



PSHE/RSE Progression Document

	EYFS (Links to EYFS LTP/ELG)	Year 1 and Year 2
Families and people who care for me	- I know the people in my family and people who care for me (RSE) - I can build constructive and respectful relationships (RSE-Caring friendships) - I know how to take turns/work collaboratively with others (Turn taking games) Strengths- Teamwork/cooperation - I know my friends have similar and different likes and dislikes - I know what makes me unique – similarities and differences (characteristics) – Social stories/persona dolls - I know my friends names - I play cooperatively and take turns with others. - I can share equipment with others. - I understand rules and can explain why it is important to follow them. - LINKS TO PE	- I know that all families offer care, love and support - I know it is important for families to spend time together - I know that all families can include a range of people and how different members of a family are related to each other - I know what marriage is and who can marry - I know the difference between being unhappy and being unsafe and who to talk to
Caring Friendships	- I see myself as a valuable individual ('I am Special' -RE) (Strengths- Confidence, positive attitude) - I can recognise and articulate my feelings (Label feelings- Vocab) - I consider the feelings of others and think about the perspective of others (Co-regulation) - I can recognise how a character feels in a story and can give reasons to why. - I can accurately read and comprehend others' feelings (model reactions to emotions) - I can help my friends (Teamwork- Prosocial behaviour) - I can regulate my behaviour in response to how I feel. - I enjoy responsibilities - I am aware that some actions/words can hurt or harm others - I understand that bullying is unacceptable and know who to talk to if I am being bullied (RSE- Caring friendships-Anti-bullying) *Conflict resolution and finding solutions to problems (model comforting etc.) - I am aware of injustices and how to address and resolve them (being fair/kind)	- I know friendships make us feel happy and secure - I am beginning to understand the characteristics of positive friendships - I know that friendships can have problems but that these can be overcome - I know where to seek advice if a friendship is making me unhappy
Respectful Relationships and Being Safe (all objectives)	- I understand the school rules & boundaries (Strengths- Self-control) - I understand the classroom routines. (Visual timetable) - I understand good and poor choices and understand my actions have a consequence. - I know the importance of hand washing hygiene and how to wash my hands properly - I can use cutlery correctly (Dinnertime) - I understand and use table manners (Dinnertime) - I understand how to stay safe around roads and how to be a good pedestrian (Road Safety Week) - I know not to talk to strangers (RSE-Being safe) - I know not to play with fireworks and what to do in the event of a fire (RSE-Being safe)	- I know that everyone is unique and I am respectful of this - I am beginning to understand the conventions of manners in different situations e.g. responding to a good morning from an adult, waiting to let an adult through a door - I am developing an understanding of self-respect - I know how to be respectful in school and in the community - I am learning how other people show their feelings and how to respond to them - I am beginning to explore stereotyping - I know the PANTS rule

Online Relationships and Internet Safety and Harms	I know how to stay safe online (RSE- Online relationships)	- I am developing an understanding of being safe online e.g. people pretending to be someone they are not - I know the SMART rule - I know why we use the internet - I am beginning to understand the affect time spent online has on my physical and mental wellbeing - I understand the age restrictions placed on social media and games etc. - I am beginning to understand where and how to get help online
Mental wellbeing	- I know how to care for my own mental wellbeing (RSE- Mental wellbeing & Hello Yellow Day) - I know how to care for my own mental wellbeing (RSE-Mental wellbeing & Place2Be's Children's Mental Health Week)	- I am developing an understanding of mental wellbeing and health is - I understand and describe feelings and emotions for myself and others - I know some strategies for managing different emotions - I know some of the things that can benefit my mental wellbeing and happiness - I know to speak to an adult about my feelings - I know what bullying is - I know where to get help in school and at home
Physical health and fitness	- I understand how to stay fit and healthy through healthy eating, limited screen time, exercise, a sleep routine, and drinking water(RSE- Physical health & fitness, Health & prevention) - I can notice the effect of physical activity on my body, including deeper breathing, a faster heart rate etc. - I know the importance of 'screen time' and having a good sleep/rest routine. - I understand the importance of tooth brushing and how to brush my teeth properly. (Revisit from September) (Visit- Dentist- oral hygienist - I know how self-hygiene keeps me healthy. (Catch it, bin it, kill it)	- I am beginning to know the characteristics and benefits of an active lifestyle - I am aware of the importance of regular exercise
Healthy Eating	I understand the importance of the need for variety in healthy food choices (RSE- Healthy eating)	- I am beginning to know what contributes to a healthy diet - I know the risks associated with unhealthy eating e.g. tooth decay and obesity - I am beginning to know how to plan a healthy meal
Health and Prevention	- I understand the importance of tooth brushing and how to brush my teeth properly. - I understand how to stay safe in the sun (RSE- Being Safe) - I understand how to stay safe around open water (Ashby Ville, The Seaside) - I understand the importance of warm ups and cool downs (Cardiovascular and muscular endurance). - I observe the effects of activity on my body. - I can handle equipment safely and know why this is important.	- I know the importance of good quality sleep - I am beginning to understand the importance of personal hygiene
Basic First Aid	I know what to do in the case of an accident/emergency (RSE- Basic First Aid)	- I know how to make a 999 call - I am beginning to know basic first aid techniques e.g. icepack on a head injury, plaster on a cut
Changing Adolescent Body	- I know about the private parts of my body and who can and can't see/feel them - I know the difference between boys and girls - I know the names for a penis and vagina (The BIG Talk) (RSE- Respective relationships) - Pantasaurus	I know the correct name for male and female body parts

