



### Progression of skills: RELATIONSHIPS, SEX AND HEALTH EDUCATION

In relationships, sex & health education we aim to provide all children with an education that prepares them for the **opportunities, responsibilities and experiences of adult life**. We want to encourage our pupils to develop **self-respect, confidence and empathy**, which will enable them to make **positive choices and decisions**. We believe it is important to prepare pupils for **puberty**, and give them an understanding of **sexual development and the importance of health and hygiene**, and help them move confidently and responsibly into **adolescence and adulthood**. We aim to create a positive culture around **relationships** and help children to make **responsible choices about their health and wellbeing**.

### Relationships: (peer on peer abuse is covered in both RSHE and PSHE)

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Can work and play cooperatively and take turns with others.</p> <p>Begin to form positive attachments to adults and friendships with peers;</p> <p>Show sensitivity to their own and to others' needs.</p>	<p>Can recognise bullying and how to deal with it</p> <p>Can celebrate differences between people and people who are special to me</p> <p>Understands making new friends; belonging to a family; qualities as a friend and person</p> <p>Knows about physical contact preferences; respecting my body and which parts are private</p>	<p>Understands bullying; in terms of standing up for self and others; celebrating difference and making friends with new people and people different from me</p> <p>Beginning to understand gender diversity; assumptions and stereotypes about gender</p> <p>Able to learn with others; group co-operation</p>	<p>Can see things from others' perspectives</p> <p>Understands families and their differences; family conflict and how to manage it (child centred); family roles and responsibilities; friendship and negotiation; family stereotypes</p> <p>Can talk about what to do if they witness bullying and how to solve it, including homophobic bullying; recognise how words can be hurtful; giving</p>	<p>Challenging assumptions; judging by appearance; accepting self and others; understanding influences; understands bullying including the role of the bystander</p> <p>Is able to problem-solve in relationships; identifying how special and unique everyone is; first impressions; getting on and falling out</p> <p>Is able to work in a group; celebrating contributions of others; healthier friendships; group dynamics; assertiveness</p>	<p>Can talk about cultural differences and how they can cause conflict; including racism; enjoying and respecting other cultures</p> <p>Understands; types of bullying; rumours and name-calling</p> <p>Understands body image; self-recognition and self-worth; building self-esteem; Can talk about self and body image; influence of online and media on body image</p> <p>Knows about safer online communities; rights and</p>	<p>Knows about children's universal rights; the importance of feeling welcome and valued; choices, consequences and rewards; group dynamics;</p> <p>Knows about democracy, having a voice; anti-social behaviour; role-modelling;</p> <p>Can discuss perceptions of normality; including understanding disability; understanding what transgender means</p> <p>Understands bullying in terms of power struggles;</p>

