

Relationships and Health Education (RSE) Progression of Skills

UPDATED 2021

Relationships

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p><u>Families</u> <u>and</u> <u>people</u> <u>who</u> <u>care for</u> <u>me.</u></p>	<p>Understand that families can include a range of members and may look different to their own.</p> <p>The importance of a family to give them love and stability.</p> <p>The importance of a trusted adult</p>	<p>Recognising that families can all be different. That families support and care for one another.</p> <p>The importance of spending time with your family.</p> <p>The importance of a trusted adult</p>	<p>Respecting that other families may differ from their own.</p> <p>Learning that sometimes problems can occur in families and that there is help if needed.</p> <p>The importance of a trusted adult</p>	<p>Understanding the many different types of family in the world and respecting these differences.</p> <p>How to recognise if family relationships are making them feel unhappy or unsafe.</p> <p>The importance of a trusted adult</p>	<p>Understanding that family care can come in many forms.</p> <p>Knowing that marriage represents a formal and legal commitment of two people to each other and is intended to be life-long.</p> <p>Sometimes families can make children feel unsafe or unhappy and where to find help for this.</p> <p>The importance of a trusted</p>	<p>How to recognise if family relationships are making them feel unhappy or unsafe.</p> <p>How to seek help or advice from others if needed.</p> <p>The importance of a trusted adult</p>

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<u>Caring Friendships</u>	<p>What makes a good friend?</p> <p>That friendships can have problems and how we can overcome this.</p> <p>Exploring friendly behaviours.</p>	<p>Understanding the difficulties in friendships and how these can be overcome.</p> <p>That healthy friendships are positive and welcoming and should not make others feel lonely or excluded.</p>	<p>Exploring ways to resolve friendship issues.</p> <p>That friendship can have their ups and downs.</p> <p>What is bullying?</p>	<p>Exploring physical and emotional boundaries in friendships.</p> <p>Exploring different roles in bullying, including bully, facilitator, onlooker and bystander.</p>	<p>Understanding that friendships will encounter issues and how to deal with this.</p> <p>How to recognise when a friendship makes them unhappy or uncomfortable. How to seek help for this.</p> <p>Understand the impact of bullying.</p>	<p>Learning that friendship can encounter conflict. How to deal with this, knowing that violence is never right.</p> <p>The importance of negotiation and compromise.</p>
<u>Respectful relationships</u>	<p>Learning to recognise the different feelings in themselves and others. (ZOR).</p> <p>Exploring the ability to work with others.</p> <p>Explore ways of</p>	<p>Learning how others show their feelings and how to respond to this.</p> <p>What is self respect?</p> <p>How to respect others.</p>	<p>Understanding the importance of trust.</p> <p>Learning about the effects of non-verbal communication.</p> <p>Develop listening skills.</p>	<p>Importance of respecting others, even if they are different to them (physically, emotionally, backgrounds)</p> <p>What a stereotype is and how these</p>	<p>How my actions can affect others.</p> <p>How stereotyping can be unfair, negative and destructive.</p> <p>The importance of permission</p>	<p>Learning that respect forms a healthy relationship.</p> <p>Understanding that everyone deserves respect, yet sometimes this can be lost.</p>

	<p>helping others.</p> <p>Manners and courtesy</p>	<p>Manners and courtesy</p>	<p>Begin to explore stereotypes.</p> <p>Manners and courtesy</p>	<p>can be unfair.</p> <p>Manners and courtesy</p>	<p>seeking with friends, peers and adults.</p> <p>Manners and courtesy</p>	<p>How stereotyping is linked to bullying.</p> <p>Manners and courtesy</p>
<p>Online relationships (Much of this will be covered in ICT Term 1)</p>	<p>To know what to do if something appears on screen that upsets, worries or scares them.</p> <p>To discover the joys of the internet but know they must not give out personal information.</p>	<p>To know what to do if they feel unsafe on-line.</p> <p>To understand the importance of staying safe online.</p>	<p>How to recognise unsafe digital media.</p> <p>To know what is meant by cyberbullying.</p> <p>How information and data is shared on-line.</p>	<p>To know that people can behave differently on-line.</p> <p>The importance of respect online.</p> <p>How to recognise risks online and how to deal with these.(People they have never met)</p>	<p>Develop an understanding of how to ensure online relationships are safe and respectful.</p> <p>Recognise the increased risks of being online and what to do if you feel at risk.</p>	<p>Develop an understanding of how reliable online information and relationships can be.</p> <p>Dealing with problems with online relationships.</p> <p>How information can be used and shared on-line.</p>
<p>Being Safe</p>	<p>How to respond to adults and peers in a variety of settings.</p> <p>Understanding the roles of</p>	<p>Understand the difference between secrets and surprises.</p> <p>Understand that their body belongs to them</p>	<p>What boundaries are appropriate in friendships with peers and adults.</p> <p>That each</p>	<p>It is not always right to keep secrets if they relate to being safe</p> <p>How to respond safely to adults</p>	<p>How to ask for advice or help for themselves or others, and keep trying until they are heard.</p> <p>How to report</p>	<p>Knowing that on-line relationships carry risk.</p> <p>Inappropriate and unsafe physical contact.</p>