	KS2
Families and people who care for me	• I know that children need love security and stability and can give examples of this. • I know the characteristics of a healthy family life • I know that problems can occur in families and where to get help if needed • I know that families are varied, in the UK and across the world and have respect for these differences • I know that marriage is a legal commitment of two people • I know where to seek help if someone in my family is making me feel unhappy or unsafe
Caring Friendships	• I know friendships make us feel happy and secure and how to choose and make friends • I understand the characteristics of positive friendships • I know that friendships can have difficulties and how to resolve them • I know how to seek advice if I cannot manage a conflict
Respectful Relationships and Being Safe (All objectives)	• I respect others even when they are different from me • I show tolerance and understanding of other people's choices and beliefs • I understand expected courtesy and manners in a range of situations and act accordingly • I know the importance of self-respect and how this links to their own happiness • I how to be respectful in school, in the community and of those in authority • I know about different types of bullying and how to get help • I understand stereotyping and how it can be negative, unfair or destructive • I know the importance of permission seeking and giving this in relationships with friends, peers and adults • I know the PANTS rule (age appropriate vocabulary and support)
Online Relationships	• I know the rules and principles for keeping safe online eg recognising risks and harmful content • I know the SMART rule
Mental wellbeing	• I understand that mental wellbeing is a normal part of daily life • I understand that it is normal to experience a range of emotions and can describe them • I am developing the ability to take responsibility for and manage my feelings • I am aware humans experience different emotions in different situations and I am beginning to know how to react appropriately in these situations • I know what activities will benefit my mental wellbeing and happiness e.g. relaxation, exercise, sleep etc. • I understand the factors that contribute to my physical and mental health • I know what bullying is (including cyberbullying) and that it can have a negative and lasting impact on mental wellbeing • I can recognise the triggers that mean I need to seek support for myself or someone else • I know who to speak to if I am worried about my own or someone else's mental wellbeing or ability to control their emotions • I know that it is common for people to experience mental health problems and that with support they can be resolved
Internet Safety and Harms	• I know why the internet is a huge benefit for most people • I understand how to seek help if I need to • I understand that age restrictions are designed to protect me • I know about the benefits and risks of sharing information online • I can recognise a number of online risks and ways to stay safe online • I am beginning to understand that not all information found online is reliable • I know where to get help with any online problems • I understand that online relationships should be treated in the same way as face to face relationships
Physical health and fitness and Healthy Eating	• I know how to plan for a healthy lifestyle with physical activity, a balanced lifestyle and rest • I understand that I have a responsibility to look after my overall health, including diet, oral hygiene, physical activity, rest and relationship • I know how and when to seek help and who to speak to in school if I am worried about my health • I know what constitutes a healthy diet • I know the principles of planning and preparing a range of healthy meals

Drugs, Alcohol and Tobacco	• I understand the risks associated with tobacco, drugs and alcohol • I understand the influence others can have on me • I am learning strategies I can use to overcome pressure from others
Health and Prevention	• I know how to recognise early signs of physical illness e.g. weight loss or other unexplained changes (UKS2) • I know how to stay safe in the sun and how it can cause damage i.e. Skin Cancer (UKS2) • I understand the benefits of sleep and developing greater responsibility for ensuring good quality sleep • I know about dental health and the importance of oral hygiene, flossing and going to the dentist • THE FACTS AND SCIENCE RELATING TO ALLERGIES, IMMUNISATION AND VACCINATION
Basic First Aid	• I know how to make a 999 call • I know some basic first aid techniques
Changing Adolescent Body	• I am developing an understanding of physical and emotional changes as I grow up • I understand the physical changes from childhood to adulthood • I am developing an understanding of the main aspects of puberty, including menstruation • I know about the emotional changes during puberty • I know the changes that will be experienced during puberty • I understand how a baby is conceived and develops