

EYFS-Year 6 PSHE/RSE Progression

EYFS- Nursery

<u>Self-Regulation</u>	<u>Managing Self</u>	<u>Managing Self-Self Care</u>	<u>Building Relationships</u>
<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 e.g. <i>frightened and 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 	<p>Children in Nursery will...</p> <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 	<p>Children in Nursery will...</p> <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 	<p>Children in Nursery will...</p> <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 pairs within a game or activity • Seek adult support to help them in managing emotions and conflicts • Play with all the children extending and elaborating play ideas • Find solutions to conflicts and rivalries

EYFS- Reception

<u>Self-Regulation</u>	<u>Managing Self</u>	<u>Managing Self-Self Care</u>	<u>Building Relationships</u>
<p>Children in Reception will...</p> <ul style="list-style-type: none"> Identify and name feelings in themselves and others <i>e.g. cross, lonely, worried</i> 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 2 step instructions Wait with increased patience for attention or a turn in a game/with a toy <p style="text-align: center;">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 	<p>Children in Reception will...</p> <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 and behaviour Shows increasing independence, working on short activities independently Persevere when something is challenging <p style="text-align: center;">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 	<p>Children in Reception will...</p> <ul style="list-style-type: none"> Put socks and shoes on 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, toothbrushing, sensible amounts of 'screen time', having a good sleep routine and being a safe pedestrian.</i> <p style="text-align: center;">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 	<p>Children in Reception will...</p> <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 style="text-align: center;">ELG</p> <ul style="list-style-type: none"> Form positive attachments with adults, peers working and playing cooperatively and showing sensitivity to their own and to others' needs

<p>immediate impulses when appropriate</p> <ul style="list-style-type: none"> • Give focused attention to the teacher, responding appropriately. 	<ul style="list-style-type: none"> • Explain the reasons for rules, know right from wrong and try to behave accordingly 	<p>important of healthy food choices</p>	
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Year 1 PSHE/RSE Curriculum

<p>Autumn Living in the wider world</p>	<p><u>Belonging to a community</u> Children will learn:</p> <ul style="list-style-type: none"> • About what rules are, in school, at home and outside • How we can care for people animals and other living things in different ways • How they can look after the environment, e.g. recycling <p><u>Media literacy and digital resilience</u> Children will learn:</p> <ul style="list-style-type: none"> • 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 <p><u>Money and work</u> Children will learn:</p> <ul style="list-style-type: none"> • 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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<p>Spring Relationships</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
<p>Summer Health and Wellbeing</p>	<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. handwashing • 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

Year 2 PSHE/RSE Curriculum

<p>Autumn Living in the wider world</p>	<p><u>Belonging to a community</u> Children will learn:</p> <ul style="list-style-type: none"> • 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 <p><u>Media literacy and digital resilience</u> Children will learn:</p> <ul style="list-style-type: none"> • 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 <p><u>Money and work</u> Children will learn:</p> <ul style="list-style-type: none"> • 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
<p>Spring Relationships</p>	<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, unhappy or to help someone else

Safe relationships

Children will learn:

- 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 differences between happy surprises and secrets that make them feel uncomfortable or worries and how to get help
- How to ask for help if they feel unsafe or worries and what vocabulary to use

Respecting ourselves and others

Children will learn:

- 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

Summer

Health and Wellbeing

Physical health and mental wellbeing

Children will learn:

- 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

Growing and changing

Children will learn:

- To identify and name the main parts of the body including external genitalia
- About change as people grow up, including new opportunities and responsibilities

Keeping safe

Children will learn:

- 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

Year 3 PSHE/RSE Curriculum

<p>Autumn Living in the wider world</p>	<p><u>Belonging to a community</u> Children will learn:</p> <ul style="list-style-type: none">• The meaning and benefits of living in a community• To recognise that they belong to different communities• About the individual groups that help the local community• How to show compassion towards others in need and the shared responsibilities of caring for them <p><u>Media literacy and digital resilience</u> Children will learn:</p> <ul style="list-style-type: none">• 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 <p><u>Money and work</u> Children will learn:</p> <ul style="list-style-type: none">• 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
<p>Spring Relationships</p>	<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

	<ul style="list-style-type: none"> • How to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online <p><u>Respecting ourselves and others</u></p> <p>Children will learn:</p> <ul style="list-style-type: none"> • To recognise differences between people such as gender, race and faith • To recognise what they have in common with others • About the importance of respecting the differences and similarities between people
<p>Summer Health and Wellbeing</p>	<p><u>Physical health and mental wellbeing</u></p> <p>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></p> <p>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></p> <p>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 they are common in 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

Year 4 PSHE/RSE Curriculum

<p>Autumn Living in the wider world</p>	<p><u>Belonging to a community</u> Children will learn:</p> <ul style="list-style-type: none">• The reasons for rules and laws and what might happen if they 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 responsibilities <p><u>Media literacy and digital resilience</u> Children will learn:</p> <ul style="list-style-type: none">• 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 knowing 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 <p><u>Money and work</u> Children will learn:</p> <ul style="list-style-type: none">• 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
<p>Spring Relationships</p>	<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

	<ul style="list-style-type: none"> • 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></p> <p>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
<p>Summer Health and Wellbeing</p>	<p><u>Physical health and mental wellbeing</u></p> <p>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 powerful <p><u>Growing and changing</u></p> <p>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></p> <p>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

Year 5 PSHE/RSE Curriculum

<p>Autumn Living in the wider world</p>	<p><u>Belonging to a community</u> Children will learn:</p> <ul style="list-style-type: none">• 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 <p><u>Media literacy and digital resilience</u> Children will learn:</p> <ul style="list-style-type: none">• 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 <p><u>Money and work</u> Children will learn:</p> <ul style="list-style-type: none">• 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 and 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 or training
<p>Spring Relationships</p>	<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>

- 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

Respecting ourselves and others

Children will learn:

- 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

Summer
Health and Wellbeing

Physical health and mental wellbeing

Children will learn:

- How sleep contributes to a healthy lifestyle
- How to manage risk in relation to sun exposure, including skin damage and heat stroke
- How medicine 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

Growing and changing

Children will learn:

- 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

Keeping safe

Children will learn:

- To identify when situations are becoming risky, unsafe or an emergency
- How to deal with common injuries using basic first aid and techniques and how to respond in an emergency

Year 6 PSHE/RSE Curriculum

<p>Autumn Living in the wider world</p>	<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
<p>Spring Relationships</p>	<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>

- To compare the features of 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

Respecting ourselves and others

Children will learn:

- 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

Summer

Health and Wellbeing

Physical health and mental wellbeing

Children will learn:

- That mental health is just as important as physical health and that both needs 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 other 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

Growing and changing

Children will learn:

- 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

Keeping safe

Children will learn:

- That to force anyone into marriage is illegal and how and where to report forced marriage or ask for help if they are worried

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| | <ul style="list-style-type: none">• 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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