep and rest are important for growing and keeping healthy.- that medicines can help people stay healthy.- the importance of brushing teeth and visiting the dentist and how food and drink can affect dental health.- how to describe and share a range of feelings and how to manage big feelings.- when and how to ask for help, and how to help others, with their feelings <p><u>Growing and changing</u> Children will learn:</p> <ul style="list-style-type: none">- to identify and name the main parts of the body including external genitalia.- about change as people grow up, including new opportunities and responsibilities. <p><u>Keeping safe</u> Children will learn:</p> <ul style="list-style-type: none">- how to recognise risk in everyday situations.- how to keep themselves safe in familiar and unfamiliar environments.- to identify potential unsafe situations and steps they can take to avoid or remove themselves from danger.



EYFS-Year 6 PSHE/RSE Progression

Year 3/4 - Cycle A

Autumn

Vertical concept – Living in the Wider World

Belonging to a community

Children will learn:

- the meaning and benefits of living in a community.
- to recognise that they belong to different communities.
- about the individuals and groups that help the local community.
- how to show compassion towards others in need and the shared responsibilities of caring for them.

Media literacy and Digital resilience

Children will learn:

- that organisations can use personal information to encourage people to buy things.
- to recognise what online adverts look like.
- that search results are ordered based on the popularity of the website and that this can affect what information people access.

Money and Work

Children will learn:

- how people make different spending decisions based on their budget, values and needs.
- how to keep track of money and why it is important to know how much is being spent.
- about different ways to pay for things such as cash, cards and e-payment.



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EYFS-Year 6 PSHE/RSE Progression

Spring	<u>Vertical concept – Relationships</u>
	<p><u>Families and Friendships</u> Children will learn:</p> <ul style="list-style-type: none">- about the features of positive healthy friendships and strategies to build positive friendships.- how to seek support with relationships if they feel lonely or excluded.- how to communicate respectfully with friends when using digital devices. <p><u>Safe Relationships</u> Children will learn:</p> <ul style="list-style-type: none">- to differentiate between playful teasing, hurtful behaviour and bullying and how to respond if they witness or experience this behaviour.- when it is right to keep or break a confidence or share a secret.- how to recognise risks online such as harmful content or contact.- how people may behave differently online including pretending to be someone they are not.- how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online. <p><u>Respecting ourselves and others</u> Children will learn:</p> <ul style="list-style-type: none">- to recognise differences between people such as gender, race, faith- to recognise what they have in common with others.- about the importance of respecting the differences and similarities between people.



EYFS-Year 6 PSHE/RSE Progression

Summer	<u>Vertical concept – Health and Wellbeing</u>
	<p><u>Physical health and Mental wellbeing</u> Children will learn:</p> <ul style="list-style-type: none">- to identify a wide range of factors that maintain a balanced, healthy lifestyle.- how to recognise early signs of physical illness and that common illnesses can be quickly and easily treated with the right care.- how to maintain oral hygiene and dental health. <p><u>Growing and Changing</u> Children will learn:</p> <ul style="list-style-type: none">- how to identify external genitalia and reproductive organs.- about the physical and emotional changes during puberty.- the importance of personal hygiene routines during puberty.- how to get information, help and advice about puberty. <p><u>Keeping safe</u> Children will learn:</p> <ul style="list-style-type: none">- the importance of taking medicines correctly and using household products safely.- to recognise what is meant by a 'drug' and that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing.- to identify some of the risks associated with drugs common to everyday life.- how to ask for help or advice.



EYFS-Year 6 PSHE/RSE Progression

Year 3/4 – Cycle B

Autumn

Vertical concept – Living in the Wider World

Belonging to a community

Children will learn:

- the reasons for rules and laws and what might happen if rules and laws are broken.
- what human rights are and how they protect people.
- to identify basic examples of human rights including the rights of children.
- about how they have rights and also responsibilities

Media literacy and Digital resilience

Children will learn:

- how the internet can be used positively for leisure, for school and for work.
- to recognise that images and information online can be altered and strategies to recognise whether something they see online is true.
- to make safe, reliable choices from search results.
- how to report something seen or experienced online that concerns them.

Money and Work

Children will learn:

- about jobs that people may have and that people can have more than one job at once or over their lifetime.
- about common myths and gender stereotypes related to work.
- about some of the skills needed to do a job.
- to recognise their interests, skills and achievements and how these might link to future jobs
- how to set goals that they would like to achieve this year.



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EYFS-Year 6 PSHE/RSE Progression

Spring	<u>Vertical concept – Relationships</u>
	<p><u>Families and Friendships</u> Children will learn:</p> <ul style="list-style-type: none">- to recognise and respect that there are different types of families.- that being part of a family provides support, stability and love.- to identify if or when something in a family might make someone upset or worried.- what to do and whom to tell if family relationships are making them feel unhappy or unsafe. <p><u>Safe Relationships</u> Children will learn:</p> <ul style="list-style-type: none">- what is appropriate to share with friends, classmates, family and wider social groups including online.- about what privacy and personal boundaries are.- that bullying and hurtful behaviour is unacceptable and the effects and consequences of bullying for the people involved.- what to do and whom to tell if they see or experience bullying or hurtful behaviour. <p><u>Respecting ourselves and others</u> Children will learn:</p> <ul style="list-style-type: none">- to recognise respectful behaviours and how to model respectful behaviour in different situations.- the importance of self-respect and their right to be treated respectfully by others.- the ways in which people show respect and courtesy in different cultures and in wider society.