		<p>Knows about different types of family</p> <p>Knows about physical contact boundaries; trust and appreciation; expressing appreciation for special relationships</p> <p>Can be assertive; appreciating that some parts of my body are private; secrets (including those that might worry us)</p>	<p>and receiving compliments; respect for myself and others</p> <p>Can make healthy and safe choices; including keeping safe online and who to go to for help</p> <p>Is aware of how my choices affect others; awareness of how other children have different lives; expressing appreciation for family and friends</p> <p>Understands how babies grow; understanding a baby's needs</p>	<p>Understands peer pressure</p> <p>Can explain feelings of love and loss; memories of loved ones; jealousy</p> <p>Knows about girlfriends and boyfriends</p> <p>Can show appreciation to people and animals and celebrate being unique; celebrating inner strength</p>	<p>responsibilities online; online gaming and gambling; reducing screen time; dangers of online grooming; SMARRT internet safety rules;</p> <p>Can manage growing responsibility and cope with change.</p>	<p>inclusion/exclusion; difference as conflict; difference as celebration; empathy;</p> <p>Knows about exploitation, including 'county-lines' and gang culture;</p> <p>Can talk about love and loss; managing feelings; power and control; assertiveness;</p> <p>Can use technology safely; responsibility with technology use;</p> <p>Can talk about self-image, body image; puberty and feelings; reflections about change; physical attraction; respect and consent; boyfriends/girlfriends; sexting.</p>
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Health						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate</p> <p>show an ability to follow instructions involving several ideas or actions.</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly</p>	<p>Knows importance of feeling special and safe; rewards and feeling proud; consequences</p> <p>Can set goals; identifying successes and achievements; tackling new challenges; identifying and overcoming obstacles; feelings of success</p> <p>Knows about keeping myself healthy; healthier lifestyle choices (including oral health); keeping clean; linking health and happiness</p> <p>Can talk about being safe; medicine safety/safety with household items; road safety;</p>	<p>Can describe hopes and fears for the year; recognising feelings; achieving realistic goals; perseverance; motivation</p> <p>Can make healthier choices; including relaxation; healthy eating and nutrition; healthier snacks and sharing food</p> <p>Can describe life cycles in nature; growing from young to old; increasing independence; differences in female and male bodies (correct terminology)</p>	<p>Understands self-identity and worth; positivity in challenges; responsible choices; giving and receiving compliments; difficult challenges and achieving success; dreams and ambitions; new challenges; motivation and enthusiasm; recognising and trying to overcome obstacles; evaluating learning processes; managing feelings</p> <p>Can make healthy choices through simple budgeting; exercise; fitness challenges; food labelling and healthy swaps; attitudes towards drugs</p> <p>Knows about keeping safe and why it's important online and off line;</p> <p>Shows respect for myself and others; healthy and safe choices</p>	<p>Thinks about what motivates behaviour; rewards and consequences; accepting self and others; understanding influences</p> <p>Can talk about hopes and dreams; overcoming disappointment; creating new, realistic dreams; achieving goals; resilience</p> <p>Can sustain positive attitudes; healthier friendships; group dynamics</p> <p>Knows the dangers of smoking; alcohol</p> <p>Can demonstrate assertiveness; peer pressure; celebrating inner strength</p> <p>Knows about girls and puberty; boys and puberty; confidence in change; accepting change</p>	<p>Can talk about being a citizen; rights and responsibilities; rewards and consequences; how behaviour affects groups; democracy, having a voice, participating</p> <p>Can talk about material wealth and happiness; future dreams; the importance of money; jobs and careers; dream job and how to get there; goals in different cultures; supporting others (charity); motivation</p> <p>Knows about smoking, including vaping; alcohol; alcohol and anti-social behaviour</p> <p>Knows about emergency aid</p> <p>Knows importance of body image; relationships with food; healthy and safe choices; motivation and behaviour</p> <p>Has a deeper understanding of puberty for girls; puberty for boys</p>	<p>Can talk about choices, consequences and rewards; group dynamics; democracy, having a voice; emotions in success; making a difference in the world; motivation; recognising achievements; compliments; taking personal responsibility</p> <p>Can explain how substances affect the body; exploitation, including 'county lines' and gang culture</p> <p>Understands both emotional and mental health; managing stress; mental health; identifying mental health worries and sources of support; love and loss; managing feelings; power and control; assertiveness</p> <p>Uses technology safely; take responsibility with technology use; self-image; body image; impact of media; discernment</p>

<p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p>	<p>people who help us</p> <p>Understands life cycles – animal and human; changes in me; changes since being a baby; differences between female and male bodies, using correct terminology (penis, vagina, testicles, vulva)</p>		<p>Knows outside body changes at puberty; inside body changes at puberty</p>			<p>Understands respect and consent.</p>
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## Progression of skills: RELATIONSHIPS, SEX AND HEALTH EDUCATION

### Sex

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>The names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls.</p> <p>To judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them)</p>	<p>Naming for the main parts of the body (including external genitalia) the similarities and differences between boys and girls.</p> <p>To judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them)</p>	<p>Describe the process of growing from young to old and how people's needs change</p> <p>Discuss growing and changing and new opportunities and responsibilities that increasing independence may bring</p> <p>Know how and why they need to take care of their bodies</p> <p>Understand that they have autonomy and the right to protect their body from inappropriate and unwanted contact</p> <p>To judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them)</p>	<p>Discuss taking care of their body, understanding that they have autonomy and the right to protect their body from inappropriate and unwanted contact.</p> <p>To judge what kind of physical contact is acceptable or unacceptable and how to respond</p> <p>To understand personal boundaries; to identify what they are willing to share with their most special people; friends; classmates and others; and that we all have rights to privacy</p> <p>Discuss how to manage requests for images of themselves or others; what is and is not appropriate to ask for or share; who to talk to if they feel uncomfortable or are concerned by such a request</p>	<p>Describe the main stages of the human life cycle</p> <p>Describe the body changes that happen when a child grows up</p> <p>Discuss male and female body parts using agreed words</p> <p>Know some of the changes which happen to the body during puberty</p> <p>Know about the physical and emotional changes that happen in puberty</p> <p>Understand that children change into adults so that they are able to reproduce</p>	<p>Explain the main physical and emotional changes that happen during puberty</p> <p>Ask questions about puberty with confidence</p> <p>Understand how puberty affects the reproductive organs</p> <p>Describe how to manage physical and emotional changes</p> <p>Explain how to keep clean during puberty</p> <p>Explain how emotions change during puberty</p> <p>Know how to get support and help during puberty</p>	<p>Describe how and why the body changes during puberty in preparation for reproduction</p> <p>Talk about puberty and reproduction with confidence</p> <p>Discuss different types of adult relationships with confidence</p> <p>Know what form of touching is appropriate</p> <p>Describe the decisions that have to be made before having a baby</p> <p>Know some basic facts about pregnancy and conception</p> <p>To have considered when it is appropriate to share personal/private information in a relationship</p> <p>To know how and where to get support if an online relationship goes wrong</p>