Progression of Skills – RSHE **Cherrywood Community Primary School**

	Healthy relationships	Health and Well-being	Living in the Wider World
EYFS	**Who helps us at school** ❖ Explore different roles in the community and what they do ❖ Being confident to ask for help if needed **What makes a good friend** ❖ Learning to work and play co-operatively and take turns with others ❖ Able to form positive attachments to adults and friendships with peers ❖ Learning to show sensitivity to their own and others needs	**How we can be healthy** ❖ Able to identify what keeps us healthy including food choices, exercise, sleep habits etc. ❖ Able to self-regulate emotion by showing understanding of own feelings and those of others ❖ Knowing how to manage own basic hygiene and personal needs including dressing and going to the toilet **Changes as we get older** ❖ Able to talk about the lives of the people around us ❖ Knowing some similarities and differences between things in the past and now, drawing on experiences ❖ Understanding the past through settings, characters and events encountered in books read in class	**People who help us at school** ❖ Explore different roles in the community and what they do ❖ Being confident to ask for help if needed **Our school community** ❖ Knowing some similarities and differences between different religious and cultural communities in this country ❖ Explain some similarities and differences between life in this country and life in other countries, drawing on knowledge from stories, non-fiction texts and when appropriate maps
Year 1	**Identifying who is special to us** ❖ Identify what groups we belong to ❖ Able to talk about who is in our family and what we do together ❖ Explain how are family cares for us ❖ Know who to talk to if our special people do something to upset us **Knowing similarities and differences between us** ❖ Able to talk about what we like, dislike ❖ Understand that we may not like and dislike the same as our peers ❖ Knowing what makes us unique ❖ Identifying what we have in common with our peers ❖ Knowing our body parts and the differences between other peoples ❖ Knowing the parts of the body we need to keep private	**Knowing what keeps us healthy** ❖ Understanding what staying healthy means ❖ Knowing who helps us keep healthy ❖ Understanding the use of medicine ❖ Knowing why hygiene is important and how to maintain it **Knowing who keeps us safe** ❖ Knowing who is in our community and how they help us ❖ Identifying safe people to ask for help ❖ Knowing how to keep safe around strangers ❖ Knowing what to do if someone else is in danger ❖ Knowing how to get help if there is a serious accident	**Money** ❖ Knowing what money looks like, and what it is ❖ Knowing how money is obtained ❖ Understanding the difference between want and need ❖ Knowing how to prioritise money ❖ Knowing how to keep money safe **Looking after each other and the world** ❖ Understanding how our behaviour affects others ❖ Knowing our responsibilities at school and at home ❖ Understanding how animals need to be cared for ❖ Knowing what can harm our environment ❖ Understanding how our needs change as we get older
Year 2	**Knowing what makes a good friend** ❖ Knowing how to make friends with others ❖ Being able to articulate what feeling lonely means and what we can do when we feel lonely ❖ Identifying what behaviour is being kind ❖ Knowing how to solve arguments with friends ❖ Knowing what to do if a friend is making us unhappy **Bullying** ❖ Knowing how words and actions can affect other people ❖ Knowing how to give or not give consent ❖ Identifying when a joke becomes bullying ❖ Knowing what to do if someone makes you feel uncomfortable ❖ Able to report hurtful behaviour in real life and online	**Keeping safe** ❖ Knowing why rules are important and how they keep us safe ❖ Knowing what rules keep us safe everyday e.g. medicine ❖ Identifying unsafe situations ❖ Knowing when to keep secrets and how you resist pressure to do something you don't want to ❖ Knowing how to keep safe when talking to people online **Growing and staying healthy** ❖ Knowing what keeps us healthy ❖ Understanding how sugar can affect our health, including oral health ❖ Knowing the importance of rest and sleep ❖ Understanding the impact of screen time on health ❖ Knowing how to keep safe in the sun **Recognising our feelings** ❖ Naming different feelings and recognising how we feel ❖ Knowing what makes you feel good and what makes you feel better if you don't feel good ❖ Knowing how situations can influence our feelings	**Jobs** ❖ Identifying jobs in the local community ❖ Knowing why having a job is important ❖ Identifying traits that enable people to do their job ❖ Knowing how our strengths and weaknesses influence our job choices ❖ Knowing how technology is used in different jobs