	<p>people in the local community that help keep us safe.</p> <p>What to do if I get lost.</p> <p>Develop an understanding of physical contact.</p> <p>How to recognise and report feelings of being unsafe about any adult.</p>	<p>and it is private.</p> <p>Begin to understand boundaries with peers and others.</p> <p>How to recognise and report feelings of being unsafe about any adult.</p>	<p>person's body belongs to them and is private.</p> <p>How to recognise and report feelings of being unsafe about any adult.</p>	<p>they may encounter who they do not know.</p> <p>How to recognise and report feelings of being unsafe about any adult.</p>	<p>concerns.</p> <p>Where to get advice.</p> <p>How to recognise and report feelings of being unsafe about any adult.</p>	<p>How to report concerns or abuse and have the vocabulary and confidence to do so.</p> <p>How to recognise and report feelings of being unsafe about any adult.</p>
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Physical Health and Mental Wellbeing

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Mental Wellbeing</p> <p>(Link to Wellbeing days)</p> <p>(Link to the school values of</p>	<p>Understand my strengths and qualities.</p> <p>Know and identify a range of emotions and feelings.</p>	<p>Recognise an increased range of feelings and emotions and have some strategies for managing these.</p> <p>Begin to look at</p>	<p>How to recognise how they are feeling and if their behaviour is appropriate or inappropriate.</p> <p>Identifying my</p>	<p>Understand that it is normal to experience a range of emotions.</p> <p>What we can do to improve our mental health,</p>	<p>Understand what stress is and how to deal with it.</p> <p>Simple self-care techniques, including the importance of</p>	<p>Where and how to speak to someone if they are worried about their own or someone else's mental health.</p>

<p>resilience and aspiration)</p>		<p>empathy and its importance.</p> <p>Begin to look at developing a growth mindset.</p>	<p>strengths and what makes me happy.</p> <p>Understand that we all have problems but these can be broken down into smaller steps.</p>	<p>including the benefits of physical exercise and hobbies.</p> <p>Develop a growth mindset , knowing that mistakes help me to learn.</p>	<p>rest, family and friends and hobbies and interests.</p> <p>Improve the ability to manage feelings and how to take responsibility for them.</p>	<p>How it is common for people to experience ill mental health. For many who do, the right help is available, especially if accessed early enough.</p> <p>Isolation and loneliness can affect children and adults.</p>
<p>Internet safety and harms (Linked to online safety above and ICT lessons)</p>	<p>The joy of the internet and what it can provide.</p> <p>The importance of rationing time spent online.</p>	<p>The benefits of spending time online.</p> <p>Why we need to ration our time online .</p>	<p>Consider the effect of on-line actions.</p> <p>Know the importance of keeping personal information private.</p>	<p>The risks of excessive time spent online.</p> <p>Consider the effects of their actions on-line towards others.</p> <p>Why some games are age restricted.</p>	<p>Why social media, games and online gaming are age restricted.</p> <p>That the internet can be a negative place where online abuse and bullying can take place.</p> <p>How the internet can affect our mental health.</p>	<p>The suitability of content online.</p> <p>How to recognise and display respectful behaviour online.</p> <p>How to be a discerning consumer of information online.</p> <p>The effects of too much time spent online on</p>

