

Learn together, grow together

Progression in PSHE including RSE (Relationship, Sex and Health Education)



Skill	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and friendships	<p>Pupils will learn to talk about their family by naming and describing them</p> <p>Pupils will learn to play with one or more other children</p> <p>Pupils will learn to understand how others might be feeling</p> <p>Pupils will learn to take turns and resolve conflicts</p>	<p>Pupils will learn about the roles of different people and how we feel cared for</p> <p>RE: Belonging</p> <p>RSE: Identify things they can do as a baby/toddler/now. Who can help?</p>	<p>Pupils will learn how to make friends and how to get help if they feel lonely</p> <p>RE: Welcoming</p> <p>RSE: Recognise body language can give clues as to how we feel.</p>	<p>Pupils will learn what makes a family and the features of family life</p> <p>RSE: Identify types of relationships. Who do they have relationships with?</p>	<p>Pupils will learn about positive friendships including friendships online</p> <p>RSE: Understand strategies to respond to bullying (what to do/what to say)</p>	<p>Pupils will learn how to manage friendships and how to respond to peer pressure</p> <p>RSE: Identify things that make an unhealthy relationship and who to talk to. Explain negotiation/compromise. Describe strategies to resolve issues.</p>	<p>Pupils will learn about romantic relationships and attraction. This includes civil partnership and marriage</p> <p>RSE: Understand everyone has the right to freely choose who to marry.</p>
Safe relationships	<p>Pupils will learn to become more outgoing with unfamiliar people in the safe context of their school through visitors to class</p> <p>Pupils will learn to be confident in new social situations (e.g. visits)</p>	<p>Pupils will learn how to stay safe, how to recognise privacy and how to ask for permission</p> <p>RSE: Understand the difference between touches and their right to say no.</p>	<p>Pupils will learn how to manage secrets, how to resist pressure and how to recognise hurtful behaviour</p> <p>RSE: Recognise that some touches are not fun (can hurt or be upsetting)</p>	<p>Pupils will learn how to make personal boundaries and the impact of hurtful behaviour</p> <p>RE: Good and evil</p> <p>RSE: Understand 'personal space' and identify inappropriate behaviour.</p>	<p>Pupils will learn how to respond to hurtful behaviour as well as managing confidentiality. Pupils will recognise the risks online</p> <p>RSE: Recognise different types of relationships with people they know. Understand a positive relationship and recognise when we should say no</p>	<p>Pupils will learn about physical contact and how to keep safe</p> <p>RSE: Recognise risky situations and suggest what someone should do in that situation.</p>	<p>Pupils will learn how to recognise and manage pressure. Pupils will learn how to give consent in different situations</p> <p>RSE: Recognise patterns of behaviour in group dynamics. How to deal with peer pressure. Recognise that some inappropriate physical contact is illegal. Identify assertive behaviours and recognise peer influence/pressure. Recognise that some types of physical contact can produce strong negative feelings</p>
Respecting ourselves and others	<p>Pupils will learn to build constructive and respectful relationships</p> <p>Pupils will learn to develop positive attitudes about the differences between people</p> <p>Pupils will learn to understand the need to respect and care for the environment and living things</p>	<p>Pupils will learn how to be polite and respectful. Pupils will learn how behaviour affects others</p>	<p>Pupils will learn to recognise things in common and differences. Pupils will learn to play, share and work cooperatively</p> <p>RSE: Explain what privacy means and how we can respect each other.</p>	<p>Pupils will learn how to recognise respectful behaviour and the importance of self-respect. Pupils will learn how to be courteous and polite</p> <p>RE: Good and evil</p> <p>RSE: Understand personal information and when it is not safe to share this.</p>	<p>Pupils will learn how to respect differences and similarities. Pupils will discuss difference sensitivity</p> <p>RSE: Feelings can change about someone/thing once we have more info</p>	<p>Pupils will learn how to respond respectfully to a wide range of people and recognise prejudice and discrimination</p> <p>RSE: Explain the difference between sex, gender identity, gender expression.</p>	<p>Pupils will learn how to express opinions and respect other points of view when discussing topical issues</p> <p>RSE: Understand what FGM is and that it is illegal practice in this country.</p>