		❖ Knowing how emotion effects our behaviour ❖ Understanding the importance of sharing big feelings with people we trust	
Year 3	**Knowing how we can be a good friend** ❖ Being able to explain how friendships can affect well-being ❖ Knowing how to support someone who feels lonely ❖ Knowing how to build friendships that last a long time ❖ Being able to manage our friendships and work through any problems we have in our friendships ❖ Being able to spot signs that a friendship is becoming unhealthy and knowing what we can do to prevent this **What our families are like** ❖ Identifying common features of a positive family life ❖ Knowing how families demonstrate care for each other ❖ Able to seek help if our families are making us unhappy ❖ Knowing how families differ from each other (same sex, single, adoptive)	**Keeping safe** ❖ How to recognise hazards and what to do to reduce the risk ❖ What actions can we take to keep our bodies safe (wearing seatbelts to giving consent) ❖ How to recognise and respond to pressures that make us feel unsafe (inc. online) ❖ Knowing everyday routines and how it keeps us and others safety ❖ How to react to major and minor incidents **Eating well and looking after our teeth** ❖ How to ensure we have a healthy diet and knowing the benefits ❖ Knowing how an unhealthy diet affects our health ❖ Knowing how to make good choices about food and drink and who influences these ❖ Understanding how to maintain good oral hygiene ❖ Knowing where to go for advice on dental health and healthy eating **Keeping active and eating well** ❖ Knowing the benefits of regular physical activity for our bodies and how it makes us feel ❖ Knowing the impact that a lack of physical exercise can have on our bodies ❖ Understanding how sleep can affect our mood and knowing how to get a good night sleep	**Community** ❖ Knowing what groups and communities we belong to and are they all the same ❖ Understanding what is meant by diverse community ❖ Knowing how communities help everyone feel valued and included ❖ Identifying how you can contribute to communities that you are part of ❖ Understanding the importance of respect and how we can show respect to other communities
Year 4	**Treating others with respect** ❖ Knowing how behaviour affects themselves and others (including online) ❖ Knowing what privacy is and understanding when secrets should and shouldn't be kept ❖ Understanding rights as children and how we can protect these ❖ Understanding why it's important that everyone feels respected and not discriminated against ❖ Knowing how to respond to aggressive behaviour and how you can report concerns	**Strengths and interests** ❖ Knowing our personal qualities and how to recognise individuality ❖ Knowing self-worth and how to develop it ❖ Knowing how personal attributes and self-esteem contributes to self-esteem ❖ Being able to set goals and knowing the best way to achieve them ❖ Knowing how to manage set-backs and learning from our mistakes **How to manage feelings** ❖ Knowing how everyday things affect how we are feeling ❖ Understanding that the way we feel changes over time and has different levels of intensity ❖ Being able to express our feelings and knowing why it's important to do so ❖ Being able to manage feelings in different situations and how we respond proportionately ❖ Knowing how to manage feelings at a time of loss and change and knowing who to talk to **Growing and changing** ❖ Knowing how our bodies and bodily functions change (menstruation, menstrual wellbeing, erections and wet dreams) ❖ Understanding how puberty affects our emotions ❖ Knowing routines we need to change to keep healthy and clean during puberty ❖ Knowing where we can go for support during puberty	**The environment** ❖ Understanding that people have a shared responsibility to protect the world around them ❖ Knowing how our choices can affect the environment ❖ Knowing how what we choose to buy can affect the environment (fair trade, palm oil, single use plastic) ❖ Knowing how to show concern for animals **Managing risk in different places (including online)** ❖ Predicting and recognising risk in the environment ❖ Knowing how to ensure safety at unfamiliar locations ❖ Knowing how to stay say online and recognising what information we are sharing ❖ Understanding how our behaviour online can impact others ❖ Knowing the rules and restrictions that keep us safe, local and wider