EYFS-Year 6 PSHE/RSE Progression

Summer	<u>Vertical concept – Health and Wellbeing</u>
	<p><u>Physical health and Mental wellbeing</u> Children will learn:</p> <ul style="list-style-type: none">- to identify healthy and unhealthy choices.- about habits and that sometimes they can be maintained, changed or stopped.- what is meant by a healthy, balanced diet.- that regular exercise has positive benefits for their mental and physical health.- strategies to identify and talk about their feelings.- to recognise how feelings can change overtime and become more or less powerful. <p><u>Growing and changing</u> Children will learn:</p> <ul style="list-style-type: none">- that everyone is an individual and has unique and valuable contributions to make.- how to identify their own personal strengths and interests and what they're proud of.- basic strategies to manage and reframe setbacks. <p><u>Keeping safe</u> Children will learn:</p> <ul style="list-style-type: none">- how to identify typical hazards at home and in school.- how to predict, assess and manage risk in everyday situations.- the importance of following safety rules from parents and other adults.- how to help keep themselves safe in the local environment or unfamiliar places.



EYFS-Year 6 PSHE/RSE Progression

Year 5/6 – Cycle A

Autumn

Vertical concept – Living in the Wider World

Belonging to a community

Children will learn:

- about how resources are allocated and the effect this has on individuals, communities and the environment.
- the importance of protecting the environment and how everyday actions can either support or damage it.
- how to show compassion for the environment, animals and other living things.
- to express their own opinions about their responsibility towards the environment.

Media literacy and Digital resilience

Children will learn:

- to identify different types of media and their different purposes.
- basic strategies to assess whether content online is based on fact, opinion, or is biased.
- to recognise unsafe or suspicious content online.
- how devices store and share information.

Money and Work

Children will learn:

- to identify jobs that they might like to do in the future and the role ambition can play in achieving a future career.
- what might influence people's decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values.
- about stereotyping in the workplace, its impact and how to challenge it.
- that there is a variety of routes into work e.g. college, apprenticeships, university, training.



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EYFS-Year 6 PSHE/RSE Progression

Spring	<u>Vertical concept – Relationships</u>
	<p><u>Families and Friendships</u> Children will learn:</p> <ul style="list-style-type: none">- what makes a healthy friendship and how they make people feel included.- strategies to manage peer influence and the need for peer approval.- that it is common for friendships to experience challenges and strategies to positively resolve disputes and reconcile differences in friendships.- how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable and when and how to seek support in relation to friendships. <p><u>Safe Relationships</u> Children will learn:</p> <ul style="list-style-type: none">- to identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations.- how it feels in a person's mind and body when they are uncomfortable.- that it is never someone's fault if they have experienced unacceptable contact.- how to respond and who to tell about unwanted or unacceptable physical contact.- that no one should ask them to keep a secret that makes them feel uncomfortable. <p><u>Respecting ourselves and others</u> Children will learn:</p> <ul style="list-style-type: none">- that everyone should be treated equally.- it is important to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own- what discrimination means and different types of discrimination.- ways to safely challenge discrimination.



EYFS-Year 6 PSHE/RSE Progression

Summer	<u>Vertical concept – Health and Wellbeing</u>
	<p><u>Physical health and Mental wellbeing</u> Children will learn:</p> <ul style="list-style-type: none">- how sleep contributes to a healthy lifestyle.- how to manage risk in relation to sun exposure, including skin damage and heat stroke.- how medicines can contribute to health and that some diseases can be prevented by vaccinations and immunisations.- to recognise the shared responsibility of keeping a clean environment. <p><u>Growing and Changing – Year 5</u> Children will learn:</p> <ul style="list-style-type: none">- about puberty and list physical and emotional changes that happen to boys and girls during puberty as they change into adults.- Describe how periods affect girls both physically and emotionally.- Explain the steps required to look after my body during puberty and how to manage my personal hygiene.- about personal identity and what contributes to it and how to recognise, respect and express their individuality and personal qualities.- ways to boost their mood and improve emotional wellbeing. <p><u>Growing and Changing – Year 6</u> Children will learn:</p> <ul style="list-style-type: none">- what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults.- how pregnancy occurs.- to identify the links between love, committed relationships and conception.- to recognise some of the changes as they grow up and what being more independent might feel like.- about the transition to secondary school and how this may affect their feelings and friendships.