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<p>Belonging to a community</p>	<p>Pupils will learn to develop a sense of responsibility and membership of a community (e.g. class community)</p>	<p>Pupils will learn how to care for others' needs and how to look after the environment Science: Plants and growing RSE: Understand the tasks required to meet the basic needs of a baby.</p>	<p>Pupils will learn about belonging; the groups they are a part of and their roles and responsibilities. Pupils will learn about being the same and different in the community Topic: Where we live</p>	<p>Pupils will learn about the value of rules, laws, rights, freedoms and responsibilities</p>	<p>Pupils will learn about what makes a community and what responsibilities we share as a community</p>	<p>Pupils will learn how to protect and show compassion to others and the environment Science: Animals and humans RSE: Identify the consequences of positive/negative behaviour on others.</p>	<p>Pupils will learn to value diversity and challenge discrimination and stereotypes</p>
<p>Media literacy and digital resilience</p>		<p>Pupils will learn to use the internet/digital devices and how to communicate online</p>	<p>Pupils will learn about the internet in everyday life and where to find appropriate online content RSE: Understand people can pretend to be someone they are not online.</p>	<p>Pupils will learn how the internet is used and how to assess information online RSE: Decision making and demonstrating strategies for assessing risks.</p>	<p>Pupils will learn how data is shared and used. RSE: Describe stages of identifying and managing risk. Who can help?</p>	<p>Pupils will learn about the different types of media as well as the media's role and impact</p>	<p>Pupils learn how to evaluate media sources and how to share things online RSE: Know the legal age (and reason behind these) for having a social media account. Identify strategies for keeping personal information safe online.</p>
<p>Money and work</p>		<p>Pupils will learn to recognise their strengths and interests. Pupils will learn about jobs in the community Topic: Fire, fire</p>	<p>Pupils will learn about money and how to look after money. They will compare needs and wants Topic: Victorians (poverty)</p>	<p>Pupils will learn about different jobs and skills as well as stereotypes in the workplace. Pupils will learn to set personal goals</p>	<p>Pupils will learn how to make decisions about money, learn how to use money and keep money safe. RSE: Understand that we can be influence both positively and negatively.</p>	<p>Pupils will learn to identify job interests and aspirations. Pupils will learn about what influences career choices and workplace stereotypes. Topic: Portsmouth & trade</p>	<p>Pupils will learn about the influences and attitudes to money and the financial risks</p>
<p>Physical health and mental wellbeing</p>	<p>Pupils will learn how to manage their own personal hygiene needs Pupils will learn how to talk about the different factors that support their overall health and well-being. RSE: Name parts of the body. Learn that some body parts should be kept private.</p>	<p>Pupils will learn how to keep healthy with the right food and exercise. Pupils will learn about sun safety Topic: Florence Nightingale RSE: Name the internal organs and explain the bodily processes.</p>	<p>Pupils will learn about the importance of keeping healthy. This includes dental care, sleep and medicines. Pupils will learn how to manage feelings and asking for help Science: Hygiene</p>	<p>Pupils will learn about health choices and habits Pupils will learn how to express their feelings and what affects feelings Science: Animals and humans RSE: Recognise that people may say kind things to help us feel good.</p>	<p>Pupils will learn how to maintain a balanced lifestyle including oral hygiene and dental care</p>	<p>Pupils will learn about healthy sleep habits as well as sun safety. Pupils will learn about medicines, vaccinations, immunisations and allergies RSE: Identify people who are responsible for helping them stay healthy/safe.</p>	<p>Pupils will learn what can affect mental health and ways to take care of it Pupils will learn how to manage change, loss and bereavement Topic: Battle of Britain RSE: Understand risks related to growing up and explain how risks can be reduced.</p>

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			RSE: Understand where the body gets energy (food, water, exercise, sleep). Name internal body parts, describe how food/water gets into the body.				
Growing and changing	<p>Pupils will learn how to make sense of their own life story and family's history. Science: Out of an egg</p> <p>RSE: Learn about how much we change from a baby to an adult. What helps us grow?</p> <p>Learn that a baby comes from a mummy's tummy. Discuss adoption and surrogacy.</p>	<p>Pupils will learn to recognise what makes them unique and special. Pupils will learn to manage their feelings when things go wrong</p> <p>RSE: Identify private parts of the body and identify who they can talk to.</p>	<p>Pupils will learn about growing older and naming body parts. Pupils will discuss the transition from infant to junior Science: Plants and growth</p> <p>RSE: Identify different stages of growth (baby, toddler, child, teenager, adult)</p>	<p>Pupils will learn about personal strengths/achievements and how to manage setbacks</p>	<p>Pupils will learn about physical and emotional changes in puberty. Pupils will learn about external genitalia and personal hygiene routines</p> <p>RSE: Know the key facts of the menstrual cycle and how to cope with it. Understand that marriage is a commitment (same sex or opposite sex)</p>	<p>Pupils will learn about personal identity which includes recognising individuality and different qualities. Pupils will learn about mental wellbeing</p> <p>RSE: Understand that emotional changes are a big part of puberty. Identify some products that we might need during puberty and why. Know the correct words for the external sexual organs. Discuss masturbation. Understand that for girls, periods are a normal part of puberty.</p>	<p>Pupils will learn about human reproduction and birth. Pupils will learn how to increase independence and manage transition Science: Evolution</p> <p>RSE: Understand the ways the sperm can fertilise the egg to make a baby.</p>
Keeping safe	<p>Pupils will learn to follow rules and understand why they are important and keep us safe.</p> <p>RSE: Learn what is safe to go onto our body. For protection (clothes) and keeping clean (soap) Learn what is safe to go into out body. Medicine- where does it go in out body? Where do we get it?</p>	<p>Pupils will learn how rules and age restrictions help us. Pupils will learn how to keep safe online</p> <p>RSE: The importance of internet safety and the risk sharing pictures online.</p>	<p>Pupils will learn how to stay safe different environments and how to deal with emergencies Topic: Titanic</p> <p>RSE: Identify situation in which they would feel safe or unsafe, suggest actions.</p>	<p>Pupils will learn about risks and hazards as well as the safety in the local environment and unfamiliar places Topic: Stone age</p> <p>RSE: Understand that medicines are drugs, they can be helpful or harmful.</p>	<p>Pupils will learn about medicines and household products including drugs common to everyday life</p> <p>RSE: Explain safety issues for medicine use and suggest alternatives. Understand the key risks and effects of smoking and drinking alcohol.</p>	<p>Pupils will learn about keeping safe in different situations, first aid and how to respond to emergencies</p> <p>RSE: Consider what is safe/unsafe to share offline/online and reflect on the consequences.</p>	<p>Pupils will learn how to keep their personal information safe. Pupils will learn about drug use and the law RE: Laws</p> <p>RSE: Know that it is illegal to create/share sexual images of children under 18 years old. Understand the risks of sharing images / how these are hard to control once shared.</p>