						our mental and physical health.
Physical Health and Fitness.	<p>Explore health related jobs and those in our community who help to keep us healthy.</p> <p>Understand the importance of sleep.</p> <p>Promote the mental and physical benefits of an active lifestyle. (2 hours PE per week and 3 x Daily Mile)</p>	<p>The importance of exercise and its effect on the body.</p> <p>Introduce relaxation techniques to calm the body and mind.</p> <p>Promote the mental and physical benefits of an active lifestyle. (2 hours PE per week and 3 x Daily Mile)</p>	<p>Develop a plan for a healthy lifestyle.</p> <p>The importance of relaxation on the mind and body.</p> <p>Encourage more physical activity outside of school.</p> <p>Promote the mental and physical benefits of an active lifestyle. (2 hours PE per week and 3 x Daily Mile)</p>	<p>What makes you feel calm and relaxed?</p> <p>The importance of building exercise into daily and weekly routines.</p> <p>Promote the mental and physical benefits of an active lifestyle. (2 hours PE per week and 3 x Daily Mile)</p>	<p>The importance of good sleep habits.</p> <p>The risks associated with an inactive lifestyle.</p> <p>Looking at strategies for rest and relaxation(i.e yoga)</p> <p>Promote the mental and physical benefits of an active lifestyle. (2 hours PE per week and 3 x Daily Mile)</p>	<p>Understand that I have a responsibility to look after my own physical health.</p> <p>The risks involved in an inactive lifestyle (including obesity)</p> <p>How to seek support if they are worried about their physical health.</p> <p>Promote the mental and physical benefits of an active lifestyle. (2 hours PE per week and 3 x Daily Mile)</p>
Healthy Eating	Identify some healthy foods	Link to Science-Healthy Eating topic	Identify healthy food choices.	What constitutes a healthy diet?	Understand nutrition and planning and preparing	The characteristics of poor diet and risks associated

					healthy meals.	with unhealthy eating.
Drugs, alcohol and tobacco	What is safe to put in or on my body.	Explore the importance of safety around medicines.	Exploring choices through peer pressure.	Explore the effects of tobacco.	Understand how others may try to influence me. Strategies for making the right choices.	Understand the risks associated with alcohol.
Health and prevention	Understand the importance of hand hygiene Understand the importance of staying safe in the sun.	Understand the importance of good dental hygiene. Understand the importance of hand hygiene Understand the importance of staying safe in the sun.	The importance of a good night's sleep Understand the importance of hand hygiene Understand the importance of staying safe in the sun.	Understand more about dental health, the benefits of good dental hygiene , including check ups at the dentist. Understand the importance of hand hygiene Understand the importance of staying safe in the sun.	Understand more about the risks of exposure to the sun and how to reduce the risk of sun damage. Understand the importance of hand hygiene Understand the importance of staying safe in the sun.	The facts and science relating to allergies, immunisation and vaccinations. Understand the importance of hand hygiene Understand the importance of staying safe in the sun.
Basic First Aid (May be done	Identify those who work for the emergency services and how to call	Why might we need to call the emergency services? Who are they?	Knowing how to respond to bites and stings. What are	Concepts of basic first aid. What is asthma?	Concepts of basic first aid. What if someone is	Concepts of more advanced first aid. What if

<p>through outside agency on a yearly basis)</p>	<p>them.</p>		<p>allergies?</p>		<p>bleeding or has a head injury?</p>	<p>someone is choking? How to recognise if someone is unresponsive and what to do.</p>
<p>The changing adolescent body</p>	<p>To introduce the concept of growing and changing. Understand that babies become children and then adults. (Use CWP)</p>	<p>Identify the difference between boys and girls using baby photographs. Describe the difference between boys and girls including naming the body parts. (Use CWP)</p>	<p>To explore the similarities and differences between males and females and name body parts. (Use CWP)</p>	<p>To describe the main stages of a human life cycle (baby, toddler, chil, teen, adult, elder) Describe how the body may start to change as we grow up. To begin to look at the physical and emotional changes that happen during puberty. (Use Hair in Funny Places by Babette Cole and CWP)</p>	<p>To explore the physical and emotional changes during puberty. Explain the physical impact of puberty. Asks questions about puberty with confidence. Understand how to manage physical and emotional changes Explore the importance of physical hygiene. How to get support during</p>	<p>Discuss menstrual well being including key facts about the menstrual cycle. (Reproduction may be covered in life cycles with the Year 6 Science curriculum but is not part of the RHE curriculum)</p>

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