

2.

PSHE & RSE progression of skills



Key Skills	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and wellbeing	<p>About different feelings and how to describe them</p> <p>How to manage big feelings and to recognise how others might be feeling</p> <p>(H11, 12, 13, 14, 18)</p> <p>What makes them special</p> <p>The ways in which we are all unique</p> <p>(H21, 22)</p> <p>Risk in simple everyday situations and what action to take to minimise harm</p> <p>How to keep safe at home and fire safety.</p> <p>Ways to keep safe in familiar and unfamiliar and how to cross the road safely</p> <p>People whose job it is to help keep us safe</p> <p>(H29, 30, 32, 33)</p> <p>Preparing to move to a new class. (H27)</p>	<p>Maintaining their physical wellbeing. (Science)</p> <p>(H1, 2, 3, 4, 5, 6, 7, 8, 9, 10)</p> <p>Describing feelings and recognising how others feel.</p> <p>Managing feelings and things that help people to feel good.</p> <p>Change and loss and who to ask if they need help.</p> <p>(H14, 15, 16, 17, 18, 19, 20, 27)</p> <p>Identifying what they are good at and how to manage when finding things difficult.</p> <p>(H23, 24)</p> <p>That household products (including medicines) can be harmful if not used correctly</p> <p>Getting help in an emergency.</p> <p>About things that people can put into their body or on their skin; how these can affect how people feel</p> <p>(H31, 35, 36, 37)</p>	<p>Strategies and behaviours that support mental health</p> <p>(H16)</p> <p>Keeping safe at home and in the local area.</p> <p>(H37, 38, 39, 40, 41)</p> <p>Opportunities and responsibilities linked to increasing independence.</p> <p>(H35)</p> <p>Managing transitions between classes and key stages.</p> <p>(H36)</p>	<p>Physical wellbeing. Make informed decisions about maintaining a healthy lifestyle, including exercise, diet, oral hygiene and sleep.</p> <p>(H1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14)</p> <p>Looking after mental health and describing feelings.</p> <p>(H15, 16, 19)</p> <p>Recognise own strengths and how to reframe unhelpful thoughts.</p> <p>(H27, 28, 29, 30)</p> <p>Managing transitions between classes and key stages.</p> <p>(H36)</p>	<p>Risks associated with drugs, alcohol and smoking.</p> <p>(H46, 47, 48, 49, 50)</p> <p>Mental health – managing changes in feelings, expressing feelings and where to seek support when needed.</p> <p>(H17, 18, 20, 21)</p> <p>Personal identity and for some people gender identity doesn't correspond to their biological sex.</p> <p>(H25, 26)</p> <p>Managing transitions between classes and key stages.</p> <p>(H36)</p>	<p>Reproduction, conception and how babies are born and need to be cared for.</p> <p>(H30, 33, 34)</p> <p>FGM and reporting anyone at risk.</p> <p>(H45)</p> <p>Basic first aid and how to respond in an emergency.</p> <p>(H43, 44)</p> <p>Mental health – managing changing feelings and seeking support when needed.</p> <p>(H22, 23, 24)</p> <p>Managing transitions between classes and key stages.</p> <p>(H36)</p>

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Relationships	<p>The different roles different people play in our lives Identifying the people who love and care for them and how this makes them feel (R1, 2)</p> <p>Making friends and being a good friend to others (R6, 7, 8, 9)</p> <p>That bodies and feelings can be hurt by words and actions How people may feel if they experience hurtful behaviour or bullying (R10, 11)</p> <p>Understand that the parts of their bodies which are covered by underwear are private and how to seek help if they feel unsafe. (R13, 14, 15, 16, 17, 18, 19, 20)</p>	<p>Different types of families and common features of family life. The importance of telling someone if something about their family makes them feel worried or upset. (R3, 4, 5, 20)</p> <p>Friendship and simple strategies to resolve arguments positively (R6, 8)</p> <p>That hurtful behaviour is not acceptable; how to report bullying; the importance of telling a trusted adult (R12)</p> <p>Understanding the parts of their bodies which are covered by underwear are private and how to seek help if they feel unsafe. (R13, 14, 15, 16, 17, 18, 19, 20)</p> <p>treating other with respect (R21, 22, 23, 24, 25)</p>	<p>How friendships can change over time, resolving disputes and seeking help if needed. (R13, 14, 17, 18)</p> <p>Constructive discussion and respecting the views of others. (R34)</p>	<p>What discrimination means and how to challenge it. (R21)</p> <p>Listen to and respond respectfully to people with different backgrounds and beliefs to their own. (R33)</p>	Taught through ;Growing up with Yasmine and Tom	<p>Different types of relationships. (R1, 2)</p> <p>Marriage and commitment, including forced marriage. (R3, 4, 5)</p>