EYFS-Year 6 PSHE/RSE Progression

	<p><u>Keeping safe</u> Children will learn:</p> <ul style="list-style-type: none"> - to identify when situations are becoming risky, unsafe or an emergency. - how to deal with common injuries using basic first aid techniques and how to respond in an emergency. - that female genital mutilation (FGM) is against British law.
Year 5/6 – Cycle B	
Autumn	<u>Vertical concept – Living in the Wider World</u>
	<p><u>Belonging to a community</u> Children will learn:</p> <ul style="list-style-type: none"> - to differentiate between prejudice and discrimination. - strategies to safely respond to and challenge discrimination. - how stereotypes are perpetuated and how to challenge this. <p><u>Media literacy and Digital resilience</u> Children will learn:</p> <ul style="list-style-type: none"> - why people choose to communicate through social media and some of the risks and challenges of doing so. - how online content can be designed to manipulate people’s emotions and encourage them to read or share things. - how to recognise what is appropriate to share online. - how to report inappropriate online content or contact. <p><u>Money and Work</u> Children will learn:</p> <ul style="list-style-type: none"> - about the role that money plays in people’s lives. - about value for money and how to judge if something is value for money. - how having or not having money can impact on a person’s emotions, health and wellbeing. - how money can be gained or lost e.g. stolen, through scams or gambling and how these put people at financial risk.



EYFS-Year 6 PSHE/RSE Progression

Spring	<u>Vertical concept – Relationships</u>
	<p><u>Families and Friendships</u> Children will learn:</p> <ul style="list-style-type: none">- what it means to be attracted to someone and different kinds of loving relationships.- about the qualities of healthy relationships.- about the signs of unhealthy relationships and how to get help.- what marriage and civil partnership mean. <p><u>Safe relationships</u> Children will learn:</p> <ul style="list-style-type: none">- to compare the features of a healthy and unhealthy friendships.- about the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong.- strategies to respond to pressure from friends including online.- how to get advice and report concerns about personal safety.- what consent means and how to seek and give/not give permission in different situations. <p><u>Respecting ourselves and others</u> Children will learn:</p> <ul style="list-style-type: none">- how to discuss issues respectfully.- how to listen to and respect other points of view and constructively challenge points of view they disagree with.- ways to participate effectively in discussions online and manage conflict or disagreements.



EYFS-Year 6 PSHE/RSE Progression

Summer	<u>Vertical concept – Health and Wellbeing</u>
	<p><u>Physical health and Mental wellbeing</u> Children will learn:</p> <ul style="list-style-type: none">- that mental health is just as important as physical health and that both need looking after.- to recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support.- positive strategies for managing feelings.- identify where they and others can ask for help and support with mental wellbeing in and outside school.- strategies to manage time spent online and foster positive habits.- what to do and whom to tell if they are frightened or worried about something they have seen online. <p><u>Growing and Changing – Year 5</u> Children will learn:</p> <ul style="list-style-type: none">- about puberty and list physical and emotional changes that happen to boys and girls during puberty as they change into adults.- describe how periods affect girls both physically and emotionally.- explain the steps required to look after my body during puberty and how to manage my personal hygiene.- about personal identity and what contributes to it and how to recognise, respect and express their individuality and personal qualities.- ways to boost their mood and improve emotional wellbeing. <p><u>Growing and Changing – Year 6</u> Children will learn:</p> <ul style="list-style-type: none">- what sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults.- how pregnancy occurs.- to identify the links between love, committed relationships and conception.- to recognise some of the changes as they grow up and what being more independent might feel like.- about the transition to secondary school and how this may affect their feelings and friendships.



EYFS-Year 6 PSHE/RSE Progression

Keeping safe

Children will learn:

- that female genital mutilation (FGM) is against British law and what to do if they think they or someone they know might be at risk of FGM.
- that to force anyone into marriage is illegal and how and where to report forced marriage or ask for help if they are worried.
- how to protect personal information online.
- to identify types of images that are appropriate to share with others and those which might not be appropriate.
- how to report the misuse of personal information or sharing of upsetting content/ images online.
- about the risks and effects of different drugs and how to ask for help if they have concerns about drug use.



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EYFS-Year 6 PSHE/RSE Progression

KS3 PSHE/RSE

Living in the Wider World

- The similarities and differences between the online world and the physical world.
- How people may curate a specific image of their life online, over-reliance on online relationships including social media.
- The risks related to online gambling including the accumulation of debt
- How advertising and information is targeted at them and how to be a discerning consumer of information online.
- How to identify harmful behaviours online and how to report, or find support, if they have been affected by those behaviours.

• Relationships

- Families
- That there are different types of committed, stable relationships and how these relationships might contribute to human happiness and their importance for bringing up children.
- Respectful Relationships
 - The characteristics of positive and healthy friendships.
 - Setting boundaries in relationships.
 - How stereotypes can cause damage.
 - That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others.
- Intimate and Sexual relationships
 - How to recognise the characteristics and positive aspects of healthy intimate relationships.
 - How to recognise and communicate consent.
 - The facts about reproductive health, including fertility.
 - The facts about the full range of contraceptive choices, efficacy and options available.
- - The facts around pregnancy including miscarriage.

• Health and Wellbeing

- The importance of physical health and fitness.
- Common types of mental ill health.
- How to be safe online and how to find support if they are affected by anything they see online.
- Facts about drugs, alcohol and tobacco
- Basic first aid, including CPR.