Year 5	**Communicating with friends safely** ❖ Knowing the different relationships that people have	**Identity, including sexuality**	**Decisions about money** ❖ Knowing how people make decisions about spending and saving money

	❖ Knowing the best ways of keeping in contact with people ❖ Able to identify the difference between knowing someone in real life and knowing them online ❖ Knowing what is safe to share online and what is not ❖ Knowing how to give consent before sharing information ❖ Able to respond to pressure, inappropriate contact or concerns around safety	❖ Knowing what contributes to our identity (ethnicity, family, faith, gender, sexuality) ❖ Understanding how individuality and personal qualities make up someone's identity ❖ Knowing what stereotypes are and if they are always accurate ❖ Being able to challenge stereotypes and how to do this **Accident or emergency** ❖ Knowing basic first aid (burns, scalds, cuts, bleeds, choking, asthma attacks and allergic reactions) ❖ Knowing what to do with head injuries ❖ Knowing when to administer first aid and when to seek more help ❖ Understanding the importance of staying calm and how to behave in an emergency situation **Drugs** ❖ Knowing how everyday drugs affect heath ❖ Identify the difference between legal and illegal drugs – knowing why some have restrictions ❖ Understanding why the law is there and how is protects us ❖ Understanding addiction and how and why drugs can be a habit ❖ Knowing what organisations are there to help us or others with addiction	❖ Knowing how to keep track of savings and spends ❖ Being able to identify value for money and how to recognise it ❖ Understanding the risks with money, knowing how it can be lost, won, stolen ❖ Understanding how money can affect our mood and behaviour **Jobs** ❖ Knowing what skills we have and what qualifications we need to get ❖ Understanding how skills, attributes and qualifications link to career opportunities ❖ Knowing the routes into jobs ❖ Understanding why it's important to challenge stereotypes and the kinds of jobs people can do ❖ Knowing how to choose a job or career
Year 6	**How friendships change as we grow** ❖ Identifying different relationships in our lives ❖ Knowing what makes a strong and healthy relationship ❖ Understanding who can have a relationship ❖ Knowing the difference between agreeing or disagreeing to a relationship. Understanding that all parties have the right to say no and when it is not wanted equally it is a crime **Changes as we become more independent** ❖ Puberty and what changes from childhood to adulthood ❖ Knowing the life cycle of a person including reproductive organs ❖ Exploring what responsibilities comes with growing up ❖ Understanding how friendships might change as we grow ❖ Knowing how to manage change	**Keeping healthy as we grow** ❖ Knowing the link between mental and physical health ❖ Knowing what choices support a healthy balanced lifestyle ❖ Understanding how to manage the influence of others to ensure we make the right choices for ourselves ❖ Knowing how drugs affect our health ❖ Knowing strategies we can use to break unhealthy habits and replace them with good habits ❖ Being able to identify the early signs of ill-physical and mental health and how to recognise them ❖ Knowing what to do if you recognise sings of ill health in you or others ❖ Understanding that forced marriage and FGM are against our human rights and what to do if we feel we or someone we know is at risk of this	**How the media and technology influences other people** ❖ Understanding how the media can influence well-being ❖ Knowing what we should share and should share online ❖ Knowing how to report something that is shared online without consent ❖ Being able to identify how reliable different types of online content are ❖ Understanding how the media can influence peoples decisions ❖ Knowing how images and texts are manipulated or invented ❖ Knowing how the media uses manipulations and strategies on how to recognise this ❖ Understanding how information is ranked, selected and targeted to meet people's interests ❖ Being able to discuss how the media can influence others decisions