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Living in the wider world	<p>To look after their environment (L3)</p> <p>Different roles and responsibilities people have in their community Recognise the ways they are the same as, and different to, other people (L5, 6)</p> <p>Different jobs in their community and the skills needed for different jobs Jobs help people to earn money to pay for things. (L14, 15, 16, 17)</p> <p>Media Literacy and Digital Resilience. (Computing) (L7, 8, 9)</p>	<p>About what rules are and why they are needed responsibility of looking after people and other living things (L1, 2)</p> <p>The different groups they belong to in the community. (L4)</p> <p>The role of money in their lives. (L10, 11, 12, 13)</p> <p>Media Literacy and Digital Resilience. (Computing) (L7, 8, 9)</p>	<p>Compassion for others and a shared responsibility for caring for people and living things. (L4)</p> <p>Shared responsibility for protecting the environment and the impact our choices can have. (L5)</p>	<p>To learn about: The value of diversity within their community. (L6, 7, 8,)</p> <p>Recognising and responding to prejudice. (L9, 10)</p>	<p>Laws, rights and responsibilities. (L1, 2, 3)</p> <p>Money – spending and saving. (L17, 18, 20, 21, 22)</p> <p>Impact of spending decisions on the environment. (L19)</p>	<p>Media and digital literacy. (L11, 12, 13, 14, 15)</p> <p>Career aspirations and the options available to them for further education, apprenticeships etc. (L25, 26, 27, 28, 29, 30, 31, 32)</p>

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RSE (Jasmine and Tom)	<p>Respectful Relationships: Lesson 1: Introducing Yasmine and Tom: Gender stereotypes. (R23)</p> <p>Caring Friendships: Lesson 2 Friendship and Feelings (R6, 7, 8, 9)</p> <p>Being Safe: Lesson 4 My Brilliant Body (R20, 21, 22, 23, 24, 25)</p> <p>Being Safe: Lesson 7 Keeping Safe (H28, 29, 32, 33,34)</p>	<p>Respectful Relationships: Lesson 1: Introducing Yasmine and Tom: Gender stereotypes. (R23)</p> <p>Families and people who care for me: Lesson 3 Different Families (R3)</p> <p>Being Safe: Lesson 5 Keeping clean and taking care of myself. (H1, 2, 3, 4, 5, 6, 7, 8, 9, 10)</p> <p>Being Safe: Lesson 6 Naming body parts (H25, 26, R12, 13, R15, 16, R17, 18, 19)</p>	<p>Respectful Relationships: Lesson 1: Introducing Yasmine and Tom. (R22)</p> <p>Respectful Relationships: Lesson 2: Stereotypes and Aspirations. (L9, 27)</p> <p>Caring Friendships and Online Relationships: Lesson 4: What Makes a Good Friend. (R10, 11, 14, 18, 19)</p> <p>Families and People Who Care for Me: Lesson 5: Families and Getting on with our Families. (R6, 7, 8, 9)</p>	<p>Respectful Relationships: Lesson 1: Introducing Yasmine and Tom. (R22)</p> <p>Respectful Relationships: Lesson 3: Me, Myself and I. (R31, 32)</p> <p>Being Safe and Respectful Relationships: Lesson 6: My Personal and Private Body Parts and Keeping Safe. (H30, R25, 26, 29)</p> <p>Being Safe: Lesson 7: Body Care (H9)</p>	<p>Respectful Relationships: Lesson 1: Introducing Yasmine and Tom.</p> <p>Online Friendships and Respectful Relationships Lesson 2: Online and Offline Friendships (R11, 12, 20, 23, 24, 30)</p> <p>Respectful Relationships: Lesson 3: Friendships and Secrets. (R27, 28)</p> <p>Being Safe Lesson 7: Changes at Puberty (H31, 32, 34)</p>	<p>Respectful Relationships: Lesson 1: Introducing Yasmine and Tom.</p> <p>Respectful Relationships and Caring Friendships Lesson 4: Friendships and Pressure (R15)</p> <p>Being Safe: Lesson 5: Keeping Safe – Safe and Unsafe Touch (R25, 26)</p> <p>Online Relationships and Being Safe: Lesson 6: Keeping Safe - Online Images (L15,16, H42)</p>